

## **Manual of army catering services, 1945. Pt. 2, Recipes / War Office.**

### **Contributors**

Great Britain. War Office.

### **Publication/Creation**

[Place of publication not identified] : [publisher not identified], 1945.

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MANUAL  
OF  
ARMY CATERING SERVICES

PART II—RECIPES

1945

By Command of the Army Council,

*L. Darnoch.*

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## LIST OF PLATES

Plate	Page
1 The joints in beef .. .. .	6
2 Cutting up the joints—approximate weights .. ..	7
3 The joints in mutton .. .. .	8
4 Pork—U.S.A. .. .. .	10
5 Pork—English cuts .. .. .	11
6 Carving turkey .. .. .	111
7 Carving chicken .. .. .	111
8 Uses for bamboos .. .. .	282

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## CONTENTS

	Page	SECTION	Page
Index to Recipes . . . . .	ii		
<b>SECTION</b>			
1. Methods of cooking, the meat ration and timetable for cooking . . . . .	1	19. Potatoes . . . . .	120
2. Stocks . . . . .	20	20. Fresh vegetables . . . . .	126
3. Sauces and Salad Dressing . . . . .	22	21. Dried pulse . . . . .	137
4. Milk . . . . .	32	22. Dinner sweets—puddings, pies, etc. . . . .	140
5. Beverages . . . . .	33	23. Cakes, buns and scones . . . . .	167
6. Bacon and ham . . . . .	35	24. Oatmeal . . . . .	187
7. Eggs . . . . .	43	25. Salads . . . . .	188
8. Cheese . . . . .	45	26. Haversack rations . . . . .	195
9. Potato dishes (various) . . . . .	48	27. Dehydrated foods. Methods of reconstitution and suitable recipes . . . . .	200
10. Soups . . . . .	49	28. Preserved tinned meat, and meat and vegetable ration recipes. . . . .	232
11. Fish . . . . .	59	29. Notes and recipes dealing with tinned commodities—Field Service Ration Scales. . . . .	239
12. Liver, hearts and kidney . . . . .	66	30. The brine tub . . . . .	247
13. Meat . . . . .	71	31. Culinary terms, description of herbs, etc., used in cooking . . . . .	249
14. Rabbit and hare . . . . .	99	32. Cooking in hot climates . . . . .	257
15. Turkey and poultry . . . . .	110	33. Hints to cooks (points worth remembering) . . . . .	283
16. Sausages. . . . .	114		
17. Rice as an accompaniment to meat, fish, and egg dishes . . . . .	117		
18. Stuffings . . . . .	119		

## INDEX TO RECIPES

*Note: These recipes are for dishes for 100 portions*

	Recipe No.		Recipe No.
<b>SECTION 2</b>			
The stock pot . . . . .	1	Basic white sauce . . . . .	11
White stock . . . . .	2	Cheese sauce . . . . .	12
Brown stock . . . . .	3	Egg sauce . . . . .	13
<b>SECTION 3</b>			
<b>Sauces and Salad Dressings</b>			
Gravy for roast joints . . . . .	4	Mustard sauce . . . . .	14
Basic brown sauce . . . . .	5	Onion sauce . . . . .	15
Brown onion sauce . . . . .	6	Parsley sauce . . . . .	16
Chutney sauce . . . . .	7	Sweet white sauce . . . . .	17
Piquante sauce . . . . .	8	Vanilla, almond or lemon sauce . . . . .	18
Robert sauce . . . . .	9	<b>Puree Sauces</b>	
Sharp sauce . . . . .	10	Apple . . . . .	19
		Bread . . . . .	20
		Curry . . . . .	21
		Ginger . . . . .	22
		Mexicaine . . . . .	23

	<i>Recipe No.</i>	<i>Recipe No.</i>	
<b>SECTION 3—cont.</b>			
<b>Puree Sauces—cont.</b>			
Mint . . . . .	24	Boiled gammon and pease pudding. . . . .	53
Tomato . . . . .	25	Braised gammon and spinach	54
<b>Custard Type Sauces</b>			
Apple curd . . . . .	26	Ham pudding . . . . .	55
Basic custard . . . . .	27	<b>SECTION 7</b>	
Chocolate . . . . .	28	<b>Eggs</b>	
<b>Jam or Marmalade Sauce</b> 29		Boiled . . . . .	56
<b>Salad Dressings</b>		Curried eggs and rice . . . . .	57
Dressing or cream . . . . .	30	Eggs and potato rissoles . . . . .	58
Mock mayonnaise . . . . .	31	Fried . . . . .	59
Vinaigrette . . . . .	32	Poached. . . . .	60
<b>SECTION 4</b>		Scrambled . . . . .	61
	<i>Page No.</i>	Scotch eggs with Mexicaine sauce . . . . .	62
<b>Milk</b>		<b>SECTION 8</b>	
Fresh . . . . .	32	<b>Cheese</b>	
Tinned, unsweetened . . . . .	32	Cheese and onion savoury . . . . .	63
Roller skimmed and spray dried . . . . .	32	Cheese and scrambled egg . . . . .	64
		Cheese slices. . . . .	65
<b>SECTION 5</b>		Cheese and potato pie . . . . .	66
	<i>Recipe No.</i>	Fried cheese pasty . . . . .	67
<b>Beverages</b>		Toasted cheese . . . . .	68
Tea . . . . .	33	Welsh rarebit . . . . .	69
Coffee . . . . .	34	<b>SECTION 9</b>	
Cocoa . . . . .	35	<b>Potato Dishes (Various)</b>	
<b>SECTION 6</b>		Potato dumplings. . . . .	70
<b>Bacon and Ham</b>		Potato pastry . . . . .	71
Bacon, fried . . . . .	36	Potato cakes . . . . .	72
Bacon and bubble and squeak . . . . .	37	<b>SECTION 10</b>	
Bacon and fried egg . . . . .	38	<b>Soups</b>	
Bacon and scrambled egg . . . . .	39	Beef broth . . . . .	73
Bacon and poached egg . . . . .	40	Brussels sprouts . . . . .	74
Bacon and haricot beans . . . . .	41	Celery . . . . .	75
Bacon and sausage . . . . .	42	Cabbage and bacon . . . . .	76
Bacon and tomatoes . . . . .	43	Cabbage and potato . . . . .	77
Bacon and mashed (or fried sliced) potatoes . . . . .	44	Cauliflower . . . . .	78
Bacon and fried bread. . . . .	45	Carrot . . . . .	79
Bacon and liver . . . . .	46	Carrot and rice . . . . .	80
Bacon and sausage cake . . . . .	47	French (or runner) beans . . . . .	81
Bacon and potato pie . . . . .	48	Household . . . . .	82
Bacon and potato rissoles . . . . .	49	Haricot bean. . . . .	83
Bacon roll . . . . .	50	Kidney . . . . .	84
Bacon and potato pasties . . . . .	51	Leek and potato . . . . .	85
Boiled gammon—fore, hock or collar . . . . .	52	Lettuce . . . . .	86
		Lentil . . . . .	87
		Mockturtle . . . . .	88

SECTION 10— <i>cont.</i>	<i>Recipe No.</i>	SECTION 13	<i>Recipe No.</i>
<b>Soups—<i>cont.</i></b>		<b>Meat</b>	
Mulligatawny . . . . .	89	<b>Beef</b>	
Mutton broth (or Scotch broth . . . . .	90	All-in stew . . . . .	123
Oxtail . . . . .	91	Braised with vegetables . . . . .	124
Onion . . . . .	92	Boiled salt beef with dump- lings and carrots . . . . .	125
Potato . . . . .	93	Brown stew . . . . .	126
Potato and tomato . . . . .	94	Brawn . . . . .	127
Pea . . . . .	95	Cold roast beef . . . . .	128
Rabbit broth . . . . .	96	Curried with rice . . . . .	129
Spinach and potato . . . . .	97	Durham cutlets . . . . .	130
Vegetable . . . . .	98	Fried steak and onions . . . . .	131
		Hot pot . . . . .	132
		Haricot beef and carrots . . . . .	133
		Minced with rice . . . . .	134
		Meat and potato pie . . . . .	135
		Roast with Yorkshire pud- ding or baked suet pudding . . . . .	136
		Steak pudding . . . . .	137
		Steak pie . . . . .	138
		Stewed steak and dumplings . . . . .	139
		Savoury roast . . . . .	140
		Vienna steak . . . . .	141
		<b>Mutton</b>	
		Boiled with parsley sauce . . . . .	142
		Braised stuffed . . . . .	143
		Brown stewed with vege- tables . . . . .	144
		Curried with rice . . . . .	145
		Haricot . . . . .	146
		Irish stew . . . . .	147
		Lancashire hot pot . . . . .	148
		Mock spiced ham . . . . .	149
		Minced with savoury rice . . . . .	150
		Roast with onion sauce . . . . .	151
		Scotch mutton pie . . . . .	152
		Stewed mutton Scotch style . . . . .	153
		Savoury pie . . . . .	154
		White stewed . . . . .	155
		<b>Beef or Mutton</b>	
		Cottage pie . . . . .	156
		Cornish pasty . . . . .	157
		Galantine . . . . .	158
		Meat, potato and vegetable cakes . . . . .	159
		Rissoles . . . . .	160
		Savoury cutlets . . . . .	161
		Sea pie . . . . .	162
		Small meat pies and mashed potatoes . . . . .	163
<b>SECTION 11</b>			
<b>Fish</b>			
Batter for frying . . . . .	99		
Baked herrings and mustard sauce . . . . .	100		
Baked stuffed herrings and mustard sauce . . . . .	101		
Baked stuffed haddock and parsley sauce . . . . .	102		
Creamed salmon . . . . .	103		
Fried fillets of cod . . . . .	104		
Fried whiting . . . . .	105		
Fried fillets of fish . . . . .	106		
Fried herrings in batter . . . . .	107		
Fish cakes . . . . .	108		
Fish and potato pie . . . . .	109		
Fish kedgeriee . . . . .	110		
Poached fillets of fish and cheese sauce . . . . .	111		
Poached fillets of fish, egg sauce or parsley sauce . . . . .	112		
Soused herrings or mackerel . . . . .	113		
Steamed cod and parsley sauce . . . . .	114		
Salmon mayonnaise . . . . .	115		
<b>SECTION 12</b>			
<b>Liver, Hearts and Kidney</b>			
Braised liver . . . . .	116		
Braised stuffed ox heart . . . . .	117		
Braised stuffed sheep's heart . . . . .	118		
Fried liver . . . . .	119		
Kidneys on fried bread . . . . .	120		
Liver hot pot . . . . .	121		
Stewed kidneys with bacon . . . . .	122		

SECTION 13— <i>cont.</i>	<i>Recipe No.</i>		<i>Recipe No.</i>
<b>Pork</b>		Roast chicken . . . . .	197
Boiled pickle pork with par- snips . . . . .	164	Roast duck . . . . .	198
Braised with beans . . . . .	165	Roast turkey . . . . .	199
Galantine . . . . .	166	<b>SECTION 16</b>	
Pork pies . . . . .	167	<b>Sausages</b>	
Roast with apple sauce and stuffing . . . . .	168	Standard sausage recipe . . . . .	200
Savoury pork roll . . . . .	169	Hot dogs . . . . .	201
Scallops . . . . .	170	Sausage rolls (boiled) . . . . .	202
White stewed with onion and rice . . . . .	171	Sausage rolls (baked) . . . . .	203
		Sausage and mashed pota- toes . . . . .	204
		Toad-in-the-hole . . . . .	205
<b>SECTION 14</b>			
<b>Rabbits and Hares</b>		<b>SECTION 17</b>	
Braised stuffed with bacon . . . . .	172	<b>Rice as an accompaniment to Meat, Fish and Egg Dishes</b>	
Boiled with bacon and onion sauce . . . . .	173	Plain boiled . . . . .	206
Brown stew and dumplings . . . . .	174	Braised . . . . .	207
Brawn . . . . .	175	Curried . . . . .	208
Cutlets . . . . .	176	Savoury . . . . .	209
Curried with rice . . . . .	177	<b>SECTION 18</b>	
Devilleed . . . . .	178	<b>Stuffings</b>	
Fried . . . . .	179	Chicken, turkey, rabbit, hare, sheep, or ox hearts . . . . .	210
Fricassee with vegetables . . . . .	180	Duck or pork . . . . .	211
Hotpot with cabbage and bacon . . . . .	181	Fish . . . . .	212
Jugged . . . . .	182	Mutton . . . . .	213
Minced with rice . . . . .	183	<b>SECTION 19</b>	
Pot roast . . . . .	184	<b>Potatoes</b>	
Pie . . . . .	185	Baked creamed . . . . .	214
Pastie . . . . .	186	Baked in jackets . . . . .	215
Patties . . . . .	187	Boiled . . . . .	216
Pudding or roll . . . . .	188	Fondante . . . . .	217
Roast stuffed . . . . .	189	Fried . . . . .	218
Rabbit stew . . . . .	190	Fried sliced . . . . .	219
Sea pie . . . . .	191	Lyonnaise . . . . .	220
White stewed, with pickled pork or bacon . . . . .	192	Mashed . . . . .	221
		Macaire . . . . .	222
<b>SECTION 15</b>		Parsley . . . . .	223
<b>Turkey, Chicken and Duck</b>		Roast . . . . .	224
Preparation and carving . . . . .	193	Scalloped . . . . .	225
Boiled chicken . . . . .	194	Savoury . . . . .	226
Chicken (or turkey) and ham rissoles . . . . .	195	Stewed with cheese . . . . .	227
Fried chicken . . . . .	196	With bacon and onions . . . . .	228



	<i>Recipe No.</i>		<i>Recipe No.</i>
<b>SECTION 20</b>		<b>SECTION 21</b>	
<b>Fresh Green and Root Vegetables</b>		<b>Dried Pulse . . . . .</b>	
<b>Cabbage</b>		<b>Marrowfat Peas</b>	
Braised . . . . .	229	Boiled . . . . .	257
Boiled . . . . .	230	French style . . . . .	258
Buttered . . . . .	231	<b>Haricot Beans</b>	
Creamed . . . . .	232	Boiled . . . . .	259
Stewed . . . . .	233	<b>Haricot Beans</b>	
Stuffed . . . . .	234	With brown sauce . . . . .	260
<b>Greens (all varieties)</b> . . . . .	235	With parsley . . . . .	261
<b>Brussels Sprouts</b> . . . . .	236	Savoury . . . . .	262
<b>Runner Beans and French Beans</b> . . . . .	237	<b>Pease Pudding</b> . . . . .	263
<b>Broad Beans</b> . . . . .	238	<b>SECTION 22</b>	
<b>Garden Peas</b>		<b>Dinner Sweets—Puddings, Pies, etc.</b>	
Boiled . . . . .	239	<b>Basic Quantities and Recipes for Steamed (or Boiled) Pud- dings or Rolls</b>	
French style . . . . .	240	Apple . . . . .	264
<b>Onions</b>		Baroness . . . . .	265
Braised . . . . .	241	Chocolate fruit . . . . .	266
Fried . . . . .	242	College . . . . .	267
<b>Vegetable Marrow</b>		Currant . . . . .	268
Stuffed . . . . .	243	Date . . . . .	269
With cheese . . . . .	244	Fig . . . . .	270
<b>Mixed Vegetables</b> . . . . .	245	Ginger . . . . .	271
<b>Mixed Vegetable Flan</b> . . . . .	246	Golden . . . . .	272
<b>Root Vegetables</b>		Jam . . . . .	273
Boiled parsnips, swedes, car- rots, turnips . . . . .	247	Marmalade . . . . .	274
Butter parsnips, swedes, car- rots, turnips . . . . .	248	Raisin . . . . .	275
Mashed parsnips, swedes and turnips . . . . .	249	Sultana . . . . .	276
<b>Celery, Braised</b> . . . . .	250	Suet . . . . .	277
<b>Leeks</b>		Sultana and apple . . . . .	278
Braised or stewed . . . . .	251	Treacle . . . . .	279
Boiled with white sauce . . . . .	252	Cabinet . . . . .	280
Braised with cheese . . . . .	253	Christmas . . . . .	281
<b>Spinach</b> . . . . .	254	Fruit . . . . .	282
<b>Cauliflower or Broccoli</b>		<b>Milk Puddings</b>	
Boiled . . . . .	255	Baked rice . . . . .	283
With white sauce or cheese sauce . . . . .	256	Baked rice and dates . . . . .	284
		Baked rice and raisin . . . . .	285
		Baked rice and sultana . . . . .	286
		Boiled sweetened rice . . . . .	287
		Baked tapioca . . . . .	288
		Baked macaroni . . . . .	289
		Creamed rice and stewed fruit . . . . .	290

SECTION 22— <i>cont.</i>	<i>Recipe No.</i>		<i>Recipe No.</i>
<b>Milk Puddings—<i>cont.</i></b>		Lemon custard pie . . . . .	336
Rice custard . . . . .	291	Lemon and fruit pudding . . . . .	337
Semolina pudding . . . . .	292	Mock trifle . . . . .	338
Sago pudding and stewed fruit . . . . .	293	Pancakes . . . . .	339
		Rice and chocolate mould . . . . .	340
		Rhubarb and bread pudding . . . . .	341
<b>Pies and Pastry</b>		<b>SECTION 23</b>	
Apple turnover . . . . .	294	<b>Cakes, Buns and Scones</b>	
Apple pie . . . . .	295	<b>Small Cakes</b>	
Baked apple dumplings . . . . .	296	Basic small cake mixture . . . . .	342
Baked jam roll . . . . .	297	Chocolate scones . . . . .	343
Chocolate tart . . . . .	298	Cheese scones . . . . .	344
Custard tart . . . . .	299	Chocolate buns . . . . .	345
Chocolate coated jam slice . . . . .	300	Milk scones . . . . .	346
Dutch apple tart . . . . .	301	Rock cakes . . . . .	347
Flan pastry . . . . .	302	Raspberry buns . . . . .	348
Fruit pies (individual) . . . . .	303	Sultana scones . . . . .	349
Fruit tart . . . . .	304	Sultana rounds . . . . .	350
Fresh fruit pie . . . . .	305	Tea scones . . . . .	351
Hot water pastry . . . . .	306	Apple squares . . . . .	352
Jam turnovers . . . . .	307	Banbury cakes . . . . .	353
Jam puffs . . . . .	308	Basic sponge cake mixture . . . . .	354
Jam tart . . . . .	309	Chocolate sponge . . . . .	355
Lemon curd tart . . . . .	310	Choux paste (for cream buns and eclairs) . . . . .	356
Mincemeat . . . . .	311	Eccles cakes . . . . .	357
Mince pie or tarts . . . . .	312	Parkin . . . . .	358
Mock mince pies or tarts . . . . .	313	Steamed cake . . . . .	359
Manchester tart . . . . .	314	Soda cake . . . . .	360
Open fruit tart . . . . .	315	Shrewsbury biscuits . . . . .	361
Puff pastry . . . . .	316	Shortbread (oatmeal and chocolate) . . . . .	362
Pear and apricot pie . . . . .	317	Shortbread . . . . .	363
Rhubarb turnovers . . . . .	318	Shortcake (chocolate) . . . . .	364
Rhubarb pie . . . . .	319	Swiss roll (chocolate) . . . . .	365
Rhubarb rolls . . . . .	320	Syrup cakes . . . . .	366
Substitute for baking pow- der . . . . .	321	<b>Yeast Products</b>	
Short pastry (for covering) . . . . .	322	Basic dough (buns) . . . . .	367
Treacle tart . . . . .	323	Bath buns . . . . .	368
Apple charlotte . . . . .	324	Chelsea buns . . . . .	369
Apple fritters . . . . .	325	Currant buns . . . . .	370
Bread and jam fritters . . . . .	326	Danish buns . . . . .	371
Baked apples and custard . . . . .	327	Doughnuts . . . . .	372
Bread and butter pudding . . . . .	328	Jam (or Devonshire) splits . . . . .	373
Baked custard and stewed fruit . . . . .	329	Bread rolls . . . . .	374
Blancmanges . . . . .	330	Cheese rolls . . . . .	375
Baked spiced bread pudding . . . . .	331	Cheese and potato scones . . . . .	376
Chocolate mould . . . . .	332	Fruit yeast cake . . . . .	377
Fruit custard pie . . . . .	333	Fruit pudding . . . . .	378
Fruit salad . . . . .	334	Jam or syrup roll . . . . .	379
Junket . . . . .	335		

	<i>Recipe No.</i>		<i>Recipe No.</i>
<b>Slab Cake</b>		Herring (or sardine) . . .	409
Basic mixture		Lettuce, potato and water-	
Caraway . . . . .	380	cress . . . . .	410
Chocolate . . . . .	381	Lettuce, tomato, potato and	
Currant . . . . .	382	apple . . . . .	411
Date . . . . .	383	Lettuce, beetroot and onion	412
Fig . . . . .	384	Meat and potato . . . . .	413
Ginger . . . . .	385	Potato and mixed vegetables	414
Mixed fruit . . . . .	386	Potato and celery . . . . .	415
Madeira . . . . .	387	Potato . . . . .	416
Raisin . . . . .	388	Potato and sausage . . . . .	417
Sultana . . . . .	389	Potato and beetroot . . . . .	418
Christmas cake recipe "A" } 390		Potato and apple . . . . .	419
Christmas cake recipe "B" }		Pea . . . . .	420
		Potato, lettuce and spring	
<b>Cream and other Fillings and Coatings for Buns and Cakes</b>		onion . . . . .	421
Butter cream . . . . .	391	Salmon (or herring), beet-	
Chocolate coating . . . . .	392	root and apple . . . . .	422
Filling for cream buns or		Vegetable and cheese . . . . .	423
eclairs . . . . .	393		
Filling for buns, sponge			
cakes, etc. . . . .	394		
Filling for swiss roll, choco-			
late sponge, etc. . . . .	395		
Mock lemon curd . . . . .	396		
Marmalade curd (filling for			
flans) . . . . .	397		
Pastry cream. . . . .	398		
<b>SECTION 24</b>		<b>SECTION 26</b>	
<b>Oatmeal</b>		<b>Haversack Rations—Suit-</b>	
Cheese cakes. . . . .	399	<b>able Sandwich Spreads and</b>	
Oat cakes . . . . .	400	<b>Fillings</b>	
Porridge . . . . .	401	Apple cheese . . . . .	424
Rice and oatmeal pudding .	402	Beef and ham . . . . .	425
Scotch cakes . . . . .	403	Beef or mutton with onions	
		and pickles . . . . .	426
		Cheese spread . . . . .	427
		Cheese and sauce . . . . .	428
		Cheese spreads (various) .	429
		Cucumber and tinned sal-	
		mon, herrings and sardines	430
		Egg and chutney or mus-	
		tard pickles . . . . .	431
		Egg, watercress and toma-	
		toes . . . . .	432
		Egg and chopped bacon . .	433
		Egg and cheese . . . . .	434
		Fish spread . . . . .	435
		Ham spread . . . . .	436
		Liver and bacon . . . . .	437
		Meat spread . . . . .	438
		Mutton and mint sauce . .	439
		Preserved meat, spam or	
		brawn and salad . . . . .	440
		Sausage and sauce . . . . .	441
		Tomato and lettuce . . . . .	442
		Tomato and cucumber . . .	443
<b>SECTION 25</b>			
<b>Salads</b>			
Apple and carrot . . . . .	404		
Beetroot . . . . .	405		
Carrot and pea . . . . .	406		
Cucumber, lettuce and			
tomato . . . . .	407		
Haricot bean . . . . .	408		

	<i>Recipe No.</i>		<i>Recipe No.</i>
<b>SECTION 27</b>		Fish cakes . . . . .	468
<b>Dehydrated Food</b>		Fish and baked potato squares . . . . .	469
<b>Spray Dried Eggs</b>		<b>Dehydrated Beef, Mutton and Pork</b>	
Potato Omelette with bacon	444	Cottage pie . . . . .	470
Scrambled eggs and bacon	445	Cornish pasty . . . . .	471
Scrambled eggs and toma- toes . . . . .	446	Galantine . . . . .	472
Scrambled eggs and cheese	447	Hamburg roast . . . . .	473
<b>Egg and Potato Dishes</b>		Meat croquettes . . . . .	474
(Using spray dried eggs and dehydrated potato strips.)		Mince-meat and savoury rice	475
Potato and egg croquettes .	448	Pork cutlets . . . . .	476
Egg and potato cutlets with curry sauce . . . . .	449	Pork galantine . . . . .	477
<b>Egg and Potato Dishes</b>		Savoury pork roll . . . . .	478
(Using spray dried eggs and potato powder.)		Scotch mutton pie . . . . .	479
Potato and egg cutlets with curry sauce . . . . .	450	<b>Meat and Potato Dishes</b>	
Potato and egg croquettes .	451	(using dehydrated potato strips)	
<b>SOUPS</b>		Bacon and potato pie . . . . .	480
<b>Soup powders</b>		Meat croquettes . . . . .	481
Meat and vegetable . . . . .	452	Cottage pie . . . . .	482
<b>U.S.A. Pack . . . . .</b>		Corned beef pancakes . . . . .	483
	453	Cornish pasty . . . . .	484
<b>Soups</b>		Durham cutlets . . . . .	485
(using dehydrated potato strips)		Hotpot . . . . .	486
Household . . . . .	454	Irish stew . . . . .	487
Potato and leek . . . . .	455	Meat and potato mould . . . . .	488
Potato and turnip . . . . .	456	Meat and potato pie . . . . .	489
Potato and watercress . . . . .	457	Sea pie . . . . .	490
Potato and green pea . . . . .	458	<b>Dehydrated Potatoes</b>	
Potato and lentil . . . . .	459	(dehydrated strips)	
Potato and mixed vegetables	460	Baked creamed . . . . .	491
Potato and carrot and rice .	461	Croquette . . . . .	492
Potato and cabbage . . . . .	462	Macaire . . . . .	493
<b>Dehydrated Fish</b>		Mashed . . . . .	494
Kedgerie . . . . .	463	Potato pastry . . . . .	495
<b>Fish and Potato Dishes</b>		Savoury . . . . .	496
(using dehydrated potato strips)		<b>Sweets and Cakes</b>	
Fish pie . . . . .	446	(using dehydrated potato strips)	
Fish pie with potato and cheese sauce—in potato pastry casing . . . . .	465	Apple cake . . . . .	497
Fish pie, mashed potatoes with cheese . . . . .	466	Baroness pudding . . . . .	498
Fish cutlets . . . . .	467	Drop scones . . . . .	499
		Hot potato cakes . . . . .	500
		Potato cakes . . . . .	501
		Rock cakes . . . . .	502
		Treacle pudding . . . . .	503

	<i>Recipe No.</i>		<i>Recipe No.</i>
<b>Cheese and Potato Dishes</b> (using dehydrated potato strips)		Hot pot . . . . .	5222
Cheese and potato pie . . . . .	504	Mince . . . . .	5233
Cheese potato and bacon pie . . . . .	505	Meat and vegetable roast . . . . .	5244
Cheese and potato pudding . . . . .	506	Meat pie . . . . .	5255
		Meat roll . . . . .	5265
		Rissoles . . . . .	5277

<b>Potato Powder</b>	
Mashed . . . . .	507
Potato powder—Uses of . . . . .	508

<b>Dehydrated Cabbage</b>	
Boiled . . . . .	509
Creamed . . . . .	510
Cabbage and bacon . . . . .	511
Stewed . . . . .	512

<b>Dehydrated Carrots</b>	
Boiled . . . . .	513
Buttered . . . . .	514
Carrots in white sauce . . . . .	515

<b>Dehydrated Turnips and Swedes</b>	
As for carrots— <i>see</i> Recipes Nos. 513 and 514.	

**SECTION 28**

**Meat and vegetable ration and preserved tinned meats**

<b>Preserved Meat</b>	
Cottage pie . . . . .	516
Corned beef stew . . . . .	517
Cornish pasty . . . . .	518
Curry . . . . .	519
Durham cutlets . . . . .	520
Fritters . . . . .	521

**SECTION 29**

**Tinned commodities**

**Field service ration scales**

Bacon roll . . . . .	5283
Bacon pasties . . . . .	5299
Bacon and potato pie . . . . .	5300
Bacon cakes . . . . .	5311
Biscuit pudding with jam sauce . . . . .	5322
Cornish pasties . . . . .	5333
Cottage pie . . . . .	5344
Cheese savouries . . . . .	5355
Cheese and potato pie . . . . .	5365
Fish cakes . . . . .	5377
Jam (or syrup) roll . . . . .	5388
Jam tart . . . . .	5399
Meat and potato pie . . . . .	5400
Meat and vegetable turnovers . . . . .	5411
Meat and vegetable roast . . . . .	5422
Pastry for pies, tarts, etc. . . . .	5433
Preserved meat sausages . . . . .	5444
Preserved meat hotpot . . . . .	5455
Preserved meat pancakes . . . . .	5465
Preserved meat stew with dumplings . . . . .	5477
Preserved meat rissoles . . . . .	5488
Sausage hotpot . . . . .	5499
Sausage rolls . . . . .	5500
Scones . . . . .	5511
Welsh rarebit . . . . .	5522

**MEAT AND VEGETABLE RATION**

Recipes for preserved meat dishes Nos. 516, 517, 518, 519, 520, 522 and 525 should be followed.

## SECTION I.—METHODS OF COOKING: THE MEAT RATION AND TIME TABLE FOR COOKING

### METHODS OF COOKING

1. Food is cooked for the following reasons :—

- (a) To render meat and vegetables more easily digestible.
- (b) To make it more appetizing to the sight, to the taste and to the smell. For this reason it is essential that every endeavour should be made to ensure that dishes are as attractive in appearance as possible, and that made-up dishes are actually tasted in the course of their preparation.
- (c) To ensure the destruction of bacteria and parasites.
- (d) To combine the right proportions necessary to good health.

The various methods of cooking adopted in the Army are braising, roasting or baking, boiling, steaming, stewing and frying, and are explained below.

### 2. Roasting

Roasting meat is the most popular method of cooking although one of the most wasteful ; it has, however, the advantage of retaining most of the natural juices, and the meat has therefore more flavour. For this reason it is the ideal way of cooking loins or ribs of beef and the best joints of mutton, lamb and pork.

Correct stoking of the fire is very important. It must be quick and clear during the whole cooking process.

### 3. Boiling

*Meat and poultry.* The action of placing meat and poultry into boiling liquid, not necessarily water, and permitting the boiling process for 10 minutes, is to form a coating on the surface of the joints or birds, and thus to prevent the loss of juices.

*Green vegetables.* In this case, green vegetables are first plunged into boiling water and allowed to boil until cooked in order that the pores may be sealed to ensure as little loss as possible of the vitamin and mineral salt content.

*Flour puddings and cereal foods.* Flour puddings, porridge, rice, macaroni, spaghetti, tapioca, sago and semolina should be placed in boiling liquid and allowed to simmer until cooked in order that the starch grains in flour, and the cereal foods, shall burst and absorb a fat, or liquid as the case may be.

## **Hams, gammons, salt beef or pork**

*Stocks, soups and broths.* When it is required to extract flavour and nourishing qualities from foods, the fresh meat or vegetables are first placed in cold water and then gradually brought to the boil. It should then simmer until all goodness has been extracted.

A similar process is followed in the case of hams, gammons and hock of bacon and salt beef or pork, in order to extract most of the salt, and to render the meat soft and digestible.

*Potatoes.* Potatoes should be placed in cold salted water, brought quickly to boiling point and boiled until cooked in order to render them soft and to ensure their quick cooking prevents an undue extraction of nourishment.

*Fresh or dried fruit.* Fresh or dried fruit should be brought to the boil in order that the pores may be sealed to prevent loss of flavour and nourishment and then allowed to simmer gently until soft.

It is important for all cooks to remember that after a liquid has attained boiling point—that is, when its surface is covered with bubbles—no amount of fire can make it hotter. Continued stoking is therefore extravagant waste.

## **4. Stewing**

It should be distinctly understood that stewing is not boiling.

Stewing is the most wholesome and profitable method of cooking and if properly carried out tough meat is made tender, palatable and digestible. More nourishment is obtained in this process than by any other, as the liquid extracted is invariably used in making gravy, soups, etc., or consumed with the dish being prepared.

All that is required is slow, gradual and gentle cooking, and never at any time boiling; thus very little fuel is used.

Meat of fibrous and coarse texture, such as legs, briskets, buttock, clods or neck of mutton, should be cooked in this manner.

## **5. Braising**

Is half roasting and half stewing. The pan or dish must be covered with a lid, and as evaporation is thus prevented, the full flavour of all the ingredients and their nutriment is retained.

Certain vegetables and some of the inferior cuts of meat are cooked in this manner.

## **6. Steaming**

This is an economical method of cooking, and as no liquid is

extracted from foods there is no loss in nourishment. Other advantages are that since this method is the more prolonged form of cooking, foods are rendered more digestible, and is therefore ideally suitable for hospital and invalid cookery.

Puddings are lighter, as none of the suet or fat has boiled out.

Vegetables which are composed largely of water, shrink less.

There are, however, distinct disadvantages to cooking by this method. Foods take much longer to cook ; there is no liquid extracted for the making of gravy or sauce ; it is impossible to satisfactorily cook green vegetables, and the steamer itself must be kept constantly at boiling temperature.

Foods usually cooked by steam are hams, gammons and puddings.

## 7. Frying

Frying (the quickest method), is cooking with the aid of clean fats, fresh and free from salt. With care, and clarification after use, fat should last a long time and be thrown away only when it becomes dark brown in colour, when it should be put aside with other inedible fats for despatch to Salvage Depots.

There are two method of frying—deep and shallow.

In deep frying there should be sufficient fat to well cover the food to be cooked. Add such food in small quantities, especially those which have been soaked in water such as potatoes, or those which are coated in batter, such as fish cakes, rissoles, fish, etc.

The success or otherwise of frying depends largely on the temperature of the fat when food is placed into it. The fat should reach a high temperature and is not ready until it becomes motionless and gives off a blue vapour. The fat must be free from pieces and not burnt before cooking.

Food that is cold or moist will greatly lower the temperature, so allow the fat to regain the right temperature before adding more. Failure to observe this rule, will result in greasy foods tasting strongly of the cooking fat.

In shallow frying, only a small amount of fat is used—just sufficient to prevent food sticking to the pan or dish.

It is both bad for the digestion and unpleasant in appearance to have grease adhering to fried foods. They should be lifted out and placed on clean paper to absorb the grease, or dried off in a cloth.

Cooking fat can be used a greater number of times if it is not overheated.

Strain fat after use to remove food particles.

When not in use, cover the fat, and store in a cold place.



## THE MEAT RATION

8. The army meat ration varies very considerably according to the country in which troops may be operating. It is, however, safe to say that the bulk of the issue is made up of meat which has been preserved by the application of cold temperatures to the degree which renders it frozen.

9. Frozen meat from highest grade cattle is of equal quality to the best home killed, and if proper attention is paid to the thawing out process the loss of its nutritive qualities is reduced to a minimum and the meat will be found to be as palatable and tender as any but the highest grade of home killed. Improper preparation, incorrect use of joints and bad cooking alone can make frozen meat appear inferior to home-killed meat.

### Frozen beef (bone in)

10. Frozen beef is imported primarily from South America, New Zealand and Australia. This beef has been frozen hard in a temperature of from  $10^{\circ}$  to  $15^{\circ}$  Fahr. as soon as the animal heat has left the carcasses after slaughtering. The length of the voyage and the fact that the tropics must be passed through necessitates a higher degree of protection than that given by the chilling process, although before this war, many shipments of chilled beef were carried to this country *via* the tropics with success.

11. This extreme degree of frost renders the meat so hard that it cannot be cut by a knife in the frozen state. While in this condition it is easily distinguished, as it is not only very hard, but the quarters are white in external appearance; the fat is very distinct from the lean, and in some parts appears crumbly.

12. Frozen beef that has deteriorated through being kept too long in store, damaged during a voyage, or from any other cause, may be detected as follows :—

- (i) By its discoloration. The fat will be pale in colour, and the surface will have the appearance and feel of parchment.
- (ii) By mildew spots which may be present inside the ribs. In the early stages it can be recognized by a white, furry, damp appearance on the surface of the meat, which, as the mould advances, gets dark in colour, eventually taking the appearance of black or dark coloured patches.
- (iii) By brine stain.
- (iv) By oil damage.
- (v) By water damage.

13. Frozen beef is inclined to sweat when brought into a normal atmosphere and should be wiped down periodically with clean sterile cloths. Thawing should take place gradually, and, if possible, without cutting, in order to avoid draining the meat of nutriment. During the thawing process a certain amount of "drip" is unavoidable; this should be caught in drip trays placed underneath the meat to prevent contaminating the floor. Quarters should be unwrapped on receipt, and allowed to hang where there is a circulation of air. To obtain the best results, frozen meat should be gradually thawed over a period of seventy-two hours. This period will, however, vary according to the temperature and must, therefore, be adjusted to suit local conditions. Partial thawing is invariably carried out at the Supply Depots before meat is issued to units; thawing should be completed in the unit's butcher's shop before cooking.

14. It is advisable in warm or hot weather to prevent too sudden thawing by allowing forequarters or crops to remain in their wrappings as it is essential to prevent heat and moisture in the atmosphere coming too suddenly into contact with the meat. Hindquarters should be hung and surrounded by wrappers or bags, which will serve as an insulation whereby the temperature of the meat is only gradually increased.

### **Beef (boneless)**

15. Boneless beef is exported from Australia, New Zealand and South America. Boning is carried out at the freezing works before the freezing of the meat, the quarters being set before being boned in order to make the process easier.

16. As boneless meat occupies approximately three quarters of the space of meat with bone in, the saving in weight and space is an important one, not only in land transport, but in relation to shipping tonnage and the capacity of cold stores.

17. Importation of meat into this country is controlled by various public health regulations which demand veterinary certificates regarding freedom from disease in the country of origin. Inspection of the meat in this country is controlled by local sanitary authorities.

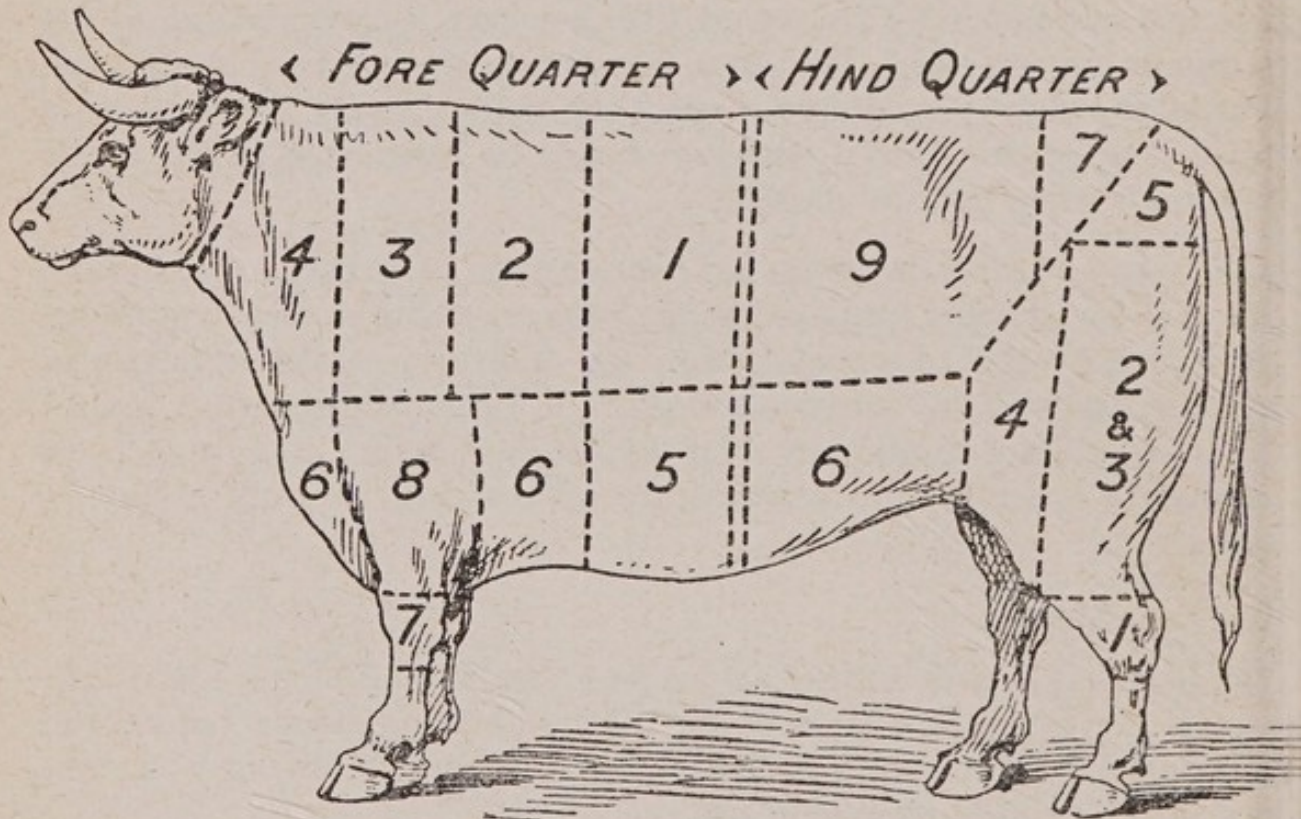
### **JOINTING BEEF**

18. Plates Nos. 1 and 2 explain how the various cuts from the carcass should be treated. Those mentioned as being suitable for

boiling and stewing are in nearly every case, when properly prepared, excellent for meat pies, meat puddings, brown stew, and other similar dishes.

19. After slaughter the ox is chopped down, i.e., divided into two sides. Each side is subsequently divided into two quarters, the division taking place between the twelfth and thirteenth ribs.

### PLATE I



THE JOINTS IN BEEF

### FROZEN MUTTON

20. Frozen mutton is imported principally from South America, New Zealand and Australia. At present the largest imports are from New Zealand.

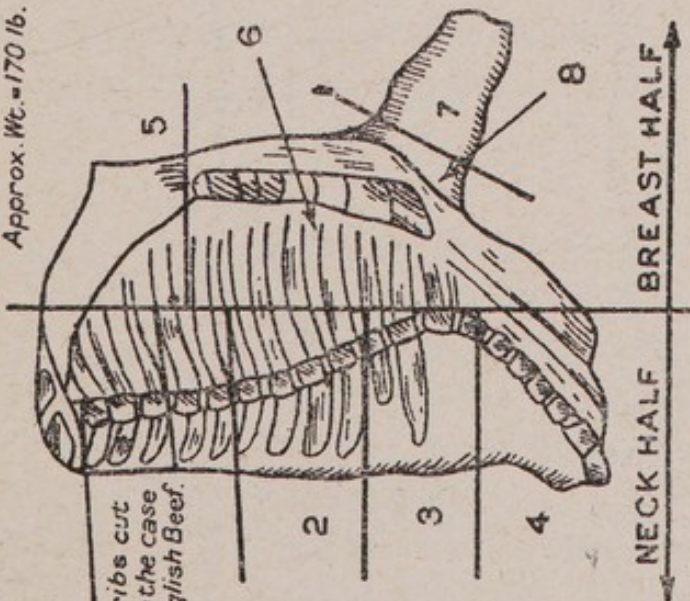
As regards quality, the best comes from New Zealand, some of which is considered equal to our English Southdown or Welsh mutton, such as that contributed by Hampshire, Lincoln or Suffolk sheep.

21. The characteristics of frozen carcasses are their hard and brittle condition. Sheep usually have the kidneys removed. All carcasses have the shoulder knuckles tied before freezing so that they are parallel to the chine. This helps storage. The bark of frozen mutton

CUTTING UP INTO JOINTS—APPROXIMATE WEIGHTS

FORE QUARTER.

Approx. Wt. = 170 lb.

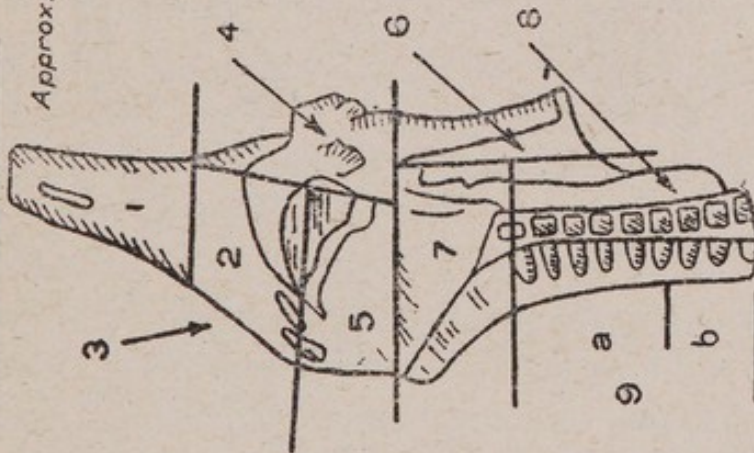


\* Five ribs cut off in the case of English Beef.

1. Fore Ribs : \*Five Rib bone cut off but in a case of New Zealand Fore there are only 10 Ribs, therefore only three best ribs are taken off. Weight 12 lb.
2. Middle Ribs : 25 lb. Roasting or Bake.
3. Chuck Ribs : 25 lb. Roasting, Bake or Stewing.
4. Sticking Piece : 20 lb. Stewing, Mincing, Sausages.
5. Plate : 20 lb. Stewing, Mincing, Sausages.
6. Brisket : 35 lb. Salting, and the same as 4 and 5.
7. Shin : 8 lb. Stew, Beef-tea, Pie, Pudding.
8. Leg of Mutton Cut : 25 lb. Roast, Bake.

HIND QUARTER.

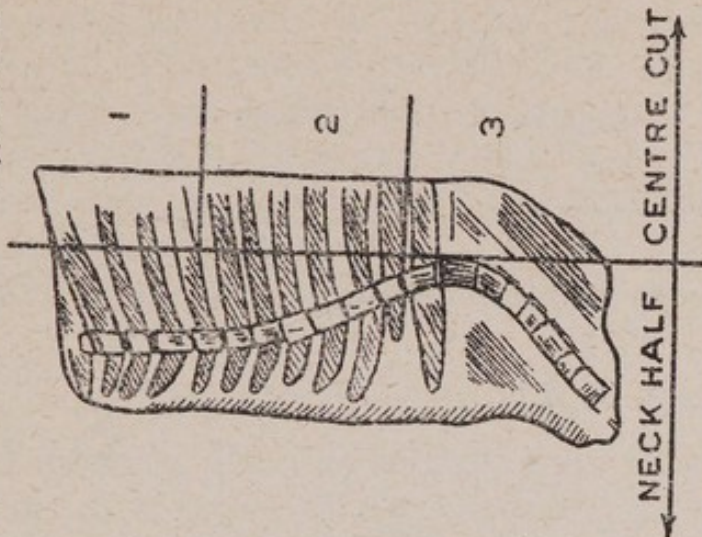
Approx. Wt. = 185 lb.



1. Shank : 14 lb. Stew, Beef-tea, Meat Pudding.
2. Topside : 22 lb. Roasting, Bake, Stewing Steaks.
3. Silverside : 20 lb. Salting, Boiling, Stewing Steaks. Other Side of Buttock.
4. Thick Flank : 20 lb. Roasting, Bake, Stewing Steaks.
5. Aitch Bone : 18 lb. Roasting, Bake, Stewing Steaks.
6. Thin Flank : 15 lb. Stew, Mincing, Sausages.
7. Rump and Fillet : 30 lb. Steaks, Roasting.
8. Kidney Suet : 10 lb. For making Puddings or rendering down for Dripping.
9. Loin : (a) 21 lb. Sirloin for Roasting. (b) 15 lb. Wing End for Roasting.

CROP.

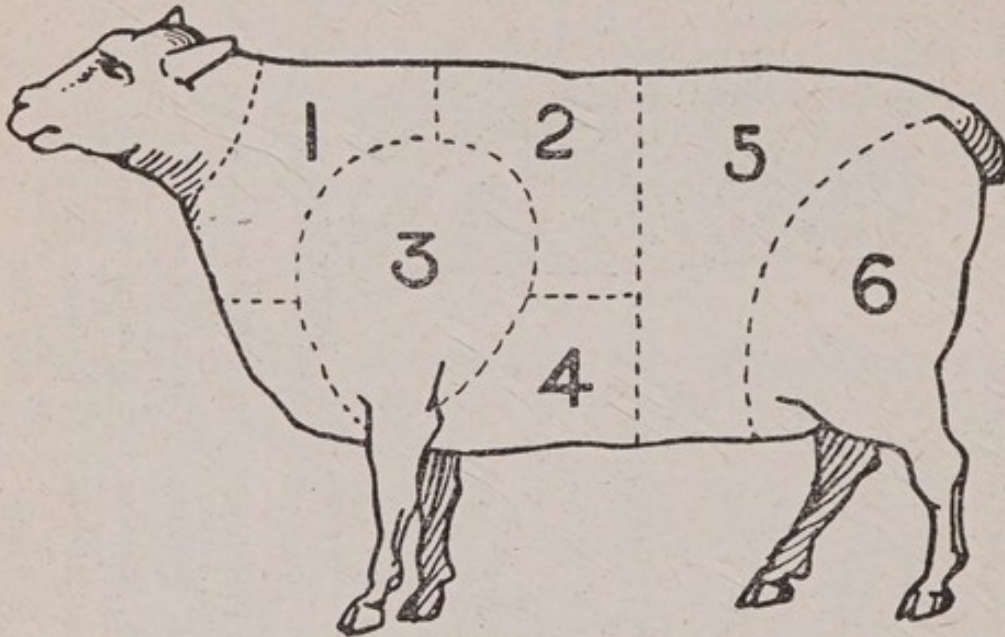
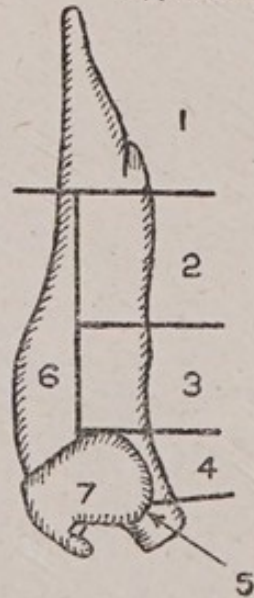
Approx. Wt. = 25 lb.



- Neck Half : To be cut as Neck Half of the Fore.
- Centre Cut : To be cut up as follows :—
1. Flat Ribs : 10 lb. Stewing, Meat Pie, Mincing or Sausages.
  2. Top Ribs or Leg of Mutton Cut : 20 lb. Roasting, Bake.
  3. Clod : 15 lb. For use the same as Flat Ribs.

## PLATE 3

## THE JOINTS IN MUTTON

CARCASE OF MUTTON.SIDE OF MUTTON.*Approx. Wt. = 30 lb*

- |                     |                            |
|---------------------|----------------------------|
| 1. Leg :            | 7 lb. Roasting or Boiling. |
| 2. Loin :           | 6 lb. Roasting or Chops.   |
| 3. Best Neck :      | 4 lb. Roasting or Cutlets. |
| 4. Middle Neck :    | 2 lb. Boiling.             |
| 5. Scrag-end Neck : | 2 lb. Boiling.             |
| 6. Breast :         | 3 lb. Stewing.             |
| 7. Shoulder :       | 6 lb. Roasting.            |

will frequently be found to be chafed owing to handling during transshipment. The shank bones are very brittle, a natural result of hard frost, and are often snapped asunder. Mutton which has deteriorated through being kept too long in store, and is in a hard frozen state, will have lost that external brightness which is easily observable in its normal condition.

Plate No. 3 shows the various cuts and their uses.

### **PORK (frozen) U.S.A. Origin**

22. Pork imported into this country from America is usually in the form of cuts. Some sides are also imported. All are received in a frozen condition, the cuts being skinned, wrapped in waxed paper and made into packs before freezing.

The various cuts and their uses are shown at Plate 4.

23. When whole sides are received they should be jointed and used as shown at Plate 5.

Packs should be removed from boxes and the waxed paper wrappings taken off before thawing.

Do not break up the packs before the meat is thawed.

Store during the thawing period in a cool, well ventilated room.

Make certain that drip trays are in position under the meat.

Thaw in a normal temperature, and do not attempt to speed up the process.

Keep the exposed surfaces of the meat free from moisture by frequent wiping with clean and sterile cloths.

When packs are thawed, separate into individual joints.

Cook as soon as possible after thawing.

Percentage of loss in cooking is greater than with either beef or mutton.

<i>Type of Joint</i>	<i>Uses</i>
Joint 1. Leg	Roasting, Pickle for Boiling.
Joint 2. Fore-end	Roasting, Braising, Stews, various composite dishes, Pies, Sausages.
Joint 3. Loin	Roasting, Chops and Cutlets.
Joint 4. Hand	Pickling for Boiling, Braising, Stews, Composite Dishes.
Joint 5. Belly	Pickling for Boiling, Pressed Pork or Braising, <i>i.e.</i> , Boston Pork and Beans.

PLATE 4  
PORK—U.S.A. Cuts

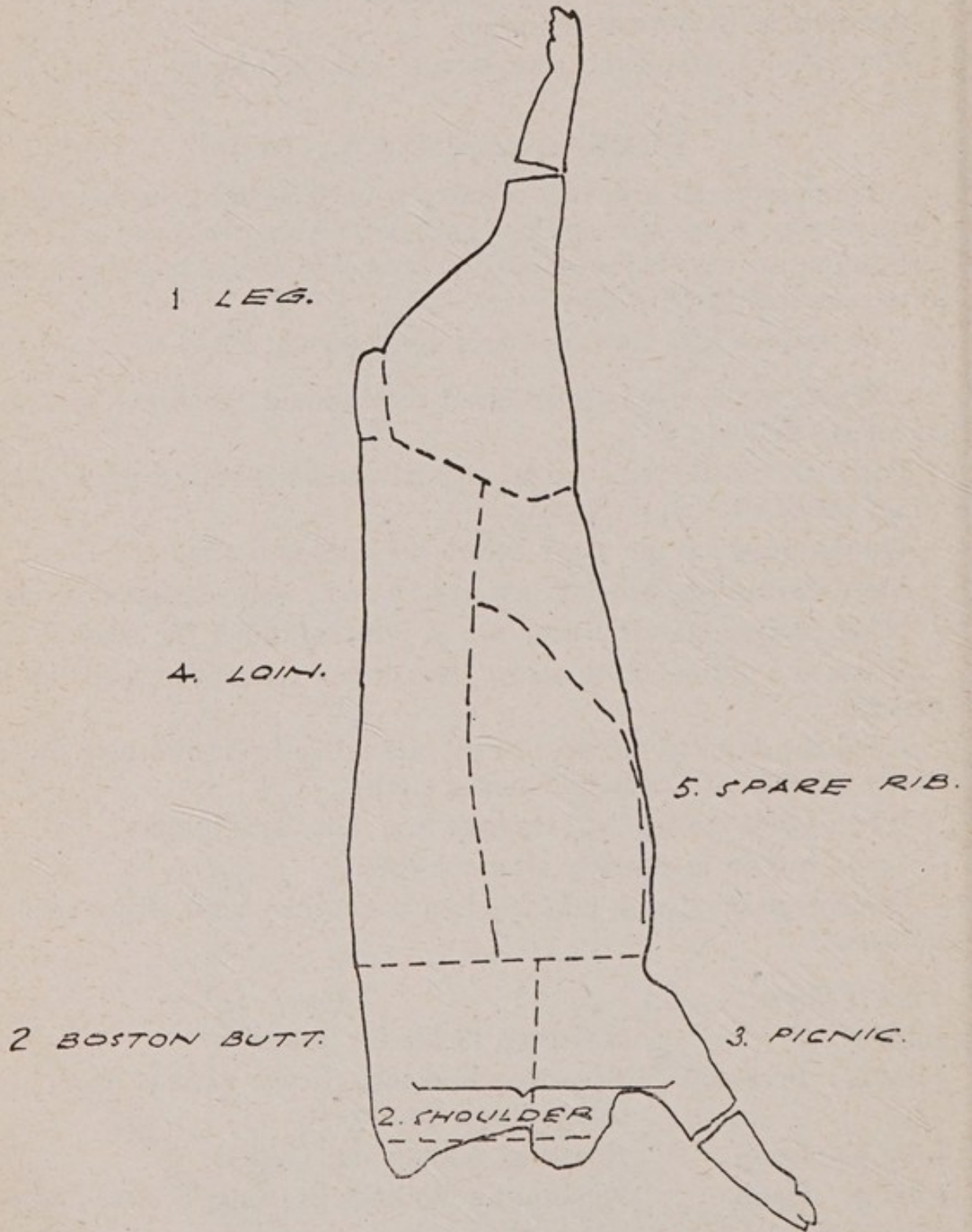
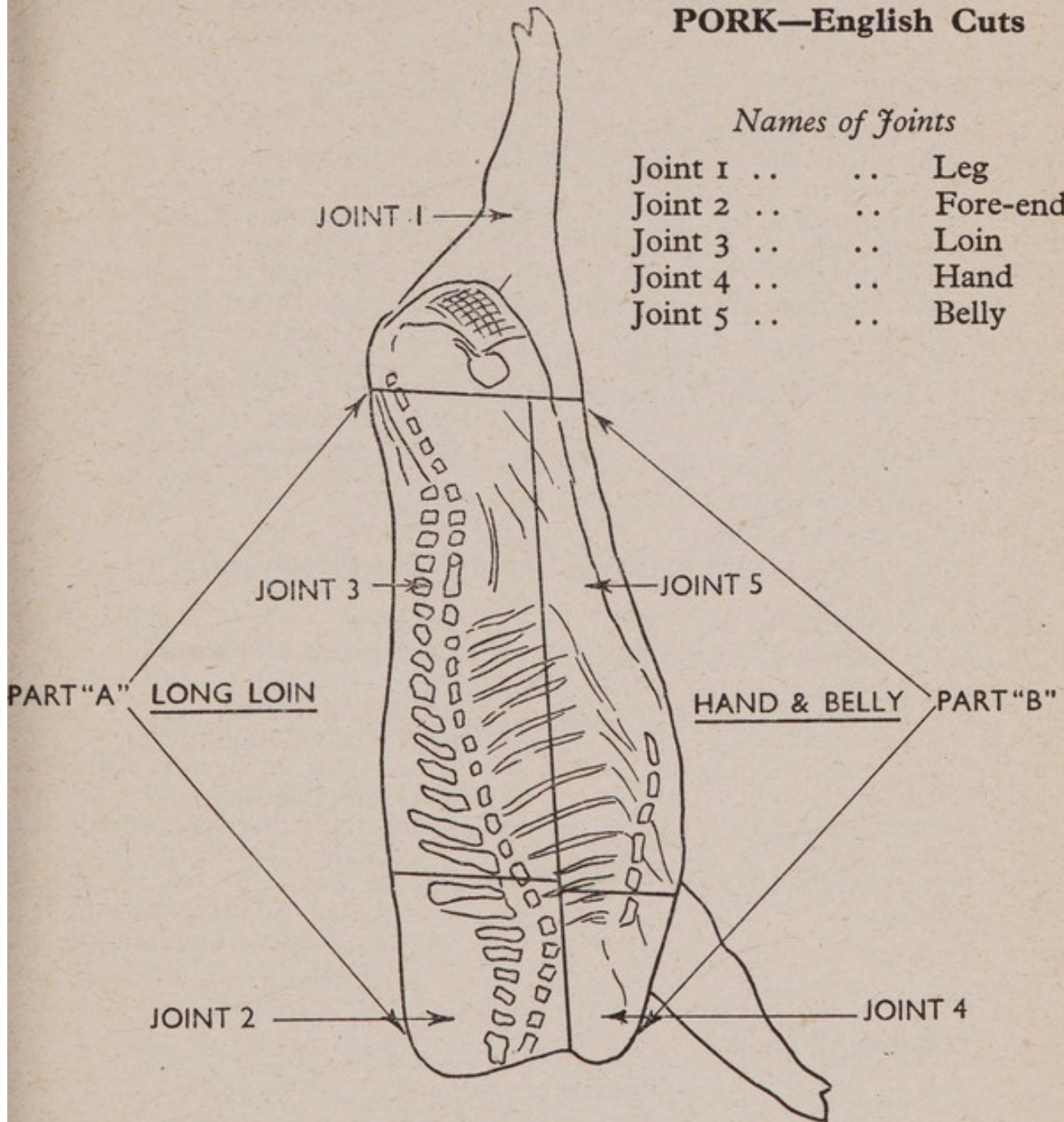


PLATE 5

**PORK—English Cuts**

*Names of Joints*

Joint 1 .. ..	Leg
Joint 2 .. ..	Fore-end
Joint 3 .. ..	Loin
Joint 4 .. ..	Hand
Joint 5 .. ..	Belly



<i>Type of Joint</i>		<i>Uses</i>
Joint 1	Leg	Roasting : pickle for boiling.
Joint 2	Fore-end	Roasting : braising : stews : various composite dishes : pies : sausages.
Joint 3	Loin	Roasting : chops and cutlets.
Joint 4	Hand	Pickling for boiling : braising : stews : composite dishes.
Joint 5	Belly	Pickling for boiling : pressed pork or braising, <i>i.e.</i> , Boston pork and beans.



# Time-table for Cooking

## Index

1. Roasting meats
2. Boiling briskets—Silversides and salt pork
3. Fried Steaks
4. Stewed steaks
5. Braised beef
6. Boiled mutton
7. Fried mutton chops and cutlets
8. Pork chops
9. Meat puddings and sea pie
10. Meat pie
11. Hot-pots
12. Brown stews
13. Irish stew
14. White stewed mutton
15. Boiled gammon or fore hocks
16. Fried bacon
17. Roast turkey  
Roast chicken
18. Roast duck
19. Boiled fowl
20. Stewed rabbit
21. Rabbit pie
22. Fried liver
23. Ox hearts
24. Sheeps hearts
25. Fried kidneys
26. Sausages
27. Eggs

## Index

28. Kippers
29. Bloaters
30. Herrings
31. Haddock
32. Fillets or cutlets of fish
33. Boiled potatoes
34. Fried potatoes
35. Mashed potatoes
36. Steamed potatoes
37. Roast potatoes
38. { Cabbage—spring cabbage  
Kale—sprouts, etc.
39. { Green peas—runner beans  
Broad beans—marrow, etc.
40. Spinach
41. Root vegetables
42. Pulse—cereals, etc.
43. Rice
44. Porridge
45. Cakes, large and small
46. Pies
47. Tarts and Flans
48. Baked apple dumplings.
49. Baked Jam or Syrup Rolls.
50. Yorkshire Pudding
51. Fruit or jam turnovers, sausage rolls and cornish pasties
52. Stewed fruits.
53. Boiled suet puddings or rolls and puddings of similar type

## Index No.

### 1. Roasting Meats

*Minutes to the pound.*

- |                       |   |   |
|-----------------------|---|---|
| Beef<br>and<br>Mutton | { | 15 and plus 15 minutes extra to the total time for thin joints. |
|                       | { | 20 and plus 20 minutes extra to the total time for thin joints. |
| Pork                  |   | 25 and 25 minutes extra to the total time.                      |

Roasting meat is by no means an easy job. It is too often sent to the dining halls either raw, or so dried up there is no moisture in it at all. To roast well the joint must be cooked thoroughly yet the juice must be retained.

*Index No.*

Don't make the mistake of having the joints too small (not less than 8 lb.), the more cut surfaces there are, the more likelihood is there of losing the meat juices and the flavour.

The fire should not require making up while roasting. See that it is sufficiently large to be of equal strength right through the cooking process, aided by one or two lumps put on the top occasionally.

Seal the meat for 10 minutes in the top of the oven first, and then move the joints to a lesser heat to cook more slowly, otherwise the outside becomes hard and dry and the inside underdone.

Baste after the first 10 minutes and every 15 minutes afterwards. Meat should be firm against pressure when cooked and the juices a pinkish white.

When the meat is cooked, remove it from the oven, keep in a warm place for 10 to 15 minutes, to set before carving.

## 2. **Boiling briskets—Silversides and salt pork**

Well wash the joints after removing them from the pickle ; then place into cold water and bring to the boil. Reduce the heat and simmer gently until cooked. Allow 20 minutes to each pound and an additional 20 minutes to the total time.

## 3. **Fried steaks**

Cut the steaks about 1 inch thick, season with salt and fry both sides until the blood percolates. Time 10 minutes approximately.

## 4. **Stewed steaks**

Season and shallow fry to seal the pores, root vegetables fried on, all dusted with flour and dried off. Add the required ingredients, moisten with stock to cover, then bring to the boil and skim. From then onwards season and stew gently for between 2 and 2½ hours.

## 5. **Braised beef**

Sizeable joints of 8 lb. or 10 lb. Fry on the vegetables, add to the meat and seal and colour in the oven. Remove the surplus fat and moisten with stock, season and bring to the boil. Cover and braise slowly until tender. Time for the whole operation about 3 hours.

*Index No.***6. Boiled mutton**

Legs and Shoulders are the best joints. Put into cold water, bring to the boil, skim, add salt, vegetables and simmer until cooked. Allow 20 minutes to each pound.

**7. Fried mutton chops and cutlets**

Seasoned and shallow fried—8 to 12 minutes according to thickness.

**8. Pork chops**

12 to 15 minutes according to thickness.

**9. Meat puddings and sea pie**

Boiled puddings or rolls must be plunged into boiling water (if in basins to approximately three quarters of the height of the basin), and then allowed to simmer gently. Total time 4 hours. If steamed, cook for the same length of time.

**10. Meat pie**

Place the pies in a fast oven to set the pastry ; then bake at a lower temperature until the meat is tender. Time, from 2½ to 3 hours.

When oven space, and time, is restricted, partially cook the meat and allow to cool, before covering with pastry.

**11. Hot pots**

Bake in a slow oven for about 3 hours until the meat is cooked and the potatoes browned.

**12. Brown stews**

Fry on the meat and vegetables quickly, dust with flour and singe in an oven for 10 minutes. Season, cover with stock, bring to the boil and skim. Firm the lid and cook slowly. DO NOT BOIL AGAIN. Whole operation about 2¾ hours.

**13. Irish stews**

Mutton (breasts, necks and scrags) is cut into approximately 3 oz. pieces, brought to the boil and skimmed. After seasoning it is simmered for an hour. Onion, and a potato thickening is then added, and after bringing to the boil again, is simmered for 30 minutes. Bulk potatoes are then added and the whole is simmered again for 30 minutes or until the potatoes are cooked. Total time, approximately 2½ hours.

*Index No.***14. White stewed mutton**

Mutton is brought to the boil and skimmed. Vegetables are then added and the whole simmered until tender. Make a sauce from the liquor and simmer with the stew for approximately 15 minutes. Total time, approximately 2 hours.

**15. Boiled gammon or fore hocks**

Should be trimmed and soaked in cold water from 8 to 12 hours. They are then boned and tied up. Afterwards, put into cold water, brought to the boil and then simmered until cooked. Boiling time, approximately 20 minutes to the pound.

**16. Fried bacon**

Cook in moderate heat until the fat begins to curl. Avoid fierce heat, otherwise the bacon will shrink and overcook. Time, 5 to 6 minutes.

**17. Roast turkey**

The bird must be cleaned, singed and wiped, the tendons removed and also the wish-bone. It is then stuffed, after trussing with two strings. Basted well it is cooked on one side for 30 minutes and then on the other side for 30 minutes. It is then placed on its back, and, basting frequently, allowed to roast until cooked. A total of 3 to 4 hours should be sufficient for the average sized bird. It should be cooked until the flesh is firm and the blood runs white.

**18. Chicken and duck**

Similar to turkey. Time, approximately 45 minutes, but dependent on the size of the bird.

**19. Boiled fowl**

Dressed and trussed as for turkey (without stuffing). Allow 20 minutes to the pound and proceed as for boiled mutton.

**20. Stewed rabbit**

If a brown stew is required, fry on after jointing ; then stew gently for 1 hour.

If a white stew is required, put the joints into cold salted water; then simmer for approximately 1½ hours.

*Index No.***21. Rabbit pie**

Proceed as for meat pie, and bake for 2 hours.

**22. Fried liver**

Carefully defrost and skin and cut into thin slices. The slices must then be seasoned, passed through flour and shallow fried both sides. It is cooked either side until the blood percolates.

**23. Ox hearts**

Clean, trim and stuff. Braise slowly for approximately 4 hours.

**24. Sheeps hearts**

Clean, trim and stuff. Braise slowly for approximately 2 hours.

**25. Fried kidneys**

Similar process to liver.

**26. Sausages**

Pierce with a fork and cook in a hot oven for 10 minutes. Small quantities are better cooked in shallow fat over a gradual heat.

**27. Eggs**

*Boiled.* Put into frying baskets and plunged into boiling water for 3 minutes.

*Fried.* Should be fried in shallow fat as and when required over gradual heat until the white is set. Then pass through an oven to set the yolks.

*Poached.* Cold water tinged with vinegar should be boiled, the eggs placed in a frying basket should be plunged into it for a few seconds to release from the shell. Crack the eggs into the water near the surface, bring to the boil, cover, draw to the side of the stove and poach for three minutes. Remove and place into cold water until required. Then reheat in hot salted water for one minute.

**28. Kippers**

Bake, with a little dripping or margarine and water, in a moderate oven for 10 minutes. After cooking remove the back-bones.

*Index No.***29. Bloaters**

Clean the fish and cut off the heads. Then proceed as for kippers.

**30. Herrings**

Must be scaled and well cleaned before cooking. Should then be either stuffed and baked, soured or split and fried.

**31. Finnon haddocks or cured fillets**

Similarly to kippers or poached.

**32. Fillets of long white fish or cutlets**

Completely defrost if received frozen. See that the fish is dry.

**Fried**

Season, pass through flour and batter, or through milk and flour (or milk and oatmeal) and breadcrumbs ; then fry in deep fat for approximately 5 minutes.

**Boiled**

If frozen completely defrost. Place into cold salted water to which a little vinegar has been added and slowly bring to the boil. Then poach on the side of the stove until the flesh is firm.

**33. Boiled potatoes**

Old potatoes should be boiled for 20 minutes from the time the water comes to the boil. They should not boil too rapidly, as this will cause them to break and absorb water. New potatoes should be placed into boiling salted water with a few mint stalks tied in a bundle.

All potatoes should be drained after cooking, the lid firmed and thoroughly dried off in their own steam.

**34. Fried potatoes**

Cut into strips, wash, drain and dry well before frying. Blanch first in deep fat. Just before serving, reheat the fat and refry to crisp and until they become golden in colour. Well drain and sprinkle with salt.

**35. Mashed potatoes**

First plain boil, dry off and mash. Then work in margarine, pepper, salt and nutmeg. Add hot milk gradually.

*Index No.***36. Steamed potatoes**

Only old potatoes should be steamed and only then if sufficient steam is available to cook them quickly. Time, 30 minutes.

**37. Roast potatoes**

Cut the potatoes to an even size. Cook in shallow fat, turning them in the hot fat to set. Sprinkle with salt and cook in moderate oven. Drain before serving.

**38. Cabbage, spring greens, scotch kale, sprouts, etc.**

Should be well washed in plenty of salt water several times before cooking and then plunged into boiling salted water, brought to the boil again quickly, remove any scum and continue boiling rapidly until tender. Strain well, press between two plates (other than sprouts) and cut into portions. Cooking time approximately 20 minutes after reboiling.

**39. Green peas, runner beans, broad beans, marrow, etc.**

After shelling or cutting up, cook quickly in boiling salted water. Do not overcook, otherwise appearance is spoiled and value destroyed.

**40. Spinach**

Pick over carefully, remove violet ends and well wash in plenty of salt water several times. Plunge into a little boiling salted water and press well down until it comes to the boil again. Simmer until tender, strain well and press.

**41. Root vegetables**

Should be blanched, then covered with water, margarine, sugar and salt added and simmered with the lid on until tender. Evaporate the liquor to an essence.

**42. Pulse, cereals, etc.**

All pulse should be soaked in cold water with a pinch of bicarbonate of soda overnight. Then rewashed, covered with cold water, brought to the boil and skimmed, garnished with bacon trimmings, carrot and onion; seasoned and simmered until tender without disturbing.

*Index No.***43. Rice, plain boiled**

Pick and wash, rain into boiling salted water (water 10 to 1 in volume) and reboil while stirring. Then simmer for approximately 15 minutes until the grains are tender. It should then be washed under cold water, then hot salted water, well drained, placed between a cloth and dried off in a hot plate until the grains separate.

**44. Porridge**

Rain oatmeal into boiling salted water (water 6 to 1 in volume), stirring continually ; then cover and simmer slowly for an hour.

**45. Cakes, large and small**

The larger the cake, the more moderate the oven to ensure thorough cooking without overcolouring.

*Scones.*—12 minutes.

*Small cakes and buns.*—20 minutes.

*Banbury cakes and eccles cakes.*—25 minutes.

*Small fruit cakes.*—1 hour.

*Slab fruit cake.*—2 hours.

**46. Pies**

Meat pies should begin cooking at a relatively high temperature for the first 20 minutes, and should then be brought to a lower temperature until cooked. Total time, from 2 to 3 hours. Small meat pies should be baked for 1 hour in a moderate oven.

Fruit pies which contain bottled or partly cooked fruit require approximately 30 minutes cooking in a hot oven, and pies containing fresh fruit should begin cooking in a hot oven for 10 minutes, then baked in a moderate oven for 45 minutes, or until pastry and fruit are cooked.

**47. Tarts or flans**

In fruit tarts or flans the fruit is cooked in raw pastry.

If cereals and fruit are used the pastry is cooked first, in which case the pastry moulds should be lined, pricked with a fork and baked until half cooked in a hot oven. The pastry should then be filled and the baking continued. Total cooking time, 30 minutes.



*Index No.*

When a top and a bottom pastry is used, cook for 45 minutes.

When different layers of fillings are employed, bake for 40 minutes to 1 hour.

**48. Baked apple dumplings**

Bake in a hot oven for 40 minutes.

**49. Baked jam and syrup rolls**

Start off in a hot oven, reduce the heat and continue baking for 2 hours.

**50. Yorkshire pudding**

Bake in a moderate oven for 40 minutes.

**51. Fruit or jam turnovers, sausage rolls and cornish pasties**

Bake in a hot oven for 35 minutes.

**52. Stewed fruits**

*Dried.* Wash ; then soak for 12 hours in twice the volume of cold water. Bring to the boil, add sugar ; then simmer slowly for 1 hour.

*Fresh.* Prepare the fruit, barely cover with a syrup, place a paper lid on top and poach gently until cooked without breaking the fruit.

**53. Boiled suet pudding or rolls or puddings of similar types**

Place into boiling water. Bring to the boil and simmer for 2 to 2½ hours. The water must be at boiling point all the time. If steamed, the pressure must be maintained at a constant maximum.

**SECTION 2****THE STOCK POT**

A stock pot should be in use in all cookhouses and as stock is the basis of most soups and gravies, it is important that the making of it should be thoroughly understood.

Stock is an infusion, obtained by simmering bones and certain vegetables in water to extract their nutriment and flavour.

*Recipe No.***I. Proportion for making or starting a stock pot :**

1. 4 pints of water to every 2 lb. of bones.
2. 1 carrot and 1 onion to every 2 lb. of bones.
3. Salt.

*Method*

1. Wash bones and chop into 4 inch pieces.
2. Put the bones in the stock pot with cold water and salt.
3. Bring slowly to the boil and remove all scum as it appears.
4. Wipe the sides of the stock pot, add 1 pint cold water and reboil.
5. Remove any further scum and allow to simmer for 2 hours.
6. Wash, peel or scrape the vegetables, add them and simmer for a further 4 hours.
7. Remove vegetables.
8. Remove fat and place in a basin. Strain the stock, reboil and use as required.
  - (i) Scum must be thrown away.
  - (ii) Fat skimming must be kept and clarified for first grade dripping.
  - (iii) Stock remaining after the day's work must be reboiled.
  - (iv) Vegetables which have been cooked in stock may be used for garnishing soups, etc.
  - (v) Stock pot should be thoroughly cleaned each night and left so that the air can circulate.
  - (vi) The sides of the pot, owing to reduction by evaporation, should be kept clean.
  - (vii) No further value (except as a by-product) remains in bones after 6 hours' boiling.

**2. White stock**

Beef bones	..	..	40 lb.	Celery	..	..	1½ lb.
Onions	..	..	5 lb.	Peppercorns	..	..	1 oz.
Carrots	..	..	5 lb.	Salt	..	..	
Leeks	..	..	2½ lb.	Large faggot	..	..	1

Produces 76 pints of stock.

*Method*

1. Chop bones into pieces about 4 inches in length, removing marrowfat, if any, and place in a large pot.

*Recipe No.*

2. Cover the bones with 9 gallons of fresh, cold water and bring quickly to the boil on a good fire. Remove scum from the surface as it rises.
3. Add another gallon of cold water and bring the pot to the boil again.
4. Frequently remove all fat by skimming. (This should be placed in a receptacle containing clean, cold water.)
5. After fat is removed, allow pot to simmer for 4 hours.
6. Peel and add vegetables and seasoning, also faggot, and allow pot to simmer for a further 2 hours. (Carrots and onions should be added whole.)
7. Remove all vegetables (these can be used as a vegetable garnish), and finally remove any further fat which may have formed on the stock.
8. Pass liquid from the pot through a clean, fine cloth into another clean pot, return to fire and reboil. Stock is now ready to be used as required.

**3. Brown stock**

Quantities as for white stock (*see* Recipe No. 2).

*Method*

1. Bones for brown stock should be chopped and roasted (without the addition of dripping), gaining colour evenly and quickly.
2. Proceed as for white stock.
3. The vegetables, when peeled, must be cut into approximately 1 inch dice.
4. In hot shallow fat, fry on the vegetables to an even brown colour, and after straining off any fat add to bone stock (as in the case of white stock).

*Special Note.*—The cut and fried on vegetables are of no further use.

**SECTION 3****SAUCES AND SALAD DRESSING**

Sauces impart richness and flavour to foods which would otherwise be insipid. On the other hand, sauces counteract the richness of certain foods. Where acid is liable to predominate, as in fresh stewed

fruits, a sauce modifies the acidity, besides making the dish appear more appetizing. The dryness of some boiled or steamed puddings is entirely overcome by the addition of a sauce.

Although there are many sauces, they are nearly all derived from a definite foundation. There are the standard white and brown from which a great variety of sauces are made, and the chief garnish or flavouring of which creates the necessity for appropriate names.

There are also cold sauces, such as mayonnaise, mint sauce and simple salad dressings.

In another class are the purée sauces, such as tomato, apple and bread, and also are the custard, jam (or sweet) sauces. Therefore, the various sauces should be classified in groups as follows :—

Standard brown sauce and derivatives.

Standard white sauce and derivatives.

Gravy sauce.

Purée sauces with variations.

Cold sauces with variations.

Custard sauces with variations.

#### *Recipe No.*

#### 4. Gravy for roast joints

##### *Method*

1. When joints are being roasted, certain meat juices escape and mix with the melting fat.
2. Remove the joint and heat the contents of the pan to a temperature which will evaporate the moisture and leave behind, when strained, a substance resembling meat extract ; care must be taken not to burn.
3. Run off all fat.
4. Add brown stock to make a sufficient quantity of gravy, bring to the boil, skim, season and pass through a strainer.

##### *Approximate quantity required*

$\frac{1}{8}$  pt. for each man.

12 pts. for each 100 men.

*Special Note.*—Season if necessary, and should a thickened gravy be desired, add  $\frac{1}{2}$  lb. of flour in the form of a roux.

#### 5. Basic brown sauce

Flour .. .. .	4 lb.	Bones (cut small and	
Dripping .. .. .	3 lb.	browned in the oven)	12 $\frac{1}{2}$ lb.
Onions or leeks .. .. .	2 lb.	Green of two leeks (if	
Carrots .. .. .	4 lb.	available) .. .. .	
Bacon bones (or bacon		Faggot, large .. .. .	1
rind cut small) .. .. .	2 lb.	Tomato purée .. .. .	1 tin
		Brown stock .. .. .	80 pts.

*Recipe No.**Method*

1. Make a brown roux with the flour and dripping.
2. Wash, peel or scrape the vegetables, cut into dice and fry on in shallow fat to an even brown colour; then strain off the fat.
3. Add the stock to the brown roux, bring to the boil, skim, add vegetables, bones, etc.
4. Simmer for 10 hours, remove scum and fat.
5. Strain and reduce to 6 gallons.

**6. Brown onion sauce**

Brown sauce ( <i>see</i> Re- cipe No. 5) .. ..	8 pts.	Vinegar .. ..	$\frac{1}{2}$ pt.
Onions .. ..	1 lb.	Dripping .. ..	3 oz.

*Method*

1. Peel and finely shred the onions, melt the dripping and lightly fry the shredded onions.
2. Add the vinegar and boil until reduced by half.
3. Add the sauce, bring to the boil, season well with salt and pepper, skim before using.
4. Serve as an accompaniment to roast or savoury meat dishes.

**7. Chutney**

Brown sauce (*see* Recipe No. 5), 6 pints—incorporate this with chopped chutney,  $\frac{3}{4}$  lb.

**8. Piquante**

Brown sauce ( <i>see</i> Re- cipe No. 5) .. ..	4 pts.	Vinegar .. ..	1 pt.
Onions .. ..	$\frac{1}{2}$ lb.	Chopped pickles .. ..	$\frac{1}{2}$ lb.

*Method*

1. Stew the finely chopped onion in fat until golden in colour.
2. Add vinegar, chopped pickles and stew together.
3. Cover with boiling sauce, boil, skim and serve.

**9. Robert**

Onions .. ..	1 lb.	Brown sauce ( <i>see</i> Re- cipe No. 5) .. ..	4 pts.
Pepper .. ..	$\frac{1}{2}$ oz.	Salt .. ..	2 oz.
Vinegar .. ..	1 pt.	Chopped pickles .. ..	8 oz.
Mustard .. ..	2 oz.		

*Recipe No.**Method*

1. Finely chop the onions and stew in a little dripping.
2. Add the pickles (chopped) and vinegar, boil and reduce by half.
3. Add the sauce and boil up.
4. Add the mustard, diluted with a little water, and correct seasoning after skimming.

**10. Sharp sauce**

Brown sauce ( <i>see</i> Re- cipe No. 5) .. ..	4 pts.	Onions .. ..	$\frac{1}{2}$ lb.
		Vinegar .. ..	1 pt.

*Method*

As for Recipe No. 8, omitting the chopped pickles.

**11. Basic white sauce**

Flour .. ..	1 lb.	Milk .. ..	8 pts.
Margarine .. ..	$\frac{3}{4}$ lb.		

*Method*

1. Melt margarine in saucepan without frying.
2. Add the flour, stirring to form a smooth paste, care being taken to keep the mixture from sticking to the sides of saucepan.
3. Allow the mixture to cook without taking colour until it attains a sandy texture then allow to cool slightly. (This is technically known as a white roux).
4. Boil the milk and add gradually to the roux, mixing well to prevent lumpiness.
5. When all milk is absorbed, allow to boil gently for  $\frac{1}{2}$  hour.
6. Season with salt if required for an unsweetened sauce.

*Special Note.*—It should not be necessary to pass this sauce if it is correctly mixed at the beginning. More milk or other flavouring must be added as required.

*Another method (using milk powder)*

Milk powder .. ..	2 lb.	Margarine .. ..	$1\frac{1}{2}$ lb.
Flour .. ..	$1\frac{1}{2}$ lb.	Water for reconsti- tuting milk powder	16 pts.

*Recipe No.**Method*

1. Reconstitute milk powder.
2. Make a roux with the margarine and flour and cook in a slow oven or on top of the cooking range until sandy in texture without taking colour and allow to cool.
3. Bring milk to the boil and gradually work into the roux, stirring with a wooden spoon.
4. Cover with a lid, simmer for 15 minutes.
5. Season with salt if required for an unsweetened sauce.

**12. Cheese sauce**

White sauce .. .. 8 pts.      Grated cheese ..  $\frac{3}{4}$  lb.

*Method*

1. Stir the cheese into the boiling sauce until all is absorbed, reboil and serve.

**13. Egg**

Prepare 8 pts. of white sauce (*see* Recipe No. 11) to which add 12 coarsly chopped hardboiled eggs.

**14. Mustard**

Margarine .. ..	12 oz.	Milk .. ..	4 pts.
Flour .. ..	1 lb.	Water .. ..	4 pts.
Mustard .. ..	4 oz.	Salt .. ..	..

*Method*

1. Proceed as for basic white sauce (*see* Recipe No. 11).
2. Add the boiling milk and water little by little, until all is absorbed, stirring briskly to prevent lumps from forming.
3. Allow to simmer 20 minutes.
4. Mix the mustard and add correct seasoning and pass through a strainer.

**15. Onion**

Prepare 8 pts. of white sauce (*see* Recipe No. 11) adding 10 lb. of cooked and finely chopped onions.

**16. Parsley**

Prepare 8 pts. of white sauce (*see* Recipe No. 11) adding 4 oz. of chopped parsley.

*Recipe No.***17. Sweet white sauce**

Prepare 8 pts. of white sauce (*see* Recipe No. 11) and add 12 oz. of sugar when boiling.

**18. Vanilla****Almond****Lemon**

Prepare 8 pts. of white sauce (*see* Recipe No. 11) to which add 12 oz. of sugar and  $1\frac{1}{4}$  oz. of the particular flavouring essence required.

**Purée type of sauces****19. Apple**

Cooking apples	.. 12 lb.	Cloves	.. .. 3
or Apple rings	.. 4 lb.	Water	.. .. 4 pts.
Sugar .. ..	.. 2 lb.		

*Method*

1. Soak apple rings overnight (or peel, core and cut up the cooking apples).
2. Place in a stewpan, add sugar and cloves, cover with water, allow to boil for 30 minutes until cooked, pass through a sieve and serve hot.

**20. Bread**

Milk .. ..	.. 8 pts.	Margarine .. ..	.. $\frac{1}{2}$ lb.
Onions	.. .. 1 lb.	Pepper	.. ..
Cloves.. ..	.. $\frac{1}{4}$ oz.	Salt .. ..	.. ..
Breadcrumbs	.. 2 lb.		

*Method*

1. Place the milk, onions and cloves in a saucepan, and bring slowly to the boil.
2. Simmer for 15 minutes.
3. Remove the onions and cloves and add the breadcrumbs.
4. Stand on a warm part of the stove for 15 minutes so that the breadcrumbs may absorb some of the milk.
5. Bring to the boil again and stir in the margarine, and add correct seasoning.



*Recipe No.***21. Curry**

Brown stock .. ..	8 pts.	Chopped apple rings	8 oz.
Chopped onion .. ..	1 lb.	Salt .. ..	2 oz.
Flour .. ..	12 oz.	Fat .. ..	4 oz.
Curry powder .. ..	3 oz.	Tomato purée .. ..	$\frac{1}{2}$ tin

*Method*

1. Lightly fry onions, add curry powder, cook 5 minutes.
2. Add flour, cook further 5 minutes.
3. Add apples, stock, purée and salt gradually and bring to boil.
4. Cook for 1 hour and skim.
5. Pass the sauce—season, boil, skim and correct consistency (to well coat back of a spoon).

**22. Ginger**

Sugar .. ..	1 lb.	Lemon essence .. ..	$1\frac{1}{4}$ oz.
Ground ginger .. ..	$\frac{1}{4}$ oz.	Water .. ..	8 pts.
Custard powder .. ..	1 lb.		

*Method*

1. Boil the water, add the essence, ginger and sugar.
2. Dilute the custard powder with a little cold water, run into the boiling liquid, and reboil, stirring with a wooden spoon.
3. Pass through a strainer.

**23. Mexicaine**

Chopped onions .. ..	2 lb.	Vinegar .. ..	2 pts.
Sugar .. ..	1 oz.	Salt .. ..	$\frac{1}{2}$ oz.
Tomato purée .. ..	1 tin	Peppercorns .. ..	24

*Method*

1. Place vinegar, peppercorns and chopped onions to cook and allow a reduction of half quantity.
2. Pass through a fine strainer, add salt, sugar and tomato purée.

*Note.*—Serve this sauce cold with cold cooked meats, etc.

**24. Mint**

Vinegar .. ..	4 pts.	Mint .. ..	2 pkts.
Water .. ..	4 pts.	(or 3 bunches of fresh	
Sugar .. ..	2 lb.	mint).	

*Recipe No.**Method*

1. Chop the mint with the sugar.
2. Add boiling water to infuse ; then add the vinegar.
3. If dried mint is used, add the sugar, infuse with boiling water and add the vinegar.

**25. Tomato sauce**

Bacon trimmings	..	$\frac{1}{2}$ lb.	Tomato purée	..	1 pt.
Onions	..	$\frac{1}{2}$ lb.	or fresh tomatoes	..	4 lb.
Carrots	..	$\frac{1}{2}$ lb.	Faggot	..	1
Stock	..	7 pts.	Peppercorns (in a		
Flour	..	10 oz.	bag)	..	12
Dripping	..	4 oz.	Bay leaves	..	2

*Method*

1. Cut the bacon, onions and carrots in dice.
2. Fry the bacon, add the vegetables and fry to a golden colour.
3. Add the flour and cook to a sandy texture.
4. Add the tomato purée or quartered tomatoes and stock, bring to the boil stirring with a wooden spoon, add faggot and aromates, cover with a lid and simmer slowly for one hour.
5. Skim, pass through a fine strainer, reboil, skim, and add correct seasoning.

**Custard type sauces****26. Apple curd sauce**

Apples	..	16 lb.	Sugar	..	1 lb.
Cloves	..	1 oz.	Water	..	1 pt.
Golden syrup	..	1 lb.	Custard (see Recipe		
A little grated nutmeg			No. 27).		
A few drops lemon essence.					

*Method*

1. Peel and core the apples, and stew for a few minutes in water with the cloves.
2. Add sugar and syrup, and stew until apples are soft, stirring all the time.
3. Remove cloves, and when mixture is cold, stir in the custard to which lemon essence and nutmeg have been added.
4. The sauce will be improved by adding three parts of a bottle of rum or sherry.

*Recipe No.***27. Custard**

Sugar .. .. .	1 lb.	Custard powder ..	1 lb.
Milk .. .. .	16 pts.		

*Method*

1. Mix custard powder, sugar and a little cold milk to a smooth paste.
2. Boil remainder of the milk, pour on to the ready made paste, stirring the while.
3. Reboil, and serve.

*Another method*

Milk powder ..	1 lb.	Sugar .. .. .	1 lb.
Milk, tins ..	3 tins	Custard powder ..	1 lb.
Water for reconstituting milk powder ..			8 pts
Water for reconstituting tinned milk ..			8 pts.

*Method*

1. Reconstitute the milk powder and tinned milk and mix the two milks together.
2. Add the sugar and custard powder to 3 pts. of the reconstituted milk and work into a paste.
3. Bring the remainder of the milk to the boil and pour into the paste.
4. Reboil and stir frequently to avoid lumpiness.

**28. Chocolate**

Cocoa .. .. .	$\frac{1}{2}$ lb.	Thick white sauce ..	8 pts.
Sugar .. .. .	1 lb.	Vanilla essence ..	

*Method*

1. Place the cocoa into a saucepan with a little water, add the sugar and stir over a gradual heat until the sugar is dissolved.
2. Prepare a thick white sauce (*see* Recipe No. 11).
3. Stir into it the boiling chocolate and add a few drops of essence.

**29. Jam or marmalade sauces**

Jam or marmalade ..	3 lb.	Sugar .. .. .	2 lb.
Custard powder ..	1 lb.	Water .. .. .	8 pts.
Colouring (red or yellow) as required.			

*Recipe No.**Method*

1. Place 3 lb. jam into sufficient boiling water to make up to 8 pts., add sugar and bring to boil, carefully stirring from time to time.
2. Dilute the custard powder with a little cold water and pour into the boiling water and jam, stir until it boils again and colour as required.
3. Bring to the boil, correct consistency and pass through a strainer.

**SALAD DRESSINGS****30. Dressing or cream**

Mustard	..	..	1½ oz.	Vinegar	..	..	½ pt.
Salt	..	..	1 oz.	Milk..	..	..	1½ tins

*Method*

1. Mix the mustard, salt and vinegar.
2. Stir in the milk gradually.

*Note.*—If a sweet dressing is required, add 2 oz. of sugar before stirring in the milk.

**31. Mock mayonnaise**

White sauce	..	..	3 pts.	Mustard	..	..	1 oz.
Vinegar	..	..	1 pt.	Salt and pepper	..	..	

Yellow colour, a few drops.

*Method*

1. Prepare a white sauce (*see* Recipe No. 11).
2. Mix the mustard with the vinegar, pour into the boiling white sauce and add colouring matter.

**32. Vinaigrette**

Shallots, chopped	..	..	2 oz.	Mixed herbs	..	..	2 oz.
Vinegar	..	..	2 pts.	Salt	..	..	1 oz.
Pepper	..	..	½ oz.	Mustard	..	..	½ oz.

*Method*

Incorporate the mustard with the vinegar and add the rest of the ingredients.

## SECTION 4

### MILK

#### FRESH MILK

Fresh milk is susceptible to strong odours. Keep it stored in a cool room away from possibility of spoiling.

During warm or changeable weather it is advisable to scald the milk to avoid waste and milk borne diseases.

Scrupulous cleanliness in the handling and storage of fresh milk, whether delivered in churns or in bottles, must be strictly observed. Milk covers made from muslin, weighted at the edges with small pebbles or stones, will serve to prevent contamination from dust and flies.

If milk should sour, do not throw it away, scones, cakes and pastry are lighter if mixed with soured milk.

#### MILK POWDER

(*Spray dried or Roller Skimmed—Unsweetened*)

This powder can be used with success in practically all recipes where fresh milk would normally be used.

Reconstitution is important in that any peculiarities as to flavour are eradicated if the powder is reconstituted over night and allowed to stand in clean covered receptacles until the following morning.

Store in a cool dry part of the stores. If received in large bins, it is advisable to break it down into smaller quantities in order to facilitate handling, and also to prevent possible deterioration or contamination, which may occur if the powder is stored in one large bin when issuing.

#### UNSWEETENED TINNED MILK

##### Directions for Diluting

U.S.A.—14½ oz. tins—to one tin of milk add one tin of water = 1½ pints approximately.

British and Dominion—16 oz. tins—to one tin of milk add 1½ tins of water = 2 pints approximately.

## SECTION 5

## BEVERAGES

## TEA, COFFEE, COCOA

The bulk of tea supplied to the Army is imported from India and Ceylon.

The quality of tea may be approximately determined in the following way :—

- (a) The leaves or pieces of tea should be of an even size, neither too large or too small.
- (b) The leaf should be free from dirt, or an undue amount of stalk or dust.
- (c) The leaf should be free from mustiness or sour odours.

Tea should be stored in a cool dry atmosphere, preferably in a wooden case. *Always keep the tea chest or other container covered with a well fitting lid.* Avoid rough handling, dampness and high temperatures.

Coffee is purchasable either ground or in the whole bean; it is, therefore, obvious that unless means of properly grinding the beans are available, coffee should be purchased ready ground.

The bulk of supplies are imported from East Africa and South America and the type or class may vary considerably.

Good coffee is judged by the combination of both taste and smell used simultaneously. The flavour should be a blend of acid, sweet, and bitter, and the aroma pungently characteristic and refreshing.

It is advisable to purchase pure coffee. Only the cheaper grades contain an adulterant, from which it cannot be expected that the same satisfactory fine flavoured brew can be obtained.

To test for adulterants, place a spoonful on the surface of a cup of water ; most of the coffee grounds will float, but adulterants will sink and stain the water brown.

Ground coffee must be stored in clean, dry tins, kept as airtight as possible, in order that loss of strength and aroma is prevented. It should be purchased as and when required only, and used within seven days.

Cocoa powder should be a rich deep brown in colour, the texture soft and smooth, free from lumps and possess the characteristic flavour of unsweetened chocolate.

Avoid high temperatures, and damp atmospheres in storage. Keep lids on the containers as light tends to hasten rancidity and produces dullness in colour.

*Recipe No.***33. Tea***Ingredients*

Tea .. .. .	12 oz.	Sugar .. .. .	3 lb.
Milk .. .. .	6 pts.	Water .. .. .	12 gals.

*Method*

Measure the ingredients required with improvised tea and sugar measures.

Allow 5 tea buckets or camp kettles, or 2 insulated containers for each 100 men.

Rinse out the tea buckets, camp kettles or containers with hot water to ensure cleanliness and to heat them.

Place the dry tea into the containers and fill with boiling water. Stand the containers near a hot stove for 10 minutes.

Strain the tea ; then add the sugar and milk.

*Note.*—Fill tea buckets to the lip of the pourer, and to the lower stud or rivet in the case of camp kettles.

*Common faults in tea-making*

- i. Water not at boiling point when poured over the dry tea.
- ii. Water boiling for a long period before required.
- iii. Buckets not heated before brewing.
- iv. Tea brewed with a small quantity of water hours before required. This is a common fault, as is also the placing of sugar in with the tea when brewing, thereby losing a great deal of the sweetening by the tea leaves absorbing the sugar.
- v. Water continuing to boil while the tea is brewing.

**34. Coffee***Ingredients (2/3 pint for each man)*

Coffee (ground) .. .	5 lb.	Sugar .. .. .	3 lb.
Fresh milk .. .. .	6 pts.	Water .. .. .	8 gals.

*Method*

Heat the buckets or camp kettles with hot water.

Warm the ground coffee to enable the grains to separate and place into the buckets or camp kettles.

Boil the water and pour on to the coffee gradually in order to extract the strength thoroughly.

Stir, bring to the boil, cover and stand for 10 minutes, sprinkle in a little cold water, then strain.

Make coffee immediately before required, add sugar and boiling milk and serve at once.

*Recipe No.***35. Cocoa**

Cocoa powder	..	1½ lb.	Sugar	..	..	2½ lb.
Milk powder	..	1½ lb.	Water	..	..	50 pts.
or Fresh milk or reconstituted tinned milk			..	..	..	12 pts.

*Method*

Place 42 pints of water on to boil.

Make a paste with the cocoa powder, milk powder, sugar and 8 pints of cold water.

When the water boils, pour on to the paste, return to the pan and simmer for 5 minutes.

*Notes.*—The cocoa must reboil. These quantities are sufficient for 100 men allowing ½ pint of cocoa per man.

**SECTION 6****BACON AND HAM**

The fat of bacon and hams should be firm and white, the flesh firm and free from holes. Firm belly fat is a sure indication that a side of bacon is of good quality. Any tinge of colour in the fat is suspicious. Bone taint will usually be found under the ribs or near the bones in the legs. Inspect the cavity in the fore end. If taint is present it will always be found in that spot.

The keeping qualities of bacon vary with the grade, the kind of cure, moisture content and the degree of drying during smoking. Mild cured bacon is the only type issued and owing to the comparatively high moisture content, can be adversely affected by warm weather.

Bacon should be examined on arrival for traces of mould, bone taint and rancidity of fat. Mould is of little importance unless it has penetrated beneath the surface in crevices and torn places, and is readily removed by wiping with a clean, dry cloth, by washing in a brine solution or vinegar, or by trimming. If traces of bone taint are found the affected part or parts must be trimmed off or cut out. If the fat is rancid the bacon must not be accepted.

During warm weather when temperatures are liable to sudden changes, bacon when received must be unwrapped, examined, wiped down with a clean dry cloth and hung in a dry atmosphere where currents of cool air can circulate.

*Preparation*

- (a) Remove rind.
- (b) Remove rib bones separately.
- (c) Slice on a machine (set to No. 5) to ensure uniformity and avoid waste.



*Approximate weights*

The average weight of a side of bacon is 55 lb.

A. Fore hock	9 lb.	Boiling-cut
B. Collar	8 lb.	Rashers
C. Thick streaky	} 9½ lb.	Rashers
E. Thin streaky		
G. Flank	} 15 lb.	Rashers
D. Back and ribs		
F. Long loin		
H. Gammon	} 13½ lb.	Boiling cut
J. Corner gammon		

The approximate loss of weight in trimming a side of bacon of the above weights will average 9 lb. or roughly 16 per cent.

*Cutting bacon by hand*

If for any reason it is impossible to have machine sliced bacon either issued to, or slicing carried out by, the unit, the following method of slicing should be adopted:—

- (a) Turn the bacon rind side down.
- (b) Cut approximately 30 slices towards, but not through, the rind and at the last slice, cut right through.
- (c) Slice off the rind from the whole piece, taking off as little of the fat as possible.

*Bacon rinds for fat production*

Render down the rinds to produce bacon fat and after clarification use for pastry and cake making.

The best results will be gained by cutting the rinds into small pieces and then passing through a mincing machine.

After rendering down, press the cracklings through a fat press, or alternatively pass through a piece of clean sacking.

*Recipe No.***36. Fried bacon**

Bacon .. .. . 14 lb.

*Method*

1. It is essential that the utmost value is obtained from the bacon ration, and for that reason trim and bone as sparingly as possible.
2. When cut, it should be placed on a baking tray.
3. When cooking the tendency should be to warm through, instead of applying extreme heat, thereby losing as little of the fat as possible in the process of cooking.
4. When served, the fat should still be soft and not crisp.

*Recipe No.***37. Bacon and bubble and squeak**

Bacon	..	..	14 lb.	Salt
Cabbage (cooked)	..	..	25 lb.	Pepper
Potatoes (cooked)	..	..	32 lb.	

*Method*

1. Bone, trim and remove rind of the bacon and cut into thin slices.
2. Lay the slices on a tray with the lean part uppermost, grill or cook, in a hot oven.
3. Chop the cabbage finely and mix with the mashed potatoes, season with salt and pepper.
4. With the aid of a little flour, shape into medallions.
5. Place in hot frying pan with a little fat, cook on both sides to a golden brown and serve with the bacon.
6. A thick brown gravy can be served with this dish, if required.

**38. Bacon and fried egg**

Bacon	..	..	..	14 lb.	Eggs	..	..	100
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*Method*

1. Prepare the bacon as for recipe No. 36.
2. Frying pans must be used for frying eggs when available.
3. Heat sufficient bacon fat to cover bottom of pan ; when hot, break in the eggs, one by one, testing first for freshness ; apply a gradual heat to set the white and cook the yolk.

**39. Bacon and scrambled egg**

Bacon	..	..	..	14 lb.	Water	..	..	7½ pts.
Sprayed egg	..	..	..	3 lb.	Margarine	..	..	6 oz.
or fresh eggs	..	..	..	100	White sauce	..	..	4 pts.
Flour	..	..	..	8 oz.	Salt	..	..	..

*Method*

1. Fry the bacon as set out in Recipe No. 36.
2. Mix the sprayed egg with a small quantity of water, stir into a paste, and add balance of water.
3. Melt the margarine, and add the reconstituted, seasoned eggs.
4. Apply a gradual heat, stirring constantly with a wooden spoon until a creamy mass is formed.

*Recipe No.*

5. Make a white sauce (*see* Recipe No. 11) and add to the mixture.

*Note.*—Fresh eggs can be used, if available, as follows:—

*Method*—Prepare a bread sauce—

Diced white bread or white breadcrumbs .. .. 1 lb.  
Milk .. .. . 4 pts.

1. Soak the bread or crumbs in the milk, carefully bring to boil and stir with a wooden spoon until smooth.
2. Break the eggs into a basin, being very careful to ascertain their freshness, season with salt and pepper, and beat up with a whisk.
3. Heat the margarine in a saucepan and place in the eggs.
4. Apply a gradual heat, stirring with a wooden spoon until a creamy mass is formed.
5. Add the bread sauce, correct the seasoning, fry the bacon, and serve.

#### 40. Bacon and poached egg

Bacon .. .. 14 lb.      Eggs .. .. 100  
Vinegar .. .. ½ pt.

*Method*

1. Fry the bacon as for Recipe No. 36.
2. Boil water and vinegar together, place approximately 12 eggs in a wire basket and plunge into the boiling water for a second to release the white from the shell, gently break the eggs into the water.
3. Bring to the boil, cover with a lid and allow to stand for three minutes without boiling, until set.
4. Remove eggs from the water carefully, with an egg slice, and place into cold water.
5. When required, place the poached eggs in hot salted water to heat through.
6. Remove, drain, arrange on dishes and surround with the fried bacon.

#### Fried bacon and haricot beans

Bacon .. .. 14 lb.      Onions .. .. 1 lb.  
Haricot beans .. .. 10 lb.      Carrots .. .. 1 lb.  
Ham bone .. .. 1      Brown stock .. .. 8 pts.

*Recipe No.**Method*

1. Prepare and cook the beans as for Recipe No. 260
2. Fry bacon as for Recipe No. 36.

**42. Fried bacon and sausage**

Bacon .. .. . 14 lb.      Sausages .. .. . 12½ lb.

*Method*

1. Fry the bacon as for Recipe No. 36.
2. Pierce the sausages with a fork and place into greased baking trays, allowing room for expansion, and cook in a brisk oven for 10 minutes.
3. Do not overcook.
4. For cooking in small quantities it is advisable to shallow fry over gradual heat.

**43. Fried bacon and tomatoes**

Bacon .. .. . 14 lb.      Tomatoes (8 to 1 lb.) 12½ lb.

*Method*

1. Fry bacon as for Recipe No. 36.
2. Cut the tomatoes in halves horizontally, season, and place into a baking tin with a little bacon fat.
3. Cook in oven until tender.

**44. Bacon and mashed potatoes (or fried sliced potatoes)**

Bacon .. .. . 14 lb.      Salt .. .. . 2 oz.  
 Potatoes .. .. . 32 lb.      Pepper .. .. .  
 Milk .. .. . 2 pts.      Nutmeg .. .. .  
 Margarine .. .. . ½ lb.

*Method*

1. Fry bacon as shown for Recipe No. 36.
2. Mashed potatoes (*see* Recipe No. 221).
3. Fried sliced potatoes (*see* Recipe No. 219).

**45. Bacon and fried bread**

Bacon .. .. . 14 lb.      Bread .. .. . 14 lb.

*Method*

1. Fry bacon as shown in Recipe No. 36.

*Recipe No.*

2. Cut the bread into  $\frac{1}{2}$  inch slices.
3. Shallow fry the bread in bacon fat or dripping to a light golden colour both sides. Care should be taken to prevent the bread from frying.

**46. Bacon and liver (with thick gravy)**

Bacon .. .. .	14 lb.	Salt .. .. .	2 oz.
Liver .. .. .	12 $\frac{1}{2}$ lb.	Flour .. .. .	2 lb.
Brown sauce ( <i>see</i> Re- cipe No. 5) .. .. .	4 pts.	Chopped parsley .. .. .	4 oz.

*Method*

1. Fry bacon as set out in Recipe No. 36.
2. Defrost, skin, and cut the liver into slices.
3. Season with salt.
4. Pass the liver lightly through flour and fry in shallow fat until blood percolates. Turn over and complete cooking.
5. Arrange bacon and liver in serving dishes and sauce over.

**47. Bacon and sausage cake**

Bacon .. .. .	14 lb.	Flour .. .. .	2 lb.
Sausage cake .. .. .	12 $\frac{1}{2}$ lb.		

*Method*

1. Fry bacon as set out in Recipe No. 36.
2. Form sausage cake into 2 oz. flat cakes, dust with flour, and fry in shallow fat, both sides to a golden colour.

**48. Bacon and potato pie**

Bacon .. .. .	14 lb.	Flour .. .. .	8 lb.
Potatoes .. .. .	32 lb.	Dripping .. .. .	3 lb.
Onions .. .. .	4 lb.	Water .. .. .	
Stock .. .. .	8 pts.	Salt .. .. .	

*Method*

1. Utilize all trimmings of cooked bacon or ham.
2. The onions should be chopped, and stewed in bacon fat until tender to a light golden colour.
3. Pass the trimmings of lean bacon and ham through a coarse mincer or cut into dice.
4. Prepare a dry mashed potato and correctly season.

*Recipe No.*

5. Grease a pie dish or baking dish, arrange a layer of potato, bacon and onions in the centre and cover with mashed potatoes.
6. Mark the top, sprinkle with a few breadcrumbs and oily bacon fat and bake in a moderate oven for approximately 40 minutes.
7. Cut into portions and serve with good ham liquor, piquante, or lyonnaise sauce.

**49. Bacon and potato rissoles**

Bacon .. .. .	14 lb.	Onions .. .. .	1 lb.
Dry mashed potatoes	25 lb.	Breadcrumbs ..	4 lb.
Parsley .. .. .	8 oz.	Flour for batter	2 lb.

*Method*

1. Chop the onion, parsley and bacon and blend with the potato.
2. Pass through batter and breadcrumbs and shallow fry to a golden brown.

**50. Bacon roll**

Flour .. .. .	8 lb.	Bacon .. .. .	14 lb.
Breadcrumbs ..	8 lb.	Onions .. .. .	4 lb.
Suet or dripping	6 lb.	Parsley .. .. .	8 oz.
Baking powder ..	8 oz.	Mixed herbs ..	1 oz.
Salt .. .. .	2 oz.	Water for mixing	..

*Method*

1. Chop the onion and parsley.
2. Prepare a suet paste with the flour, breadcrumbs, suet, baking powder and salt.
3. Divide into 8 pieces, roll out into squares  $\frac{1}{2}$  inch thick and on each of these place slices of bacon, sufficient for 12 men's rations, sprinkle with onion, parsley and herbs.
4. Damp the edges of the paste, roll up and place into damp floured cloths.
5. Tie the ends of the cloths firmly, and tie lightly round the middle.
6. Boil for 2 hours.
7. Serve in slices with hot piquante sauce (*see* Recipe No. 8).

**51. Bacon and potato pasty**

*See* Recipe No. 157, substituting 12 lb. of bacon trimmings for the cooked and prepared meat.

*Recipe No.***52. Boiled gammon—fore-hock or collar**

Gammon .. .. 40 lb.

*Method*

1. Soak for 12 to 24 hours.
2. Bone, roll, and tie tightly with string.
3. Allow approximately 3 hours to cook the gammon, and 2 hours for the forehock and collars.
4. If required cold, allow to cool in the liquor.
5. When cool, remove the rind and use as required.

**53. Boiled gammon and pease pudding**

	<i>Pease pudding</i>
Gammon .. .. 40 lb.	Carrots .. .. 1 lb.
Carrots .. .. 2 lb.	Onions .. .. 1 lb.
Brown sauce .. .. 8 pts.	Margarine .. .. 10 oz.
	Knuckle of ham ..
	Split peas .. .. 10 lb.
	Salt and pepper ..

*Method*

1. Soak gammon for 24 hours.
2. Change the water, bring to the boil, add whole vegetables and simmer for 3½ hours.
3. Remove skin from gammon when cooked, cut into thin slices.
4. Serve with brown sauce and pease pudding.
5. For pease pudding (*see* Recipe No. 263, and for brown sauce Recipe No. 5).

**54. Braised gammon and spinach**

Gammon .. .. 40 lb.	Brown sauce .. .. 8 pts.
Carrots .. .. 2 lb.	Spinach .. .. 50 lb.
Onions .. .. 2 lb.	

*Method*

1. Proceed as for boiled gammon.
  2. After boiling remove the skin, and bake in the oven until coloured.
  3. Serve in thin slices with the brown sauce and the spinach.
- See* Recipe No. 254 for spinach.  
*See* Recipe No. 5 for brown sauce.

*Recipe No.*

**55. Ham pudding.**

Ham .. ..	.. 25 lb.	Flour .. ..	.. 16 lb.
Onions .. ..	.. 2 lb.	Suet .. ..	.. 6 lb.
Chopped parsley ..	.. 4 oz.	Baking powder ..	.. 8 oz.
Bacon fat .. ..	.. 6 pts.	Mixed herbs ..	.. 1 pkt.
Brown sauce .. ..	.. 8 pts.	Salt .. ..	.. 2 oz.
		Water for paste.	

*Method*

1. Prepare suet paste (*see* Recipe No. 137), roll out in squares  $\frac{1}{4}$  inch thick, cover with slices of ham, onions (shredded and stewed) and mixed herbs.
2. Roll up, tie in pudding cloth, boil, or steam for  $2\frac{1}{2}$  hours.
3. Serve with brown sauce (*see* Recipe No. 5).

**SECTION 7**

**EGGS**

**56. Boiled eggs**

Eggs .. .. 100

*Hard boiled*

1. Place the eggs in cold water and bring to the boil.
2. Fast boil for 10 minutes, then place them in cold water to cool.
3. When cool remove the shells carefully.

*Soft boiled*

1. Bring water to the boil.
2. Carefully place in the eggs and boil for 3 minutes.

**57. Curried eggs and rice**

Eggs .. ..	.. 100	Curry sauce ..	.. 8 pts.
Rice .. ..	.. 5 lb.		

*Method*

1. Place eggs into a wire basket, plunge into boiling water for 8 minutes.
2. Place into cold water, shell, re-heat in boiling salt water.
3. Place a little curry sauce (*see* Recipe No. 21) in bottom of baking dishes or camp kettle lids, cut eggs in two lengthways, sauce over and serve with a border of plain boiled rice.



*Recipe No.***Rice**

1. Pick and wash, rain into boiling salt water ; stir, bring to boil and allow to simmer approximately 15 minutes until grains are tender.
2. Drain into a colander, refresh with cold water, then hot water, drain well and place on a baking tin in a cloth and dry off in warm oven or hot plate.

**58. Egg and potato rissoles**

Potatoes	..	..	65 lb.	Flour	..	..	2 lb.
Eggs (hard boiled)	..	..	25	Salt	..	..	2 oz.
Breadcrumbs	..	..	6 lb.	Pepper			
				Nutmeg			

*Method*

1. Cook and dry mash the potatoes.
2. Season, add pepper and grated nutmeg to taste.
3. Add the eggs cut into dice.
4. Mix thoroughly, divide into 100 portions, mould into cork shape, pass through thin batter and breadcrumbs.
5. Fry in deep fat.

**59. Fried eggs**

Eggs	..	..	100	Bacon fat	..	..	$\frac{1}{2}$ lb.
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*Method*

1. Use shallow pans or camp kettle lids if no frying pans are available.
2. Heat sufficient fat to cover the bottom of the pans and, when hot break in the eggs, one by one, testing first for freshness.
3. Apply gradual heat to set the white and fry.

**60. Poached eggs**

Eggs	..	..	100	Vinegar	..	..	$\frac{1}{2}$ pt.
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*Method*

1. Boil water and vinegar together, place approximately 12 eggs in a wire basket and plunge into the boiling water for a second to release the white from the shell, gently break the eggs into the water.
2. Bring to the boil, cover with lid and allow to stand for three minutes without boiling, until set.

*Recipe No.*

3. Remove from the water carefully, with an egg slice, and place into cold water.
4. When required, place eggs in hot salted water to heat through.
5. Remove and drain.

**61. Scrambled eggs**

Eggs .. .. . 150	Margarine .. .. . ½ lb.
White bread sauce .. 4 pts.	Pepper.

*Method*

1. Break the eggs into a basin, being very careful to ascertain their freshness, season with salt and pepper, and beat with a whisk.
2. Heat the margarine in a saucepan and add the eggs.
3. Apply a gradual heat, stirring with a wooden spoon until a creamy mass is formed.
4. Add the bread sauce. (*See* Recipe No. 20.)

**62. Scotch eggs with Mexicaine Sauce**

Eggs .. .. . 100	Onions .. .. . 2 lb.
Minced beef (raw) .. 12 lb.	Dripping .. .. . 4 oz.
Flour .. .. . 3 lb.	Mexicaine Sauce .. 4 pts.
Breadcrumbs .. .. 4 lb.	

*Method*

1. Hard boil the eggs.
2. Peel and chop onions finely, cook gently at the side of the stove in the dripping, allow to cool and add to the meat.
3. Season and mould around each egg (2 oz. mixture each).
4. Make a batter with flour and water, pass eggs through the batter and breadcrumbs.
5. Fry in deep fat for 15—20 minutes: drain and serve with Mexicaine Sauce. (*See* Recipe No. 23), separate.

**SECTION 8****CHEESE**

Cheese must be kept as moist as possible, otherwise it will harden and crack. The following hints are worth remembering:—

Use up old stocks before beginning a new issue.

Cut large sections with a cheese cutter (improvise one with a suitable length of fine wire and at either end secure a small but hard piece of wood to serve as a grip for the fingers).

Learn to judge weights with the eye before cutting; this will save many odds and ends being left to accumulate and spoil.

Never waste even the smallest piece, there are so many dishes which can be enriched and made more appetizing with the addition of grated cheese or cheese sauce.

To keep moist and fresh in warm weather, wrap in a piece of muslin or butcher's cloth soaked in vinegar and wrung out.

Always keep in the coolest and driest part of the store or larder. Never cut up until just before required for use.

Whole cheeses should be turned over periodically.

## CHEESE

### *Recipe No.*

#### 63. Cheese and onion savoury

Cheese	..	..	12 lb.	Thick white sauce	..	2 pts.
Onions	..	..	1 lb.	Mustard	..	1 oz.
Margarine	..	..	4 oz.	Bread	..	12 lb.

#### *Method*

1. Stew onions in margarine until tender.
2. Add chopped cheese and melt slowly.
3. Add White Sauce (*see* Recipe No. 11), mustard, and spread on fried or toasted bread.

#### 64. Cheese and scrambled egg

Cheese	..	..	2 lb.	Flour	..	..	8 oz.
Sprayed egg	..	..	3 lb. 2 oz.	Margarine	..	..	6 oz.
Water	..	..	7½ pts.	Milk	..	..	4 pts.
Salt.							

#### *Method*

1. Scramble eggs as set out in Recipe No. 445.
2. Sprinkle or mix the eggs with the grated cheese.

#### 65. Cheese Slices

##### *Pastry*

Flour	..	..	6 lb.	Cheese	..	..	3 lb.
Salt	..	..	½ oz.	Cold water.			

##### *Filling*

Thick white sauce	..	..	1 pt.	Cheese	..	..	3 lb.
Mustard	..	..	½ oz.	Salt and pepper.			

*Recipe No.**Method*

*Filling.*—Prepare as in Recipe No. 69 and allow to cool.

*Pastry*

1. Grate cheese coarsely.
2. Mix  $1\frac{1}{2}$  lb. cheese with flour and salt, and mix to a stiff paste with cold water.
3. Roll out thinly and sprinkle with remainder of the cheese.
4. Fold in three, roll and fold three times. Leave to relax.
5. Roll into strips, sandwich together with the filling, wash with water and bake in hot oven.
6. Cut into slices and serve either hot or cold.

**66. Cheese and potato pie**

Potatoes	..	..	32 lb.	Dripping	..	..	3 lb.
Cheese	..	..	6 lb.	Baking powder	..	..	4 oz.
Onions	..	..	2 lb.	Pepper and salt.			
Flour	..	..	8 lb.	Milk	..	..	8 pts.

*Method*

1. Boil and mash potatoes.
2. Grate cheese.
3. Make short pastry (*see* Recipe No. 322).
4. Chop onions finely.
5. Stew without taking colour.
6. Layer with mashed potatoes, cheese, onions, and cover with short paste.
7. Bake in moderate oven for 1 hour.

*Another method*

1. Slice potatoes and onions.
2. Season with salt and pepper.
3. Arrange in alternate layers with grated cheese.
4. 3 parts fill the pie dish or baking dish with milk or stock, cover with a short pastry and bake for approximately 1 hour.

**67. Fried cheese pasty**

Cheese	..	..	6 lb.	Baking powder	..	..	2 oz.
Flour	..	..	8 oz.	Water for pastry.			
Margarine	..	..	3 lb.	Breadcrumbs	..	..	4 lb.
Thick white sauce	..	..	4 pts.	Salt and pepper.			

*Recipe No.**Method*

1. Chop or grate cheese and melt slowly.
2. Make a white sauce (*see* Recipe No. 11), season and add to the cheese.
3. Make a short pastry (*see* Recipe No. 322).
4. Cut out pastry in 4-inch circles and place 2 oz. of the mixture in centres, moisten sides, fold over, breadcrumb, and fry in deep hot fat.
5. Drain well and serve with piquante sauce (*see* Recipe No. 8).

**68. Toasted cheese**

Bread .. .. 14 lb. Cheese .. .. 14 lb.

*Method*

1. Slice the cheese, place on bread or toast, and brown quickly in a very hot oven.

**69. Welsh rarebit**

Cheese .. .. 6 lb. Thick white sauce .. 2 pt  
 Bread, sliced .. .. 14 lb. Mustard .. .. 1 oz  
 Stock .. .. ½ pt. Salt and pepper.

*Method*

1. Chop the cheese finely and melt down slowly with a little stock.
2. Add the white sauce (*see* Recipe No. 11), mustard and seasoning.
3. Spread on toast or fried bread.
4. Brown off in a hot oven.

**SECTION 9****POTATO DISHES—VARIOUS****70. Potato dumplings**

Flour .. .. 4 lb. Dry mashed potatoes 4 lb  
 Sprayed egg .. .. 1 oz. Salt .. .. ¼ oz  
 Pepper (to taste).

*Method*

1. Mix all dry ingredients.
2. Reconstitute the egg and add to the mixture.

*Recipe No.*

3. Shape into dumplings and cook in boiling salted water for 20 minutes.

**71. Potato pastry**

Dry mashed potatoes..	7 lb.	Flour ..	..	7 lb.
Dripping ..	4 lb.	Baking powder ..	..	4 oz.
		Salt ..	..	1½ oz.

*Method*

1. Mix the flour and baking powder and salt.
2. Rub in the dripping.
3. Add the potatoes and mix into a firm dough (with water if necessary).
4. Allow to rest for 20 minutes.
5. Roll out ready for use.

**72. Potato cakes**

Dry mashed potatoes..	8 lb.	Flour ..	..	4 lb.
Dripping ..	1½ lb.	Baking powder ..	..	2 oz.
Salt.		Milk to moisten.		

*Method*

1. Mix flour, baking powder and salt.
2. Rub in dripping.
3. Add potatoes, mix into a firm dough with milk.
4. Shape into scones and allow to rest for 15 minutes.
5. Bake in a hot oven.

**SECTION 10****SOUPS**

1. Soups have a growing popularity, the degree of popularity depending on the skill and thoroughness of the cook.

2. Stock, both bone and vegetable, forms the basis of most soups, and vegetable stock is particularly easy to make and is at the same time highly nutritious.

3. Water in which vegetables and potatoes have been cooked, should never be thrown away, but used in place of stock for soup making.

4. When stock is made, use for the current days requirements. Any left over must be boiled at the end of the day to prevent souring. After boiling, strain, place in a clean receptacle, raise off the ground so that air can circulate, and store in a cool place.

5. Soups must be free from any excess of fat when served.

6. Vegetable and other garnishes must be cut evenly and preferably in small dice.

7. There should be a blend of flavours, with one or more predominating according to the name of the soup.

8. Soups must be properly seasoned before serving.

9. Unless these points are observed, no reputation for soups will be made, and a thin watery liquid will be the most that can be hoped for.

*Recipe No.*

**73. Beef broth**

Beef stock	.. ..	50 pts.	Onions	.. ..	1½ lb.
Carrots	.. ..	1½ lb.	Cabbage	.. ..	1 lb.
Turnips	.. ..	1 lb.	Celery	.. ..	1½ lb.
Leeks	.. ..	1 lb.	Salt	.. ..	4 oz.
Rice	.. ..	1½ lb.			

*Method*

1. Prepare the vegetables and cut into small dice.
2. Strain the stock, boil and skim.
3. Add the vegetables to the stock and simmer for 30 minutes.
4. Add washed rice, and simmer for a further 30 minutes.
5. Skim, correct seasoning and serve.

**74. Brussels sprouts soup**

As for Recipe No. 78, substituting 10 lb. of brussels sprouts (outside trimmings).

**75. Celery soup**

Stock	.. ..	50 pts.	Milk	.. ..	2 pts.
Onions or leeks	.. ..	4 lb.	Salt	.. ..	4 oz.
Margarine	.. ..	8 oz.	Faggot.		
White celery trimmings	.. ..	8 lb.	White roux		
Potatoes	.. ..	8 lb.	Flour	.. ..	1 lb.
			Margarine	.. ..	¾ lb.

*Method*

1. Chop the onions, shred the celery, blanch, refresh and stew onions and celery in margarine.

*Recipe No.*

2. Add a white roux made from the flour and margarine.
3. Add the stock, gradually, stirring with a wooden spoon and bring to the boil.
4. Cut the potatoes into large cubes and add to the soup.
5. Season with salt, add faggot, simmer until the vegetables are cooked, approximately 1 hour.
6. Remove the faggot and pass the soup through a soup machine or sieve.
7. Reboil, skim, correct seasoning, consistency, to lightly coat the back of a spoon, add the hot milk and serve.

**76. Cabbage and bacon soup**

Stock .. .. .	50 pts.	Potatoes .. .. .	10 lb.
Onions .. .. .	4 lb.	White peppercorns in	
Prepared cabbage ..	10 lb.	bag .. .. .	36
Margarine or dripping	$\frac{1}{2}$ lb.	Salt .. .. .	4 oz.
Bacon bones or trimmings .. .. .	4 lb.	Faggot.	

*Method*

1. Melt the margarine, add the diced onions and cook slowly for 10 minutes.
2. Add the strained stock and boil.
3. Add the peppercorns, faggot and the bacon trimmings.
4. Cut the cabbage and potatoes into small squares, add to the stock and cook slowly for 1 hour.
5. Remove excess fat, peppercorns, faggot and the bacon.
6. Correct the seasoning and serve.

**77. Cabbage and potato soup**

As for Recipe No. 78, substituting 10 lb. of spring greens or fresh outside cabbage leaves.

**78. Cauliflower soup**

White stock or water ..	50 pts.	Potatoes .. .. .	10 lb.
Onions .. .. .	4 lb.	Margarine .. .. .	8 oz.
Leeks .. .. .	2 lb.	Salt .. .. .	4 oz.
Cauliflower .. .. .	10 lb.	Pepper	

*Method*

1. Clean the vegetables.
2. Shred the onions and leeks and stew in the margarine without colouring.



*Recipe No.*

3. Cut up the cauliflower and blanch for 5 minutes, drain and place with the onions and leeks.
4. Stew together with the lid on for 10 minutes.
5. Cut the potatoes into quarters, place with the cauliflower, add the stock, salt and boil rapidly for approximately 40 minutes.
6. Pass through a sieve or soup machine, return to the saucepan, reboil, skim, and correct seasoning and consistency.

*Note.*—It is usual to make this soup with inferior or broken cauliflowers which are not suitable for cooking as a vegetable.

**79. Carrot soup**

Stock .. .. .	50 pts.	Bread .. .. .	6 lb.
Carrots .. .. .	14 lb.	Faggot.	
Onions .. .. .	4 lb.	Salt .. .. .	4 oz.
Margarine .. .. .	$\frac{1}{2}$ lb.	Black peppercorns in bag .. .. .	36

*Method*

1. Melt the margarine.
2. Add the diced onion and thinly sliced blanched carrots.
3. Cover with a lid and stew slowly until tender.
4. Add the stock, bring to the boil, season and add faggot and peppercorns.
5. Cut bread into squares and bake in an oven to a light colour.
6. Add 5 lb. of bread to the soup, simmer for 1 hour; then remove faggot and peppercorns.
7. Pass through a soup machine or sieve.
8. Bring up to the boil, correct seasoning and consistency, and serve with remainder of the bread.

*Note.*—Care must be taken with the preparation of this soup not to allow it to boil after passing otherwise it will decompose.

**80. Carrot and rice soup**

Similar preparation to carrot soup (*see* Recipe No. 79), substituting 4 lb. of rice for grilled bread as a garnish.

**81. French bean or runner bean soup**

As for Recipe No. 78, substituting 10 lb. of scarlet runners or french beans.

Recipe No.

### 82. Household soup

Stock .. .. .	50 pts.	Potatoes .. .. .	10 lb.
Onions .. .. .	4 lb.	Lentils .. .. .	5 lb.
Carrots .. .. .	4 lb.	Salt .. .. .	4 oz.
Leeks .. .. .	2 lb.	Margarine or dripping	$\frac{1}{2}$ lb.
		Faggot.	

#### Method

1. Cut the onions, carrots, leeks and celery into small dice.
2. Melt the margarine or dripping, add the vegetables and stew until tender.
3. Moisten with stock, season, and bring to the boil.
4. Add the lentils, faggot and the potatoes cut into small squares.
5. Simmer gently until cooked, remove the faggot, then pass the soup through a soup machine or sieve.
6. Reboil, skim, correct seasoning and serve.

### 83. Haricot bean soup

Haricot beans .. .. .	10 lb.	White peppercorns in	
Water .. .. .	50 pts.	bag .. .. .	36
Onions .. .. .	4 lb.	Salt .. .. .	4 oz.
Carrots .. .. .	2 lb.	Faggot.	
1 Ham bone or bacon trimmings.			

#### Method

1. Wash the beans and soak overnight with a little bicarbonate of soda.
2. Drain and cover with the water, add the salt and bring to boiling point.
3. Add the diced vegetables, the ham bone, or bacon trimmings, the bag of peppercorns, and the faggot. Simmer for  $1\frac{1}{2}$  hours, remove the peppercorns, faggot and ham bone, or trimmings and pass through a soup machine or sieve.
4. Return to the saucepan and reboil.
5. Simmer for 10 minutes, removing scum as it rises.
6. Correct the seasoning and the consistency.
7. Pass through a soup machine or sieve and serve.

### 84. Kidney soup

As for Recipe No. 91, substituting 2 lb. kidney in dice for oxtail.

*Recipe No.**Method*

1. Cut the carrots and onions into neat dice, fry them in the dripping to a golden colour, add the flour, and cook to a sandy texture.
2. Add the tomato purée, mix thoroughly and moisten gradually with the stock.
3. Cut the kidney into small dice, fry to a golden colour in a little dripping and add to the soup.
4. Simmer the soup until all the ingredients are tender, correct the seasoning and serve.

**85. Leek and potato soup**

Water .. .. .	50 pts.	Salt .. .. .	4 oz.
Prepared potatoes ..	10 lb.		
Margarine or dripping	6 oz.	<i>White Roux</i>	
Milk .. .. .	2 pts.	Flour .. .. .	1 lb.
Leeks .. .. .	6 lb.	Margarine .. .. .	$\frac{3}{4}$ lb.

*Method*

1. Carefully clean the leeks and dice them.
2. Melt the margarine or dripping, add the leeks, cover with a lid and stew gently until tender.
3. Add a white roux made from the flour and margarine.
4. Moisten with the water, season with salt and bring to boiling point, stirring with a wooden spoon.
5. Add the diced potatoes, and simmer for 45 minutes, skim and correct consistency and seasoning and serve.

**86. Lettuce soup**

As for Recipe No. 78, substituting 10 lb. of outside lettuce leaves.

**87. Lentil soup**

Lentils .. .. .	14 lb.	Ham bone or bacon	
Water .. .. .	50 pts.	trimmings.	
Onions .. .. .	2 lb.	Salt .. .. .	4 oz.
Carrots .. .. .	2 lb.	White peppercorns in	
		bag .. .. .	36
		Faggot.	

*Method*

Similar to Recipe No. 95.

*Recipe No.***88. Mock turtle soup**

Brown stock .. ..	50 pts.	Cow-heels .. ..	2
Onions .. ..	2 lb.	Faggot.	
Carrots .. ..	2 lb.	Salt .. ..	4 lb.
Dripping .. ..	2 lb.	Tomato purée .. ..	1 tin
Flour .. ..	4 lb.		

*Method*

1. As for Recipe No. 84, substituting 2 cow-heels for the kidney.
2. These are cooked thoroughly for 6 hours, added to the soup and simmered until tender.
3. Pass the soup through the soup machine or strainer, add the cow-heels cut into dice, reboil, skim, correct the seasoning and serve.
4. The cow-heel is first strained by plunging into boiling water to scald—refreshed and then scraped. Boned, bones broken, and blanched.

**89. Mulligatawny**

Stock .. ..	50 pts.	Apple rings .. ..	12 oz.
Dripping .. ..	2 lb.	Rice (as garnished) .. ..	1 lb.
Curry powder .. ..	1 lb.	Tomato purée .. ..	1 tin
Onions .. ..	7 lb.	Peppercorns in bag .. ..	36
Flour .. ..	3½ lb.	Salt .. ..	4 oz.
Cocoanut .. ..	8 oz.	Bay leaves .. ..	3 oz.

*Method*

1. Soak the cocoanut and apple rings.
2. Melt the dripping, add the chopped onions and fry to a golden colour.
3. Add the curry powder, mix well and fry on the side of the stove for a few minutes.
4. Add the flour and dry out.
5. Moisten with stock, add the tomato puree, bring to boiling point, and skim.
6. Add the soaked chopped apple rings and cocoanut, and the aromates.
7. Simmer for one hour, remove aromates, pass through a soup machine or sieve and reboil.
8. Remove any scum, correct the seasoning and consistency, add the plain boiled rice and serve.

*Recipe No.***90. Mutton broth (or scotch broth)**

Diced cooked mutton	2 lb.	Onions	.. ..	1½ lb.
Mutton stock	.. 50 pts.	Cabbage	.. ..	1 lb.
Carrots	.. .. 1½ lb.	Celery trimmings	.. ..	1½ lb.
Turnips	.. .. 1 lb.	Salt	.. ..	4 oz.
Leeks	.. .. 1 lb.	Parsley	.. ..	2 oz.
Barley	.. .. 1½ lb.			

*Method*

1. Boil the strained mutton stock, skim thoroughly, add the washed barley and simmer for 45 minutes.
2. Cut vegetables into small dice, add to stock and cook slowly for a further ½ hour.
3. When the soup is cooked add coarsely chopped parsley and diced cooked mutton.

**91. Oxtail soup**

Brown stock	.. .. 50 pts.	Tomato purée	.. ..	1 tin.
Onions	.. .. 2 lb.	Oxtail ends	.. ..	10 lb.
Carrots	.. .. 2 lb.	Faggot.		
Dripping	.. .. 2 lb.	Salt	.. ..	4 oz.
Flour	.. .. 4 lb.			

*Method*

1. Cut the onions and carrots into dice, fry to a golden colour in the dripping.
2. Add the flour and cook to a dark sandy texture.
3. Moisten with stock and tomato purée; bring to boiling point, skim, add the faggot and the salt.
4. Cut the ox-tails into small joints and braise slowly to a golden colour, then add to the soup.
5. Simmer for 2 hours until tender, remove the pieces of oxtail and place in a clean receptacle.
6. Strain the soup on to them, reboil, correct the seasoning and serve.

**92. Onion soup**

Brown stock	.. .. 50 pts.	Salt	.. ..	4 oz.
Onions	.. .. 6 lb.			
Grated cheese	.. .. 12 oz.	<i>Brown Roux</i>		
Toast	100 × ¼ slices	Dripping	.. ..	1 lb.
		Flour	.. ..	1½ lb.

*Recipe No.**Method*

1. Peel, shred the onions finely and stew in the dripping to a golden colour.
2. Add the brown roux, mix thoroughly and add the stock, bring slowly to boiling point.
3. Simmer for 2 hours ; then correct the seasoning.
4. Serve with toast and grated cheese.

**93. Potato soup**

Water .. .. .	50 pts.	Salt .. .. .	4 oz.
Potatoes .. .. .	10 lb.		
Dripping .. .. .	6 oz.	<i>White Roux</i>	
Onions .. .. .	3 lb.	Flour .. .. .	2 lb.
Milk .. .. .	2 pts.	Margarine .. .. .	1 lb.

*Method*

Similar to Recipe No. 85.

**94. Potato and tomato soup**

Water .. .. .	50 pts.	Onions .. .. .	3 lb.
Clean potatoes .. .. .	10 lb.	Cornflour .. .. .	1 lb.
Margarine .. .. .	6 oz.	Milk .. .. .	2 pts.
White peppercorns in bag .. .. .	36	Tomato purée .. .. .	1 tin
		Large faggot .. .. .	1

*Method*

1. Chop the onions, and stew in the margarine without taking colour.
2. Add stock, tomato purée, faggot and the cubed potatoes.
3. Bring to the boil, skim, correct the seasoning and simmer until the potatoes are tender.
4. Pass through a sieve or soup machine, reboil, adjust the consistency by diluting the cornflour and stirring into the soup on the point of boiling.
5. Correct the seasoning and serve.

**95. Pea soup**

Split peas .. .. .	10 lb.	Salt .. .. .	4 oz.
Water .. .. .	50 pts.	Ham bone or bacon trimmings .. .. .	
Onions .. .. .	4 lb.	Faggot .. .. .	1
Carrots .. .. .	2 lb.		

*Recipe No.**Method*

1. Wash and pick over the peas, and soak overnight.
2. Place them into a saucepan, cover with water, add salt and bring to boiling point.
3. Add the diced vegetables, the ham bone, or bacon trimmings and faggot.
4. Simmer until peas are cooked, approximately one hour.
5. Remove ham bone or trimmings and faggot.
6. Pass the soup through the soup machine or sieve.
7. Simmer for 10 minutes, and remove any scum which may rise.
8. Correct the seasoning, and consistency to lightly cover the back of a spoon and serve.

**96. Rabbit broth**

Rabbit stock .. ..	50 pts.	Cabbage .. ..	1 lb.
Carrots .. ..	1½ lb.	Rice .. ..	1½ lb.
Turnips .. ..	1 lb.	Celery .. ..	1½ lb.
Leeks .. ..	1 lb.	Salt .. ..	4 oz.
Onions .. ..	2 lb.		

*Method*

1. Boil the strained stock, skim thoroughly, add the vegetables cut into small dice and simmer for 30 minutes.
2. Add the washed and picked rice and cook slowly for a further 20 minutes.
3. Correct seasoning.

**97. Spinach and potato soup**

Water .. ..	50 pts.	Milk .. ..	2 pts.
Potatoes .. ..	12 lb.	Salt .. ..	4 oz.
Margarine .. ..	6 oz.		
Onions .. ..	3 lb.	<i>White Roux</i>	
Leeks .. ..	3 lb.	Flour .. ..	1 lb.
Spinach .. ..	10 lb.	Margarine .. ..	¾ lb.

*Method*

1. Clean and prepare the leeks.
2. Peel the onions, and shred finely.
3. Pick, clean and wash spinach in several waters ; then blanch and refresh.

*Recipe No.*

4. Melt the margarine and stew the onions and leeks until tender without taking colour.
5. Add the spinach, place the lid on the saucepan and stew for 10 minutes.
6. Add the potatoes (cut in quarters) and salt.
7. Add a white roux made from the flour and margarine, moisten with water, bring to the boil stirring with a wooden spoon.
8. Boil rapidly for 40 minutes, pass through a sieve or soup machine, bring to the boil again.
9. Skim, correct seasoning and consistency, add hot milk and serve.

**98. Vegetable soup**

Stock	..	..	50 pts.	Turnips	..	..	2 lb.
Carrots	..	..	4 lb.	Large cabbage	..	..	1
Leeks	..	..	2 lb.	Margarine or drip-			
Potatoes	..	..	7 lb.	ping	..	..	8 oz.
Onions	..	..	3 lb.	Salt	..	..	4 oz.
				Rice for garnish	..	..	2 lb.

*Method*

1. Melt the dripping, add the diced carrot, leeks, onions, cabbage and turnips, cover with a lid and stew on the side of the stove until tender.
2. Moisten with stock, add the cubed potatoes, bring to the boil and skim.
3. Simmer until tender and pass through the soup machine or sieve, reboil, remove the scum, correct the seasoning and consistency.
4. Add the cooked rice, and serve.

**SECTION II****FISH**

Fish available for soldiers messing is usually cod, ling, hake, haddock and other large white fish (whole or in fillets) herrings or mackerel. White fish is issued either frozen or fresh packed in ice. Dried fish is issued occasionally.

**Condition**

Fresh fish should have a bright appearance, a natural slime, bright outstanding eyes, red gills free from odours, closed mouth and gill covers, flesh firm and springy.



When laid across the hand a fresh fish bends but little.

Staleness is characterized by a dull appearance, slight loosening of the scales, change in natural slime to one of stickiness or dryness, sunken eyes, dull coloured gills, flabby flesh, blood turning a brownish colour, and giving off a strong stale odour.

Fish is liable to putrify quickly and in this state should on no account be used. Don't take risks.

Frozen fish should be unwrapped on receipt, and not allowed to remain in cases. Fish should be washed and placed in cold water and allowed to thaw before preparation for cooking is begun. It should possess similar characteristics to that of fresh fish.

To thaw out, place in cold water.

Do not hasten the process by using warm water, or any artificial heat.

Dried fish, as its name implies, has had the moisture content extracted, usually by natural exposure. In order to render it sufficiently moist and palatable it is necessary to soak in cold water to which has been added a pinch of bicarbonate of soda to soften the fibres and to facilitate the penetration of the water in removing the salt. At no time during cooking should salt be added. During the processing of the fish most of the natural fat is lost and it is necessary when cooking to bear this in mind in order to choose a recipe wherein fats form an ingredient of the dish.

## FISH

*Recipe No.*

### 99. Batter for fish frying

*Recipe A*

Flour	..	..	7 lb.	Salt ..	..	..	1 oz.
Yeast	..	..	1 oz.	Water as required			
Sugar	..	..	1 oz.				

*Method*

1. Dilute the yeast with a little tepid water.
2. Well mix the flour, salt and sugar, place in a basin and make a bay in the middle.
3. Add the ferment and mix in a sprinkling of the flour.
4. Cover with a clean cloth and allow to prove in a warm place for 30 minutes.
5. Mix all together with sufficient water to make a paste to well coat the back of a spoon.

*Recipe No.**Recipe B*

Flour	..	..	7 lb.	Baking powder	..	3½ oz.
Water	..	..	4 pts.	Salt (a pinch)		
Sprayed egg	..	..	8 oz.	Sugar	..	1½ oz.

*Method*

1. Mix all dry ingredients.
2. Reconstitute the sprayed egg with the water (*see* Sec. 27).
3. Make a bay with the dry ingredients, add the reconstituted egg and work into a light smooth batter.

**100. Herrings and mustard sauce**

Herrings	..	..	100	Pepper	..	¼ oz.
Mustard sauce	..	..	8 pts.	Flour	..	½ lb.
Salt	..	..	2 oz.	Dripping	..	¼ lb.

*Method*

1. Scale, clean and wash the herrings.
2. Remove the heads, season with salt and pepper, pass through flour and lay in dishes.
3. Brush over with dripping.
4. Bake in a hot oven for 10—15 minutes.
5. Serve with the mustard sauce (*see* Recipe No. 14).

**101. Baked stuffed herrings, mustard sauce**

Herrings	..	..	100	Mustard sauce	..	8 pts.
Dripping	..	..	½ lb.			

*Method*

1. Thoroughly clean and remove the heads, slit down the back, remove the bone and insert the stuffing.
2. Place in a greased dish, brush over with melted dripping and bake in a hot oven for 15 minutes.
3. Serve with mustard sauce (*see* Recipe No. 14).
4. Stuffing (*see* Recipe No. 212).

**102. Baked stuffed haddock, parsley sauce**

Fresh haddocks	..	25 lb.	Parsley sauce	..	8 pts.
Salt	..	2 oz.			

*Recipe No.**Method*

1. Thoroughly gut and clean the haddock and remove the eyes and fins.
2. Place the stuffing into the stomach of the haddock and fold the flaps over.
3. Form the fish into an "S" shape, and secure it with a string from the tail, passing through the middle of the body to the eyes.
4. Grease the bottoms of baking dishes or camp kettle lids with a little margarine, and place the haddocks therein.
5. Sprinkle with salt, and add sufficient fish stock to barely cover the bottom of the baking tin, cover with greased paper, and bake in a moderate oven for 30 minutes, basting from time to time.
6. When cooked, place the fish on a dish, remove the string.
7. Reduce the fish stock to one-third of its original quantity, add a creamy white sauce (*see* Recipe No. 11) to which is added chopped parsley.
8. Sauce the fish over.

Fish stuffing.—*See* Recipe No. 212.

**103. Creamed Salmon**

Salmon	..	18 $\frac{3}{4}$ lb.	Mustard	..	..	$\frac{1}{2}$ lb.
Margarine	..	1 lb. 2 oz.	Parsley	..	..	4 oz.
Flour	..	1 lb. 2 oz.	Vinegar	..	..	$\frac{1}{2}$ pt.
Milk	..	12 pts.	Sugar	..	..	4 oz.

*Method*

1. Melt the margarine, add the flour and cook over a slow heat.
2. Bring milk to the boil and add. Stir until a smooth sauce is made, then add the sugar, and the mustard mixed with vinegar, cook for a few minutes, then withdraw and cool.
3. Flake the salmon, season with salt, pepper and vinegar.
4. When sauce is cold, mix all ingredients and correct the seasoning.
5. Serve on a bed of lettuce leaves.

**104. Fried Fillets of cod**

Cod (headless)	..	25 lb.	Batter ( <i>see</i> Recipe No. 99)
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*Recipe No.**Method*

1. Clean, wash and cut the cod into 100 pieces.
2. Season with salt and pepper, pass through flour and frying batter, place into a pan of hot deep fat and cook for approximately 8 minutes until golden brown in colour.
3. Drain on a cloth and serve.

**105. Fried whiting**

Whiting .. ..	100	Batter for crumbing ( <i>see</i>
Breadcrumbs ..	4 lb.	Recipe No. 108).

*Method*

1. Wash and clean the whiting without removing the head.
2. Pass through flour, a thin flour and water batter and then into breadcrumbs.
3. Fry in hot deep fat until a golden colour (approximately 5 minutes).
4. Drain and serve.

**106. Fried fillets of fish**

Fillets .. .. 25 lb.

*Method*

Proceed as for Recipe No. 104.

**107. Herrings in batter**

Herrings .. .. 100

*Method*

1. Scale, clean, remove heads from the fish and wash.
2. Proceed as for Recipe No. 104.

**108. Fish cakes**

Tinned salmon or herrings .. ..	18 $\frac{3}{4}$ lb.	Breadcrumbs .. ..	4 lb.
or fresh fish ..	25 lb.	Flour .. ..	$\frac{1}{2}$ lb.
Potatoes .. ..	32 lb.	Salt .. ..	2 oz.
		Pepper .. ..	$\frac{1}{2}$ oz.

**Batter for crumbing**

Flour .. ..	3 $\frac{1}{2}$ lb.	Water .. ..	4 pts.
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*Recipe No.**Method*

1. Cook and dry mash the potatoes.
2. Well mix the fish with the potatoes and season.
3. Make a thin batter.
4. Mould into cakes and pass through flour, batter and bread-crumbs.
5. Fry in hot deep fat.

**109. Fish and potato pie**

Tinned salmon or		Breadcrumbs	..	1 lb.
herrings ..	18 $\frac{3}{4}$ lb.	White sauce	..	4 pts.
or fresh fish ..	25 lb.	Salt .. ..	..	2 oz.
Potatoes ..	32 lb.	Pepper .. ..	..	$\frac{1}{4}$ oz.
Margarine ..	1 $\frac{1}{2}$ lb.			

*Method*

1. Place a little of the sauce (*see* Recipe No. 111) in a dish.
2. Add the fish, season with salt and pepper.
3. Add the remainder of the sauce.
4. Cook and mash the potatoes.
5. Cover the dish with mashed potatoes, and sprinkle with melted margarine and breadcrumbs.
6. Bake in the oven to a golden brown.

**110. Fish kedgerree**

Cooked fish		White sauce	..	4 pts.
(free from bones) ..	20 lb.	Onions .. ..	..	2 lb.
Eggs .. .. .	12	Margarine .. ..	..	2 oz.
Rice .. .. .	5 lb.	Pepper .. .. .	..	1 oz.
Stock .. .. .	6 $\frac{1}{4}$ pts.			

*Method*

1. Chop the onions finely and stew in the margarine.
2. Add the rice which has been well washed and dried.
3. Stir well and heat through.
4. Add stock to cover the rice, cover with a lid, bring to the boil and cook in the oven for 15 minutes.
5. Remove lid and stir the rice with a fork to separate the grains.

*Recipe No.*

6. Add the fish which has been cooked and flaked, the eggs which have been hard boiled, shelled and cut into large dice.
7. Stir all lightly and reheat in the oven, if necessary.
8. Serve the white sauce separately. (*See* Recipe No. 11.)

**111. Poached fillets and cheese sauce**

Fish fillets	.. .. 25 lb.	Cheese sauce	.. 8 pts.
Vinegar	.. .. $\frac{1}{8}$ pt.		

*Method*

1. Poach the seasoned fillets in a little salted water with the vinegar or fish stock.
2. When cooked, remove the fillets and drain, place them in a dish and keep hot.
3. Use the fish liquor in equal proportion to milk and make a cheese sauce (*see* Recipe No. 12) using two-thirds of the grated cheese.
4. Pour the sauce over the fish, sprinkle with the rest of the cheese and brown in a hot oven.

**112. Poached fillets with egg sauce or parsley sauce**

Fish fillets	.. .. 25 lb.	Egg sauce or	
Vinegar	.. .. $\frac{1}{8}$ pt.	parsley sauce	.. 8 pts.
Margarine	.. .. $\frac{1}{2}$ lb.		

*Method*

1. Proceed as for Recipe No. 111.
2. When cooked drain and lightly brush with melted margarine.
3. Pour the sauce over the fish and serve.
4. Egg sauce or parsley sauce (*see* Recipes Nos. 13 and 16).

**113. Soused herrings (or mackerel)**

Herrings (or mackerel)	100	Onions	.. .. 2 lb.
Vinegar	.. .. 3 pts.	Salt	.. .. 2 oz.
Water as required.		Peppercorns (in a bag)	36
		Bay leaves	

*Method*

1. Scale, clean, fillet and wash the fish.
2. Place them into greased dishes.

*Recipe No.*

3. Add the onions (finely shredded), pepper and salt, the vinegar and add sufficient cold water to come just to the top of the fish.
4. Cover with greased paper, bring to the boil and place in a slow oven for 15 minutes.
5. Remove from the oven and allow to cool in the pickle.
6. Arrange the fillets in dishes, place rings of onions on top.
7. Reduce the liquor by half, skim, allow to cool then pour over the fillets.

**114. Steamed cod and parsley sauce**

Cod fillets	..	..	25 lb.	Parsley sauce	..	..	8 pts.
Salt	..	..	2 oz.				

*Method*

1. Skin the fillets and cut them into 100 portions, place into a clean steaming tray and sprinkle with salt.
2. Cover with greaseproof paper and steam until cooked.
3. Dish up and serve with the parsley sauce (*see* Recipe No. 167).

**115. Salmon mayonnaise**

Tinned salmon	18 $\frac{3}{4}$ lb.	Beetroot	..	..	4 lb.
Lettuce	..	25 heads	Mock mayonnaise	..	12 pts.
Tomatoes	..	5 lb.			

*Method*

1. Skin and flake the fish.
2. Remove any discoloured lettuce leaves, shred coarsely and arrange in dishes and place the salmon on top.
3. Sauce over with the mayonnaise (*see* Recipe No. 31).
4. Garnish round the outside with quartered tomatoes, slices beetroot and lettuce hearts.

**SECTION 12****LIVER, HEARTS AND KIDNEYS**

Hearts, livers and kidneys have poor keeping qualities, and since the issue made to the Army is imported, it will generally be received in a frozen state, and should, therefore, not be thawed out too soon in advance of requirements.

Remove the offal from the containers and lay out on trays in a cool well-ventilated room. The "drip" should be frequently drained away. If, for any reason, the offal has been thawed too long in advance and is, therefore, "sticky," thoroughly wash in a weak solution of vinegar and water (2 parts water to 1 part vinegar); then dry with a clean cloth and cook as soon as possible.

### Hearts

Ox and sheeps' hearts should be washed and laid out in the meat store or in a cool larder.

The gristle should be removed before cooking.

Sheeps' hearts are much smaller and the fat is firmer.

Good quality hearts should be thick walled, meaty and have a collar of firm, creamy white fat around the base and along the seam. The surface should be free from moisture, slime and blood clots.

### Livers

Livers are usually beef or sheep, or occasionally pig.

Beef livers should be short, plump and thick at the large end and taper to a blunt edge at the opposite end.

Cow livers are usually darker in colour, with an uneven surface, and are harder in texture.

Sheeps' livers are dark in colour and are formed in two distinct lobes. They do not possess the flavour of good beef livers.

Pigs' livers are inferior to both beef or sheep in both flavour and tenderness, and are easily distinguished by their four lobes. They are invariably dark in colour.

Livers issued in a frozen condition, should not be thawed out until just before preparation.

### Kidneys

Kidneys are occasionally issued.

Beef kidneys vary considerably in colour, from light brown to almost black, and are divided into many irregular lobes by deep fissures.

Good beef kidneys should be plump, firm and a mahogany colour.

Calf kidneys should possess the same characteristics, although smaller.

Pigs' kidneys are smaller than calf and longer and are not lobulated.

Sheeps' kidneys are smaller than pigs', are not lobulated, have a smooth surface, and are shaped like a kidney bean.



## LIVER—HEARTS—KIDNEYS

*Recipe No.***116. Braised liver**

Liver.. ..	25 lb.	Brown stock ..	12 pts..
Carrots .. ..	2 lb.	Flour .. ..	2 lb.
Onions .. ..	2 lb.	Dripping .. ..	2 lb.
Salt .. ..	2 oz.	Chopped parsley ..	4 oz.
		Pepper .. ..	$\frac{1}{2}$ oz.

*Method*

1. Prepare liver as for Recipe No. 121.
2. Pass through flour and fry on quickly both sides until lightly coloured.
3. Cut the vegetables into large dice and fry on to a golden colour.
4. Put the vegetables into baking dishes or camp kettles and place the liver on top; barely cover with stock, bring to the boil, cover and braise in the oven for approximately  $1\frac{1}{2}$  hours.
5. Remove any fat, correct the seasoning and consistency, sprinkle with chopped parsley and serve.

**117. Braised stuffed ox heart**

Ox heart .. ..	25 lb.	Brown stock ..	4 pts..
Onions .. ..	4 lb.	Brown sauce ( <i>see</i>	
Carrots .. ..	4 lb.	Recipe No. 5) ..	4 pts..
Fat bacon .. ..	$1\frac{1}{2}$ lb.	Salt .. ..	2 oz.
		Stuffing .. ..	12 lb.

*Method*

1. Trim the hearts by removing the arteries, wash well in salt water, and stuff (*see* Recipe No. 210).
2. Cover openings with slices of fat bacon.
3. Tie up securely.
4. Fry on carrots and onions (cut into 1-inch squares) until a golden colour.
5. Add brown sauce and stock.
6. Bring to boil, add hearts and braise in a slow oven for 4 hours.
7. Remove hearts, boil out the sauce and pass through a fine strainer.
8. Slice the hearts lengthways (2 slices each), allowing sufficient stuffing with the slices of meat.

*Recipe No.*

9. Sauce over and serve. For large quantities omit stuffing and cook this separately.

*Note.*—Weight of ox heart .. .. 5 lb. 2 oz.  
 ” ” ” trimmed 4 lb. 8 oz.  
 ” ” ” stuffed.. 5 lb. 10 oz.  
 ” ” ” cooked.. 4 lb.

**118. Braised stuffed sheeps' heart**

Sheeps' hearts	.. 100	Thick brown sauce	4 pts.
Brown stock	.. .. 4 pts.	Peppercorns in bag	36
Carrots	.. .. 2 lb.	Salt .. .. .	4 oz.
Onions	.. .. 2 lb.	Stuffing ( <i>see</i> Recipe No. 210)	
		Fat bacon .. ..	3 lb.

*Method*

1. Trim the hearts and wash well in salted water.
2. Stuff them and cover the opening with fat bacon and tie securely.
3. Fry on the vegetables (cut into 1-inch dice) to a golden brown.
4. Cover with equal quantities of brown stock and boiling brown sauce (*see* Recipe No. 5) bring to the boil, add aromates and seasoning, place in the hearts and braise in a slow oven for approximately 2 hours.
5. Remove the hearts from the sauce, cut into halves lengthways, pass the sauce through a strainer and boil, skimming occasionally.
6. Correct seasoning and consistency, and sauce over the hearts.

**119. Fried liver**

Liver .. .. .	25 lb.	Salt .. .. .	2 oz.
Flour .. .. .	3 lb.	Pepper .. .. .	$\frac{1}{4}$ oz.
Dripping .. ..	2 lb.	Brown sauce ..	8 pts.

*Method*

Prepare and fry the liver as for Recipe No. 46. Serve with brown sauce, and fried sliced potatoes (*see* Recipes Nos. 5 and 219).

**120. Kidneys on fried bread**

Kidneys (pigs')	.. 100	Bread .. .. .	14 lb.
Brown sauce ( <i>see</i> Recipe No. 5)	.. 8 pts.	Bacon fat .. ..	5 lb.

*Recipe No.**Method*

1. Cut the bread into  $\frac{1}{4}$  in. slices and fry in bacon fat, keep the slices moist.
2. Cut the kidneys in half lengthways.
3. In baking trays or camp kettle lids, fry the kidneys both sides in shallow fat to a golden brown ; time approximately 6 minutes.
4. Remove the kidneys.
5. Pour off the dripping in the pans and wash out with a little stock to remove any glaze at the bottom, boil up and pour over the kidneys.
6. Serve the kidneys on slices of fried bread and sauce over.

**121. Liver hot pot**

Liver .. ..	.. 25 lb.	Pepper .. ..	.. 1 oz.
Onions .. ..	.. 10 lb.	Brown stock ..	.. 8 pts.
Potatoes .. ..	.. 65 lb.	Flour .. ..	.. 2 lb.
Chopped parsley ..	.. 4 oz.	Dripping .. ..	.. 2 lb.
Salt .. ..	.. 4 oz.		

*Method*

1. Allow the liver to defrost, skin and trim, and cut into 200 by 2 oz. slices or 100 by 4 oz. slices.
2. Season with salt and pepper, pass through flour and fry quickly both sides to seal the pores and slightly colour.
3. Shred the onions and cut the potatoes into  $\frac{1}{4}$  in. slices and season with salt.
4. Slightly grease the baking dishes and place a layer of potatoes and onions on the bottom.
5. Arrange the slices of liver on top, sprinkle with chopped parsley, then a layer of onions and finally a layer of potatoes.
6. Barely cover with the stock and gradually bring to boil, place into a moderate oven to bake, pressing down the potatoes into the liquor from time to time.
7. Bake for approximately  $1\frac{1}{2}$  hours until potatoes and onions are thoroughly cooked, remove any fat from the surface, sprinkle with chopped parsley and serve.

*Recipe No.***122. Stewed kidneys with bacon**

Kidneys .. ..	25 lb.	Dripping .. ..	1 lb.
Brown stock .. ..	2 pts.	Salt.	
Brown sauce ( <i>see</i> Recipe No. 5) .. ..	4 pts.	Pepper.	
Bacon (streaky) .. ..	6 lb.	Parsley, chopped .. ..	2 oz.

*Method*

1. *Pigs' kidneys*.—Slice into eight crossways.
2. *Sheeps' kidneys*.—Skin and slice into four crossways.
3. *Ox kidneys*.—Cut through lengthways into four, remove fat from centre and slice  $\frac{1}{4}$  in. thick.
4. Cut the bacon into small strips approximately  $1\frac{1}{2}$  in. long,  $\frac{1}{2}$  in. square.
5. Fry on the bacon approximately 5 minutes to a golden colour and drain.
6. Heat sufficient dripping to cover bottom of frying pan.
7. When very hot place in sufficient kidneys to cover bottom of the pan and fry quickly to colour and set.
8. Drain and place into a saucepan, together with the bacon, season with salt and pepper and keep warm.
9. Remove dripping from the pan, add the stock and boil up to remove any glaze from bottom.
10. Pass through a strainer, add the brown sauce and boil, reduce to lightly cover the back of a spoon.
11. Pour sufficient over the kidneys to bind and bring to boil. Dish up and sprinkle with chopped parsley.

**SECTION 13****MEAT****Beef and mutton**

All meat should be unwrapped and hung, in such a manner as to allow plenty of space around the sides, quarters or carcasses. Currents of air should surround the meat. This will facilitate thawing by allowing the meat to acquire the same temperature as the air around it.

When it is necessary in hot weather, to retain the frost in meat as long as possible, do not take it out of the wrappers and hessian; lay on straw and stack one on top of the other and cover with straw.

Meat must be thoroughly thawed before jointing.

Boning will make carving more easy, is economical, and the bones are required for stock making.

While meat is thawing, the meat drip should be caught in drip trays placed underneath the meat, and on no account should floors be contaminated.

Meat for roasting and braising should be cut into joints of not less than 8 lb. in weight.

Joints should be stripped of all unwanted fat leaving only sufficient for basting, trimmed if necessary and tied with string. Fat trimmings should be cut up finely, or passed through the coarse plate of a mincer and then rendered for dripping.

To ensure even roasting or braising it is important that joints should be matched for size when placing in roasting trays.

### **Pork (fresh and frozen)**

Carcasses and cuts of good quality are indicated by the colour and texture of the flesh and size of the bone, large white hard bones indicate age and the meat is invariably tough. Good quality pork should have a soft flexible white skin free from wrinkles or bristles. The flesh should be firm and light red in colour and have a fine texture ; the fat should be firm and white and the bone small.

Pork should be cooked as soon as possible ; hanging being unnecessary ; but in the case of frozen pork it must be thawed first.

## **CARVING AND BONING MEAT**

### **Carving**

Good carving is necessary if economy is to be effected and the value of the appetizing appearance of food considered. Meat should be carved against the grain.

Carving requires much practice and the wise cook will always use his special knife for this purpose. Practice makes perfect. To carve well is to remove the meat in one slice and not in several pieces.

When the joint has been removed from the oven it should be allowed to set for 15 minutes ; then placed on a small cutting-up board about 9 inches wide arranged across the narrower sides of a baking dish.

Fix the fork firmly in the meat at the top and cut away in slices, allowing them to fall into the dish. Try to cut the meat into slices with as large a surface as possible.

The knife used for carving should be sharp and frequently steeled. Carvers usually bear too hard on the knife and fail to allow the blade to travel the full length backwards and forwards in a straight or curved line. A little practise is all that is necessary.

Mutton, excepting the leg, should be boned before cooking to simplify carving. It is easier to carve the leg on the bone. The leg has a fleshy side which should be carved first. The joint should be cut in the middle and carved outwards until all the meat has been

removed, the blade of the knife being moved across the leg bone, then turned over and the meat from the other side removed from the bone.

## BEEF

*Recipe No.*

### 123. All-in-stew with dumplings

Cooked and diced beef	18 lb.	Turnips	.. .. 12 lb.
Onions	.. .. 4 lb.	Potatoes	.. .. 40 lb.
Parsnips	.. .. 4 lb.	Salt	.. .. 4 oz.
Carrots	.. .. 12 lb.	Chopped parsley	.. 4 oz.

#### Dumplings

Flour	.. .. 10 lb.	Salt	.. .. 2 oz.
Suet	.. .. 4 lb.	Baking powder	.. 2 oz.

#### *Method*

1. Place the meat into a saucepan, cover with water and bring to boil.
2. Skim and allow to simmer for half hour.
3. Meanwhile prepare the vegetables and cut into cubes of uniform size.
4. Add to the meat with salt, and allow to simmer for half hour.
5. Add the potatoes cut into even size and simmer gently (with lid on) for 20 minutes.
6. Prepare a suet paste and make into 100 dumplings (*see* Recipe No. 125).
7. Arrange them on top of the stew, place lid on and simmer for 10—15 minutes until meat, vegetables, potatoes and dumplings are cooked.
8. Correct the seasoning.
9. Carefully remove dumplings and potatoes.
10. Arrange the stew in dishes and serve with the dumplings and potatoes.
11. Sprinkle the stew with chopped parsley.

### 124. Braised beef with vegetables

Beef	(bone in) 37½ lb.	Brown sauce	.. 4 pts.
<i>or</i>	(boneless) 28½ lb.	Dripping	.. .. 1 lb.
Onions	.. .. 14 lb.	Peppercorns in bag	36
Carrots	.. .. 14 lb.	Salt	.. .. 4 oz.
Turnips	.. .. 12 lb.	Margarine	.. .. 4 oz.
Swedes	.. .. 12 lb.	Sugar	.. .. 1 oz.
Brown stock	.. .. 20 pts.	Salt	.. .. ¼ oz.

*Recipe No.**Method*

1. Take topside, thick flank, or similar braising joints and cut to approximately 8 lb. in weight.
2. Fry the sliced carrot and onion, place the meat on top, baste with dripping, and pass through the oven to set and colour.
3. Remove surplus fat and moisten with the brown stock.
4. Bring to boil, cover and braise slowly until thoroughly tender.
5. Remove the beef, strain the stock, allow to stand, remove fat and add brown sauce (*see* Recipe No. 5).
6. Boil up to correct consistency and seasoning.
7. Wash and prepare the vegetables and cut into sections, place in baking dishes, cover with cold water, bring to boil, add the margarine, sugar and salt, cover with lid, bring to boil and simmer until cooked, remove cover and evaporate the liquor.
8. Slice the meat against the grain, arrange in dishes, sauce over and serve with the vegetables.

**125. Boiled salt beef with dumplings and carrots****Dumplings**

Salt beef	.. ..	28½ lb.	Flour	.. ..	10 lb.
Carrots	.. ..	33 lb.	Suet (shredded)	.. ..	4 lb.
Onions	.. ..	4 lb.	Salt	.. ..	2 oz.
			Baking powder	.. ..	2 oz.

*Method*

1. Beef to be salted from 5 to 8 days.
2. Place in a stew pan, cover with water, boil and skim.
3. Add whole onions, boil, then allow to simmer.
4. Add prepared carrots, cut into sections, approximately one hour before meat is cooked.
5. Add the prepared dumplings 10 minutes before meat is cooked.
6. Remove the dumplings, place carefully into a pan or dish with a little liquor and keep hot.
7. Remove the meat.
8. Strain the carrots and retain the liquor.
9. Keep the carrots hot in a little liquor.
10. Carve the silverside against the grain, arrange in dishes with dumplings and carrots and barely cover with liquor.
11. Remainder of liquor should be retained for making pulse soups.

*Recipe No.***Dumplings***Method*

1. Well mix all ingredients.
2. Make into a light dough with water.
3. Scale off in 2 oz. pieces and shape.

**126. Brown stew**

Beef (bone in)	.. 37½ lb.	Dripping	.. .. 2 lb.
(or boneless)..	.. 28¼ lb.	Haricot beans	.. 6 lb.
Flour	.. .. 4 lb.	Salt	.. .. 2 oz.
Onions	.. .. 6 lb.	Stock or water	.. 24 pts.
Carrots	.. .. 6 lb.	Thyme, bay leaf.	
Parsley	.. .. 4 oz.	Tomato purée	.. 1 tin
Peppercorns (in a bag)	½ oz.	Faggot.	

*Method*

1. Cut meat into one inch pieces and season.
2. Heat dripping in pan, fry on meat quickly, add carrots and onions cut into ½ inch cubes and fry on together.
3. Dust with flour and singe in oven for 10 minutes.
4. Remove from the oven and add peppercorns (in a bag), the faggot, and tomato purée.
5. Cover with stock or water and bring to boil, add the salt and skim.
6. Firm the lid and cook slowly in the oven for 2 hours.
7. Soak the beans overnight, cover with cold water, bring to boil, skim, season, add 2 onions and 2 carrots and simmer until cooked.
8. Drain off liquor.
9. Remove stew from the oven, skim, correct the colour and consistency, add seasoning and the beans.

**127. Beef brawn**

Rinds of bacon and		Shin of beef	.. 8 lb.
gristle of beef	.. 8 lb.	Carrot	.. .. 1 lb.
Onions (stuck with 2		Bay leaves	.. .. 2
or 3 cloves)	.. .. 1 lb.	Peppercorns (in a	
Brown stock (appx.)	6 pts.	bag)	.. .. 36



*Recipe No.**Method*

1. Cut bacon and gristles into small dice and cut the shin of beef into small squares.
2. Place into a saucepan and barely cover with stock, bring to the boil, skim and simmer for 2 hours.
3. Add the carrots and onions (whole) peppercorns and bay leaves and simmer for a further one hour until the brawn is thoroughly cooked.
4. Remove aromates, correct seasoning and place into moulds or dishes and allow to set overnight.

**128. Cold Roast beef**

Beef (bone in) .. 37½ lb.  
 (or boneless).. .. 28¼ lb.

*Method*

1. Roast the meat as in Recipe No. 136 and allow to get cold.
2. Serve with a vegetable; or green salad, boiled potatoes. potatoes baked in jackets, pickles or sauces.

**129. Curried beef and rice**

Beef (bone in)	.. 37½ lb.	Curry powder	.. 1½ lb.
(or boneless)..	.. 28¼ lb.	Rice ..	.. 7 lb.
Onions ..	.. 8 lb.	Black pepper	.. 1 oz.
Flour ..	.. 2 lb.	Bay leaves ..	.. 8
Apple rings ..	.. 1 lb.	Salt ..	.. 4 oz.
Brown stock..	.. 20 pts.	Dripping ..	.. 2 lb.

*Method*

1. Soak the apple rings overnight.
2. Chop the onions finely, and fry to a light golden colour.
3. Add the beef cut into small dice and colour also.
4. Add curry powder.
5. Cook for 5 minutes, add flour and cook to a sandy texture.
6. Add chopped apple rings, boiling stock and seasoning.
7. Bring to boil and simmer for 1½ hours.
8. Plain boil the rice. (See Recipe No. 206).
9. Serve meat with a border of rice.

*Recipe No.***130. Durham cutlets**

Dry mashed potatoes	25 lb.	Salt .. ..	..
Beef (cooked and prepared)	.. .. 12½ lb.	Pepper .. ..	..
Onions	.. .. 2 lb.	<i>Batter</i>	
Dripping	.. .. 3 lb.	Flour	.. .. 2 lb.
Parsley	.. .. 4 oz.	Water	.. .. 4 pts
Breadcrumbs	.. .. 4 lb.		

*Method*

1. Finely chop, or pass the meat through a mincing machine and mix it with the potatoes.
2. Chop the onions and fry to a golden colour.
3. Add the onions and chopped parsley to the meat and potatoes, season, mix well and shape into cutlets.
4. Pass through a thin flour batter and breadcrumbs, reshape and fry in deep fat.

**131. Fried steak and onions**

Beef (in steaks)	.. 37½ lb.	Salt .. ..	..
Dripping	.. .. 3 lb.	Pepper .. ..	..
Onions	.. .. 30 lb.	Brown stock	.. 6 pts.
		Flour	.. .. 6 oz.

*Method*

1. Heat dripping in frying pan and fry off shredded onions to golden colour, season with salt, cover with a lid.
2. Finish cooking in the oven, or on the end of the stove, until tender.
3. Prepare the meat, cut into steaks, season with salt and pepper each side, fry quickly on both sides until the blood percolates.
4. Arrange in dishes with onions neatly arranged each side and serve sauce separately.

*Sauce—Method*

1. Sprinkle the flour into the pans in which the steaks have been fried.
2. Add the stock stirring with a wooden spoon and bring to the boil and cook over a slow heat.
3. Simmer for 10 minutes, correct seasoning and consistency, and pass through a strainer.
4. Serve separately.

*Recipe No.***132. Beef hot pot**

Beef (bone in)	..	37½ lb.	Parsley	..	4 oz.
(or boneless)	..	28¼ lb.	Potatoes	..	65 lb.
Onions	..	4 lb.	Salt	..	2 oz.
Dripping	..	2 lb.	Pepper	..	½ oz.

*Method*

Proceed as for Recipe No. 148.

**\*133. Haricot beef and carrots**

Beef (bone in)	..	37½ lb.	Bacon bones (for flav-	
(or boneless)	..	28¼ lb.	ouring)	..
Carrots	..	20 lb.	Mixed herbs	..
Onions (or leeks)	..	6 lb.	Brown stock	..
Haricot beans	..	10 lb.	Salt	..
Flour	..	2 lb.	Pepper	..
			Dripping	..
				..
				2 oz.
				8 pts.
				2 oz.
				½ oz.
				1 lb.

*Method*

1. Soak the beans in cold water overnight ; then wash and cover with cold water.
2. Bring to the boil, skim, add salt, six carrots, the bacon bones and simmer gently until half cooked.
3. Cut the meat into small pieces, season, and fry quickly in hot shallow fat.
4. Cut the carrots and onions and fry off with the meat.
5. Add the flour, mix well and brown off in a hot oven for 15 minutes.
6. Remove, moisten with the stock, season well and bring to the boil.
7. Add the beans and simmer gently until cooked.

**134. Minced beef and rice**

Beef (cooked and pre-			Dripping	..	1 lb.
pared)	..	20 lb.	Thick brown sauce	..	4 pts.
Onions	..	4 lb.	Chopped parsley	..	4 oz.
Rice	..	5 lb.			

*Method*

1. Chop the onions finely and fry off.
2. Dice the beef, add to the onion and allow to sweat slowly on the end of the stove.

*Recipe No.*

3. Season, add brown sauce (*see* Recipe No. 5) and heat thoroughly.
4. Prepare rice as for Recipe No. 206 and season.
5. Arrange the rice in dishes in a border, place the cooked beef in the centre and sprinkle with parsley.

**135. Meat and potato pie**

Beef (bone in)	.. 37½ lb.	<b>Pastry</b>		
( <i>or</i> boneless)	.. 28¼ lb.	Flour	..	.. 12 lb.
Onions	.. 6 lb.	Dripping	..	.. 4 lb.
Parsley	.. 4 oz.	Baking powder	..	.. 6 oz.
Potatoes	.. 65 lb.	Water	..	..
Salt and pepper	..	Salt	..	.. 1½ oz.

*Method*

1. Cut the meat into half inch dice, slice the onions and potatoes.
2. Season with salt, pepper and add parsley.
3. Fill baking trays with alternate layers of meat, onions and potato (as for Recipe No. 148) and barely cover with water.
4. Make a short pastry, roll out, cover the trays, milk wash, and bake in a moderate oven from 2—3 hours.
- . Fill up with gravy if necessary during cooking.
6. If pastry is cooked before the meat remove from the oven and simmer until cooked on top of the stove.

**Short pastry***Method*

1. Well mix the dry ingredients.
2. Rub in the fat lightly and mix to a stiff dough.
3. Allow to rest.

**136. Roast beef and yorkshire pudding or baked suet pudding**

Beef (bone in)	.. 37½ lb.	Gravy	..	.. 8 pts.
( <i>or</i> boneless)..	.. 28¼ lb.			

*Method*

1. Cut into sizeable joints of 8 lb. in weight.
2. Place in roasting dishes, or camp kettle lids on two or three slices of potatoes.
3. Baste with a little dripping.
4. Set off in a hot oven for 10 to 15 minutes.

5. Reduce the heat and roast, basting at intervals.
6. Remove, season with salt and allow to rest for 15 minutes before carving.
7. Carve and serve with roast gravy (*see* Recipe No. 4).

#### Yorkshire pudding (without eggs or yeast)

Flour .. ..	6 lb.	Water .. ..	8 pts.
Baking powder .. ..	8 oz.	Salt .. ..	1 oz.
Milk powder .. ..	1 lb.	Dripping .. ..	2 lb.

A little egg colour.

#### Method

1. Thoroughly mix the dry ingredients.
2. Add the water gradually and mix to a smooth paste; then allow to rest.
3. Heat the dripping in baking trays or camp kettle lids, add mixture and set off on top of the stove.
4. Cook in a moderate oven for 35 minutes.

#### (with yeast)

Flour .. ..	6 lb.	Salt .. ..	4 oz.
Milk .. ..	8 pts.	Dripping .. ..	2 lb.
Yeast .. ..	3 oz.		

#### Method

1. Dilute the yeast to a creamy consistency with a little warm milk.
2. Beat the flour and the remaining milk to a smooth batter.
3. Add the ferment, beat well, allow to prove.
4. Heat the dripping in baking trays or camp kettle lids, add the mixture and set off on top of the stove.
5. Cook in a moderate oven for 35 minutes.

#### With fresh (or sprayed) eggs

Flour .. ..	6 lb.	Eggs fresh, .. ..	6
Dripping .. ..	1 lb.	<i>or</i>	
Baking powder .. ..	4 oz.	Sprayed egg .. ..	3 oz.
Milk .. ..	8 pts.	Salt .. ..	1 oz.

#### Method

1. Well mix flour, salt and baking powder into a basin and make a bay in the centre.
2. Break down 3 pints of milk with the eggs and add to the flour, etc.

*Recipe No.*

3. Add remainder of milk, mix to a smooth paste of consistency to coat the back of a spoon; then allow to rest.
4. Heat the dripping in baking trays or camp kettle lids, add the mixture and set off on top of the stove.
5. Cook in a moderate oven for 35 minutes.

**Baked suet pudding**

To the ingredients shown in Recipe No. 137 add an additional 4 lb. of breadcrumbs and a little extra baking powder. Bake to a golden brown.

**137. Steak pudding**

Beef (bone in)	37½ lb.	Suet .. ..	6 lb.
(or boneless) ..	28¼ lb.	Baking powder ..	4 oz.
Onions .. ..	3 lb.	Salt .. ..	3 oz.
Parsley .. ..	4 oz.	Pepper to taste	
Flour .. ..	16 lb.	Water .. ..	6 pts.

*Method*

1. Make a fairly stiff dough and allow to rest, grease the pudding basins, divide the dough into eight parts, remove one-third from each part, and roll out the remainder.
2. Line the greased basins and remove any surplus dough overlapping the edges.
3. Cut the meat into ½ in. cubes, place into a basin, add salt, pepper, parsley, chopped onions, and mix well together.
4. Cover with water, and allow to stand for two hours in a cool place.
5. Fill the prepared basins, roll out the remainder of the paste into rounds for covers, wet the edge of the paste and cover.
6. Thumb up the edges, cover with greased greaseproof paper and cook in a steamer for 4 hours.

**Pudding dough***Method*

1. Shred the suet finely (free from skin).
2. Well mix the flour, baking powder and 1 oz. of salt.
3. Add the suet and make a bay.
4. Work into a fairly stiff dough with water.

*Recipe No.***138. Steak pie**

Beef (bone in)	37½ lb.	Dripping .. ..	6 lb.
(or boneless) ..	28¼ lb.	Baking powder ..	4 oz.
Onions ..	3 lb.	Water for mixing	
Flour ..	16 lb.	Pepper and salt	
		Stock	

*Method*

1. Cut the beef into ½ in. dice.
2. Chop the onions, mix with the meat, and well season with salt and pepper.
3. Place into baking trays and cover with stock or water.
4. Make a pastry, from the flour, dripping, baking powder and water (*see* Recipe No. 135), cover dishes, brush over with milk and bake in moderate oven 2 to 3 hours.
5. Fill up with gravy, or stock, if necessary before serving.

**139. Stewed steak and dumplings**

Beef (bone in)	37½ lb.	Flour .. ..	10 lb.
(or boneless) ..	28¼ lb.	Suet .. ..	4 lb.
Onions .. ..	6 lb.	Baking powder ..	2 oz.
Carrots .. ..	6 lb.	Salt .. ..	2 oz.
Flour (thickening) ..	4 lb.		
Dripping .. ..	2 lb.		
Pepper			

*Stewed steak—Method*

1. Cut beef into steaks, season with salt, cut vegetables into dice, heat dripping in pan, lightly place in the seasoned steaks and fry quickly on both sides.
2. Add vegetables and fry all together.
3. Add flour, stir in, and singe in a fairly fast oven for 10 minutes.
4. Remove, and just cover with stock or water.
5. Bring to boil, skim, cover and place in a moderate oven for 1½ hours approximately.
6. Uncover stewed steak, skim thoroughly, correct seasoning and consistency.
7. Add dumplings (*see* Recipe No. 125).
8. Remove the dumplings, dish up the stew with dumplings placed round.

*Recipe No.***140. Savoury roast**

Beef (prepared)	.. 20 lb.	Sage.. ..	.. 2 oz.
Turnips (cooked)	.. 4 lb.	Brown sauce	.. 8 pts.
Carrots (cooked)	.. 10 lb.	Dripping ..	.. 1 lb.
Onions .. ..	.. 3 lb.	Salt .. ..	.. 2 oz.
Bread .. ..	.. 4 lb.	Pepper	

*Method*

1. Stew the chopped onion without taking colour, soak and press the bread.
2. Pass the meat, bread, cooked carrots, turnips and sage through a mincer.
3. Correct seasoning and add the onions cold.
4. Divide into sections, each sufficient for 12 persons.
5. Roll out into the shape of a large roll.
6. Place in greased baking dishes or camp kettle lids and baste with a little dripping.
7. Bake in a medium oven for 1 hour.
8. Roll in breadcrumbs and colour off in oven.
9. Set for 20 minutes ; then slice and arrange neatly in dishes.
10. Serve with brown sauce (*see* Recipe No. 5).

**141. Vienna steak**

Eggs .. ..	.. 4	Onions .. ..	.. 3 lb.
Minced beef (raw prepared) .. ..	.. 20 lb.	Salt .. ..	.. 2 oz.
Bread .. ..	.. 6 lb.	Pepper .. ..	.. $\frac{1}{4}$ oz.
Chopped parsley ..	.. 4 oz.	Dripping ..	.. 2 lb.
		Brown sauce	.. 8 pts.

*Method*

1. Chop and stew onions and allow to cool.
2. Prepare steaks by mixing the minced raw beef with the onions, breadcrumbs, salt, pepper and chopped parsley.
3. Bind with 4 eggs.
4. Mould into a 100 portions, medallion shape, with a little flour.
5. Fry off in hot dripping and finish cooking in the oven.
6. Serve with hot brown sauce (*see* Recipe No. 5).



## MUTTON

*Recipe No.***142. Boiled mutton and parsley sauce**

Mutton	..	37½ lb.	Onions	..	..	3 lb.
Carrots	..	..	Parsley sauce	..	..	4 pts.
Aromates			Salt	..	..	4 oz.

*Method*

1. Select a leg or shoulder of mutton and remove chump and knuckle bone.
2. After thawing and hanging, if it appears dark, soak in cold water for 2 hours.
3. Cover with cold water, bring to the boil and skim.
4. Wipe sides of the pan clean, add the salt, and allow to simmer for 1 hour.
5. Add the vegetables, cut into sections (leave the onions whole if small) and simmer until the vegetables are cooked.
6. Remove vegetables and place into dishes with a little of the liquor.
7. Test the meat—either by pressure or inserting needle into the thick part—to see that the blood runs white.
8. Allow to stand 10 minutes to set, then carve the meat in slices  $\frac{1}{4}$  in. thick, beginning at the knuckle end, and arrange in dishes.
9. Garnish with vegetables and serve with a little liquor and parsley sauce separately. (*See Recipe No. 16.*)

**143. Braised stuffed mutton**

Mutton (shoulder and breast)	..	37½ lb.	Dripping	..	..	2 oz.
Carrots	..	..	Stuffing ( <i>see</i> Recipe No. 213)			
Onions	..	..	Brown sauce ( <i>see</i> Recipe No. 5)	..	..	4 pts.
Brown stock	..	..				

*Method*

1. Take shoulder, loins, best ends and, if necessary, the legs.
2. Carefully bone and remove surplus fat.
3. Remove gristle and sinews, flatten slightly, season with salt and pepper.
4. Place the stuffing in the centre, roll and tie up with single strings.
5. Place into a baking tray with dripping, cover with a lid and apply a gradual heat to set the stuffing.

*Recipe No.*

6. Remove lid, pass through a hot oven to colour the joints.
7. Remove the joints and fry on the vegetables which have been cut in  $\frac{1}{4}$  in. slices.
8. Remove the dripping and preserve it for future use.
9. Return the joints to the oven and moisten with the stock.
10. Bring to boil, cover with a lid, and braise in a slow oven for approximately  $1\frac{1}{2}$  hours, until meat is cooked.
11. Remove lid, baste and colour a golden brown.
12. Remove joints, allow to settle, remove the string, pass the liquor and allow to stand.
13. Remove the fat, boil up and add an equal quantity of brown sauce.
14. Reboil, correct seasoning, consistency, colour and pass through a fine strainer.
15. Cut the mutton fairly thickly crosswise, allowing two slices for each man, and sauce round.

*NOTE.*—For large numbers the stuffing should be prepared and baked in a roasting tin with a little dripping, or made into rolls wrapped in greaseproof paper and steamed for 30 minutes.

**144. Brown stewed mutton and vegetables**

Mutton	..	37 $\frac{1}{2}$ lb.	Flour	..	..	2 lb.
Carrots	..	12 $\frac{1}{2}$ lb.	Dripping	..	..	1 lb.
Turnips	..	12 $\frac{1}{2}$ lb.	Stock or water	..	..	20 pts.
Onions	..	12 $\frac{1}{2}$ lb.				

*Method*

As for Recipe No. 126.

Breasts, scrags and necks should be used.

**145. Curried mutton with rice**

Mutton	..	37 $\frac{1}{2}$ lb.
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See Recipe No. 129.

**146. Haricot mutton**

Mutton	..	37 $\frac{1}{2}$ lb.	Flour	..	..	2 lb.
Carrots	..	..	6 lb.	Brown stock	..	16 pts.
Onions	..	..	3 lb.	Salt	..	..
Haricot beans	..	..	10 lb.	Pepper	..	$\frac{1}{4}$ oz.
				Chopped parsley	..	4 oz.

*Recipe No.**Method*

1. Soak the beans overnight in cold water, then wash and cover with cold water.
2. Bring to the boil, skim, add salt, 3 onions, 3 carrots and simmer until half cooked.
3. Season the meat with salt and fry on.
4. Cut the carrots and onions into sections and fry on to a golden colour.
5. Sprinkle with flour, mix well with a wooden spoon and singe in a hot oven for 10 minutes.
6. Add the stock.
7. Bring to the boil, add seasoned haricot beans and simmer until cooked.
8. Correct seasoning, sprinkle with chopped parsley and serve.

**147. Irish stew**

Mutton	..	37½ lb.	Salt .. .. .	4 oz.
Onions	..	.. 10 lb.	Pepper	
Parsley	..	.. 4 oz.	Bay leaves .. ..	4
Potatoes	..	.. 65 lb.	Potatoes (thickening)	4 lb.

*Method*

1. Take breasts, necks and scrags, trim off excessive fat and cut mutton into 3 oz. pieces.
2. Peel and slice onions, peel and wash potatoes.
3. Place mutton in a pan, bring to boil, skim, add salt and bay leaves and simmer 1 hour.
4. Add onions, 4 lb. of potatoes cut into small dice or shredded.
5. Bring to boil and skim carefully.
6. Simmer for 30 minutes.
7. Add rest of potatoes, all of approximately equal size.
8. Simmer gently for 30 minutes with a greased paper and lid on top.
9. Remove bay leaves, correct seasoning and consistency; skim again if necessary.
10. Add coarsely chopped parsley.
11. Remove potatoes carefully and place in a dish.
12. Pick up the meat and onions, arrange potatoes on top and sauce over with the liquor.

*Recipe No.***148. Lancashire hot pot**

Mutton	..	37½ lb.	Parsley	..	..	4 oz.
Onions	..	.. 6 lb.	Salt	..	..	4 oz.
Brown stock	..	.. 12 pts.	Pepper	..	..	¼ oz.
Potatoes	..	.. 65 lb.				

*Method*

1. Chop the onions finely and slice the potatoes ¼ in. thick.
2. Grease the baking trays, place a layer of potatoes and a sprinkling of onions in the bottom.
3. Season the meat and add with chopped parsley and the remainder of the onions.
4. Fill up with potatoes arranged in slices on top.
5. Half-fill with stock and bring to the boil.
6. Place into a moderate oven.
7. Press down with a slice at intervals.
8. Remove fat from surface, correct the seasoning. Time for cooking—1½ to 2 hours.

**149. Mocked spiced ham**

Mutton .. 37½ lb.

**Stuffing**

Lean bacon .. 1 lb.  
 Fat bacon .. 1½ lb.  
 Plain boiled rice .. 1½ lb.  
 Sage ..  
 Thyme } a pinch  
 Seasoning }

1. Prepare large legs of mutton and bone out completely without removing the fat. Soak in cold water for half an hour, then place into a brine solution and pickle in the normal way (approximately 5 days).
2. Remove from brine and wash well in cold water.
3. Prepare a stuffing with the lean bacon, fat bacon, and boiled rice; pass through a fine mincer, season with sage and a little thyme, and add a garnish of diced fat bacon.
4. Stuff the legs of mutton to reform their shape.
5. Tie up compactly and poach in good stock for 2¼ hours.
6. Allow to cool in the stock, remove, trim if necessary, and roll in browned breadcrumbs.

*Recipe No.***150. Minced with savoury rice**

Mutton (prepared and cooked) .. ..	20 lb.	Chopped parsley ..	4 oz.
Thick brown sauce ..	4 pts.	Onions .. ..	4 lb.
		Salt .. ..	$\frac{1}{2}$ oz.

*Method*

1. Finely chop and fry off the onions to a golden colour.
2. Dice the mutton and heat through slowly on the end of the stove.
3. Season, add the onions and brown sauce (*see* Recipe No. 5) and heat thoroughly.
4. Prepare rice as for Recipe No. 209.
5. Arrange the rice in dishes, place the minced mutton in the centre, sprinkle with parsley and serve.

**151. Roast mutton and onion sauce**

Mutton ..	37 $\frac{1}{2}$ lb.	Onion sauce ..	6 pts.
Gravy ..	8 pts.		

*Method*

1. Place the joints to be roasted on two or three thick slices of potatoes.
2. Place in a hot oven, after covering with a little dripping, for 15 minutes.
3. Baste well, reduce the heat and allow to steadily roast, basting from time to time.
4. When cooked season with salt and keep hot.
5. Remove the fat from the roasting tin and add a little salt to the residue.
6. Set the pan on the stove, add brown stock or water allowing 2 tablespoonfuls a man.
7. Boil for a few minutes then strain through a fine strainer.
8. Allow to stand.
9. Remove fat from surface.
10. Carve and serve with the onion sauce and gravy (*see* Recipes Nos. 15 and 4).

**152. Scotch mutton pie**

Meat .. ..	37 $\frac{1}{2}$ lb.	Baking powder ..	8 oz.
Onions .. ..	7 lb.	Salt	
Parsley .. ..	4 oz.	Pepper	
Water .. ..	6 pts.	Water for pastry	
Flour .. ..	12 lb.	Dripping .. ..	4 $\frac{1}{2}$ lb.

*Recipe No.**Method*

1. Mince the mutton very coarsely or cut in small dice, and mix with onions and parsley finely chopped.
2. Well season with salt and pepper and add a little water.
3. Make a short pastry (*see* Recipe No. 135) with the rest of the ingredients, line baking trays, fill with mixture, cover, decorate, wash over with a little milk and bake for 1 hour in moderate oven.
4. Allow to cool, fill with gravy made from trimmings.
5. Serve hot or cold.

**153. Stewed mutton, scotch Style**

Mutton	..	37½ lb.	Turnips	..	..	4 lb.
Onions	..	.. 10 lb.	Parsley	..	..	4 oz.
Carrots	..	.. 7 lb.	Salt	..	..	4 oz.
Pearl barley	..	.. 5 lb.	Pepper			

*Method*

1. Take best ends, necks, scrags and breasts, trim off excessive fat and cut into approximately 3 oz. pieces.
2. Soak the barley for 1 hour and rewash.
3. Place meat into a pan, cover with water, bring to boil and skim.
4. Add the washed barley and salt.
5. Simmer for 1 hour.
6. In the meantime, peel the onions, prepare carrots, turnips and cut into sections, place with the meat and barley and simmer approximately 1 hour until meat and vegetables are cooked.
7. Remove the fat from surface and correct seasoning.
8. Garnish with chopped parsley.

**154. Savoury mutton pie**

Mutton (cooked)	..	18 lb.	Mixed herbs	..	¼ oz.
Liver	..	.. 3 lb.	Potatoes	..	.. 32 lb.
Bacon trimmings	..	3 lb.	Mutton stock	..	3 pts.
Onions or leeks	..	2 lb.	Salt and pepper		

*Method*

1. Mince the mutton.
2. Chop the onions or leeks.

*Recipe No.*

3. Cut the liver and bacon into small pieces.
4. Par boil the potatoes and when cool slice them.
5. Fill baking dishes or camp kettle lids with alternate layers of potatoes, mutton, liver and bacon.
6. Season and sprinkle each layer with herbs and onions or leeks and moisten with stock.
7. Finish with a layer of potatoes, cover with another dish and bake in a moderate oven for 45 minutes.
8. Remove the lid after 30 minutes' cooking.

**155. White stewed mutton**

Mutton	..	37½ lb.	Chopped parsley	..	4 oz.
Carrots	..	18 lb.	Marrowfat peas	..	3 lb.
Onions	..	6 lb.	Haricot beans	..	3 lb.
Parsley	..	4 oz.	Peppercorns (in a bag)	¼ oz.	
Turnips or swedes	..	18 lb.	Salt	..	4 oz.
Faggot	..	1	<i>White Roux</i>		
			Margarine	..	1½ lb.
			Flour	..	2 lb.

*Method*

1. Soak pulse overnight.
2. Change water and place on to boil, allow to simmer gently with the vegetables.
3. Cut mutton into 3 oz. pieces and place on to boil, add salt and skim.
4. Add to the mutton the vegetables cut into equal size pieces and the peppercorns and faggot.
5. Simmer gently for 2 hours or until mutton is tender.
6. Skim well from time to time.
7. When cooked, carefully remove all fat and add the pulse.
8. Make a roux and strain the liquor.
9. Add the liquor to the roux, stirring with a wooden spoon and bring to the boil.
10. Simmer 20 minutes, correct seasoning and consistency and strain over meat and vegetables.
11. Reboil; then sprinkle with chopped parsley and serve.

## BEEF OR MUTTON

Recipe No.

## 156. Cottage Pie

Cooked and prepared meat .. .. 20 lb.	Dripping .. .. 1 lb.
Onions .. .. 6 lb.	Parsley .. .. 4 oz.
Margarine .. .. 1 lb.	Potatoes .. .. 50 lb.
Brown sauce ( <i>see</i> Recipe No. 5) .. 8 pts.	Breadcrumbs .. 2 lb.
Salt and pepper	

*Method*

1. Chop the onions finely, heat the dripping and stew the onions lightly without taking colour.
  2. Add the meat (cut into small dice or coarsely minced), season with salt and pepper.
  3. Add the parsley, bind with a little of the brown sauce and bring to the boil.
  4. Place in baking dishes or camp kettle lids, cover them with dry mashed potatoes, smooth over, sprinkle with breadcrumbs, melted margarine and bake a golden brown in a quick oven.
- Serve the rest of the brown sauce separately.

## 157. Cornish Pasty

Meat (cooked and prepared) .. .. 12 lb.	Flour .. .. 12 lb.
Onions .. .. 3 lb.	Dripping .. .. 4 lb.
Parsley .. .. 4 oz.	Baking powder .. 4 oz.
Potatoes .. .. 12 lb.	Salt .. .. 2 oz.
	Pepper

*Method*

1. Make a short pastry (*see* Recipe No. 135) and roll out  $\frac{1}{8}$  in. thick.
2. Cut into 4 in. rounds, wet the edges, place 3 oz. of the mixture in the centre, fold over, press edges together and wash with a little milk.
3. Bake for 35 minutes in a hot oven.

## 158. Galantine

Meat (cooked and prepared) .. .. 12 lb.	Bread .. .. 3 lb.
Beef, raw .. .. 6 lb.	Sprayed egg .. .. 3 oz.
Bacon (lean) .. .. 1 $\frac{1}{2}$ lb.	Water .. .. $\frac{3}{4}$ pt.
Bacon (fat) .. .. 6 lb.	Spice .. .. $\frac{1}{2}$ oz.
Fat .. .. 6 lb.	Salt .. .. $\frac{1}{2}$ oz.



*Recipe No.**Method*

1. Mix the egg into a paste with a little water, then add the balance of water, working out any lumps and whip lightly with a fork.
2. Mince the raw beef and fat with the cooked beef and soaked bread.
3. Add the reconstituted eggs and seasoning.
4. Place a damp pudding cloth on the table, cover the middle with thin slices of fat bacon and cover with half the mixture.
5. Place strips of lean bacon down either side or in the centre.
6. Cover with the rest of the mixture, roll up, tie lightly at both ends (with one loose string in the middle) and poach in stock for approximately 2 hours.
7. When cooked, unroll, re-roll tightly and lightly press between two boards and allow to cool.
8. Remove cloth, brush over with melted dripping and roll in breadcrumbs.

**159. Meat, potato and vegetable cakes**

Dry mashed potatoes	20 lb.	Onions or leeks	.. 3 lb.
Meat (cooked)	.. 8 lb.	Dry breadcrumbs	.. 4 lb.
Cooked root and green vegetables	.. .. 12 lb.	Flour for batter	.. 2 lb.
Chopped parsley	... 4 oz.	Salt and pepper	
Dripping	.. .. 4 oz.	Brown sauce	.. 8 pts.

*Method*

1. Chop the onions or leeks finely, fry to a golden colour in the dripping, and allow to cool.
2. Mince the meat, potatoes and vegetables and season.
3. Add the parsley, mix well and form the mixture into 100 balls using a sprinkling of flour.
4. Flatten with the hand, pass through a thin flour batter and breadcrumbs.
5. Reshape and fry in deep fat.
6. Serve with hot brown sauce (*see* Recipe No. 5).

**160. Rissoles**

Beef (cooked and minced)	.. .. 20 lb.	Breadcrumbs	.. 6 lb.
Onions	.. .. 3 lb.	Brown sauce	.. 8 pts.
Parsley	.. .. 4 oz.	Salt	.. .. 2 oz.
		Pepper	.. .. ½ oz.

*Recipe No.**Method*

1. Chop onions finely.
2. Fry to a light golden brown, add minced beef, heat through, pour on the brown sauce (*see* Recipe No. 5) well reduced.
3. Mix well, season with salt and pepper and add chopped parsley.
4. Boil up and lay out into trays to cool.
5. Mould into portions, using a sprinkling of flour.
6. Pass through egg-wash and breadcrumbs and reshape.
7. Fry off in shallow fat a light golden colour both sides.
8. Serve with a suitably sharp sauce, *i.e.*, Robert, Piquante, etc. (*see* Recipes Nos. 9 and 8).

**161. Savoury cutlet**

Meat .. ..	12½ lb.	Bread (stale) ..	8 lb.
Rough fat .. ..	6 lb.	Milk .. ..	7½ pts.
Onions or leeks ..	3 lb.	Sprayed egg ..	12 oz.
Parsley .. ..	8 oz.	Flour .. ..	1 lb.
Thyme .. ..	2 oz.		

*Method*

1. Pass meat and fat through the large plate of a mincer.
2. Chop onions or leeks and stew on the side of the stove.
3. Mince meat and fat with soaked bread through fine plate.
4. Add sprayed egg, milk, seasoning, thyme, sweated onion and chopped parsley, thoroughly mix.
5. Scale off into 5 oz. pieces, mould into cutlet shape, dust with flour and fry in shallow fat.
6. Serve with Sharp Sauce (*see* Recipe No. 10).

**162. Sea pie**

Meat .. ..	37½ lb.	Flour .. ..	12 lb.
Potatoes .. ..	65 lb.	Suet .. ..	4½ lb.
Parsley .. ..	4 oz.	Baking powder ..	4 oz.
Onions .. ..	6 lb.	Water for paste	
Salt .. ..	4 oz.	Stock	

*Method*

1. Dice the meat.
2. Slice the potatoes.
3. Finely chop the onions.

*Recipe No.*

4. Place alternate layers of potatoes, onions and meat in baking trays or camp kettle lids, seasoning each layer.
5. Add a little chopped parsley and three parts fill with stock.
6. Make a suet paste (*see* Recipe No. 137) and cover each tray.
7. Cover with greaseproof (or greased paper) and steam for 3 to 4 hours.
8. Fill up with hot stock and serve.

**163. Small meat pies and mashed potatoes**

Meat (prepared)	.. 20 lb.	<i>Pastry</i>	
Onions	.. 3 lb.	Flour	.. 12 lb.
Salt and pepper		Dripping	.. 4½ lb.
Potatoes	.. 65 lb.	Milk or water	.. 4 pts.
Brown sauce	.. 8 pts.	Baking powder	.. 8 oz.

*Method*

1. Mince the meat very coarsely, or cut in small dice, and mix with finely chopped onions.
2. Well season with salt and pepper, and moisten with a little water.
3. Make a short pastry (*see* Recipe No. 135), roll out, line individual pie moulds, fill with the mixture, cover, wash over with a little milk, and bake in a moderate oven.
4. Serve hot with the brown sauce (*see* Recipe No. 5), and mashed potatoes (*see* Recipe No. 221) separately.

**PORK****164. Boiled pickled pork and parsnips**

Salt belly of pork	37½ lb.	Onions	.. 2 lb.
Carrots	.. 2 lb.	Parsnips	.. 50 lb.

*Method*

1. Wash and peel the parsnips and cut into "quarters" 2 in. long.
2. Wash pork and place in cold water.
3. Bring to boil, skim, add whole carrots and onions and simmer gently until tender.
4. Cover parsnips with cold water, season, simmer until cooked, then strain.
5. When pork is cooked remove vegetables, carve the pork, and serve with parsnips as a garnish.

Recipe No.

**65. Braised pork and beans**

Pork .. .. .	25 lb.	Celery (or celery salt	
Onions .. .. .	3 lb.	1 oz.) .. .. .	1 lb.
Carrots .. .. .	3 lb.	Salt .. .. .	4 oz
Haricot beans ..	10 lb.	Cloves .. .. .	6
Mashed tomatoes ..	6 lb.	Brown stock .. ..	8 pts
		Sugar .. .. .	4 oz.

*Method*

1. Soak beans overnight, re-wash and boil with a minimum amount of water.
2. Skim and add all the vegetables (whole).
3. Simmer gently for one hour.
4. Lightly colour the pork by frying on top of the stove in hot shallow fat.
5. Place the pork with the beans, add the mashed tomatoes, sugar, herbs and three parts cover with brown stock.
6. Cover with a lid and braise in moderate oven for one hour.
7. Remove the pork when cooked, the vegetables and aromates, etc., from the beans.
8. Cut the vegetables in small dice and add to the beans and serve with sliced pork.

**66. Pork galantine**

Pork .. .. .	15 lb.	Bread (soaked) .. ..	3 lb.
Lean ham or gammon	6 lb.	Spice .. .. .	$\frac{1}{2}$ oz.
Lean beef .. .. .	5 lb.	Sprayed egg .. .. .	3 oz.
Fat bacon .. .. .	3 lb.	Salt and pepper .. ..	
Dripping .. .. .	$\frac{1}{2}$ lb.	Browned breadcrumbs	2 lb.

*Method*

1. Finely mince, or pass through a mincing machine, the lean ham or gammon, pork, lean beef and bread.
2. Reconstitute the egg and add to the meat with salt, pepper and spice and mix.
3. Divide the mixture into 12 parts.
4. Cover the centre of 6 damp pudding cloths with thin slices of fat bacon and cover with half the mixture.
5. Place the remainder of the bacon to the mixture in thin slices and cover with the remaining six portions of mixture.

*Recipe No.*

6. Roll up, tie both ends of the cloths tightly, and tie lightly round the middle.
7. Boil slowly for 2½ hours.
8. When slightly cooked, unroll, then re-roll tightly and press between two boards.
9. Remove the cloths, brush over with melted dripping and roll in browned breadcrumbs.

**167. Pork pies**

Pork (boned) .. ..	18 lb.	Soaked white bread-	
Onions .. ..	2 lb.	crumbs .. ..	4 lb.
Stock .. ..	4 pts.	Salt .. ..	2 oz.
Gelatine .. ..	3 oz.	Pepper .. ..	
Pork bones .. ..	4 lb.	Sage (dried) .. ..	1 oz.
		Hot water paste .. ..	12 lb.

*Method*

1. Finely chop the pork, or pass through a mincer.
2. Finely chop the onions and cook gently on the side of the stove.
3. Add the onions, salt, pepper, sage, breadcrumbs and stock.
4. Line small pie moulds with hot water pastry (*see* Recipe 306).
5. Fill the mixture into the lined moulds, milk wash the tops after covering; allow to stand for half an hour; then bake for one hour.
6. Allow to cool; make an incision in the top of the pies and fill with jelly.
7. Serve cold.

**Jelly** (*to produce 2 pts.*)

Ham stock .. ..	2 pts.	Gelatine .. ..	3 oz.
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*Method*

1. Wash and blanch the bones and put them in a clean pan.
2. Cover with cold water and boil steadily for 2 hours.
3. Skim, strain and add seasoning.
4. Soak the gelatine in a little cold water.
5. Stir the gelatine into the stock until dissolved.

*Note.*—Individual pork pies can only be made if gelatine is available. Improvised moulds, such as sardine or herring tins can be used. They must be sterilized by placing in boiling water for 15 minutes. Grease the tins before lining.

Recipe No.

**58. Roast pork, apple sauce and stuffing**

Pork (bone in)	.. 37½ lb.	Gravy	.. .. 8 pts.
Pork (boneless)	.. 28¼ lb.		

*Method*

1. Cut into sizeable joints of 8 lb. in weight, season, chop through the chine bones, score the outside of the joints with a sharp knife, and place in baking dishes or camp kettle lids on a few thick slices of potatoes.
2. Baste with very little dripping and set off in a hot oven for 15 minutes.
3. Reduce temperature and cook slowly, basting from time to time.
4. When pork is cooked remove joints.
5. Run off excessive fat from the dishes, set the pan on the stove, swill out with stock, add to gravy, allowing approximately 2 tablespoons for each man.
6. Season and serve with pork.

*Stuffing.*—See Recipe No. 211.

*Apple sauce.*—See Recipe No. 19.

**59. Savoury pork roll**

Pork (cooked and prepared)	.. .. 20 lb.	Carrots (cooked)	.. 10 lb.
Lean bacon or gammon	.. .. 5 lb.	Onions	.. 4 lb.
Beef (cooked and prepared)	.. .. 3 lb.	Bread (soaked)	.. 7 lb.
		Sage..	.. 2 oz.
		Dripping	.. 1 lb.
		Salt and pepper	..

*Method*

1. Chop the onion and stew without taking colour.
2. Finely chop, or pass through a mincer, the gammon or bacon, pork, bread, beef and carrots and season well.
3. Add the onions and mix all ingredients.
4. Divide the mixture into 12 equal parts and roll out into shape of large rolls.
5. Place in greased baking dishes or camp kettle lids and baste with dripping.
6. Bake in a medium oven for one hour.
7. Remove, roll in breadcrumbs and colour off in the oven.
8. Serve with apple sauce and a thick gravy.

*Recipe No.***170. Scallops of pork**

Pork .. .. .	18 lb.	Batter .. .. .	1 pt.
Salt and pepper ..	4 oz.	Breadcrumbs ..	
Flour .. .. .	1 lb.	Sharp sauce ( <i>see</i> Re- cipe No. 10) ..	8 pts

*Method*

1. Cut the pork into 3 oz. steaks.
2. Lightly flatten, using a sprinkling of cold water.
3. Season with salt and pepper.
4. Pass through flour, batter and breadcrumbs.
5. Re-shape and cook by shallow frying, turning over when brown on one side ; colour the other side and finish cooking.
6. Surround with the sauce and serve.

**171. White stewed with onions and rice**

Pork .. .. .	18 lb.	<i>Braised rice</i>	
Salt and pepper ..		Onions .. .. .	3 lb.
Onions .. .. .	3 lb.	Rice .. .. .	5 lb.
Flour .. .. .	2 lb.	Margarine .. .. .	$\frac{1}{2}$ lb.
Margarine .. .. .	$1\frac{1}{2}$ lb.		
Carrots .. .. .	2 lb.		

*Method*

1. Cut pork into 2-inch cubes and blanch.
2. Replace, barely cover with cold water, bring to the boil season and skim.
3. Simmer for 45 minutes.
4. Add 3 lb. whole small onions and carrots and cook for a further 25 minutes.
5. Drain off liquid, make a white roux, add stock gradually to form a fairly thick sauce and cook gently for 20 minutes.
6. Correct the seasoning and pass through a strainer on to the meat and vegetables.
7. Serve the braised rice separately. (*See* Recipe No. 206).

## SECTION 14

## RABBITS AND HARES

Test the loins for volume of meat.

If the paunch has been removed the flesh should be a pale pink colour, and the liver, heart and kidneys moist and fresh.

Rabbits must be paunched immediately after killing.

Hang rabbits for no longer than 2 days, and hares 5 days. Hang heads downwards.

Do not skin until required, otherwise they will become very dry.

*skinning*

Place on the back on a table, belly towards the person skinning.

Cut off the forepaws and insert the knife under the skin at the hocks and cut down to the groin, free the hind legs and around the tail.

Pull down the skin until it is clear from the body and forelegs, and continue to the neck.

Ease the skin over the head up to the ears. Cut round the ears and remove skin completely. Then remove the eyes with the point of a knife

*preparation*

Remove the head, liver, heart and kidneys. Place in a bowl containing salt and water. Use for stock making, or the liver, heart and kidneys may be added to stews.

Cleanse the tail joint by pressure of the fingers towards the base of the spine.

Wash the carcass well under running cold water.

*cooking*

Both rabbits and hares have a very low fat content. It is advisable therefore to cook them with fat pork or bacon.

## FROZEN RABBITS

It is important to completely thaw out before skinning, *i.e.*, leave them in salt and water for 30 minutes.

*Recipe No.*

## 72. Braised stuffed rabbit and bacon

Rabbits (prepared) ..	40 lb.	Brown stock ..	4 pts.
Bacon .. ..	12½ lb.	Brown sauce ( <i>see</i> Re-	
Fat bacon .. ..	2½ lb.	cipe No. 5) .. ..	4 pts.
Dripping .. ..	8 oz.	Carrots .. ..	4 lb.
Onions .. ..	4 lb.	Salt .. ..	2 oz.



*Recipe No.**Method*

1. Prepare the stuffing as for Recipe No. 210.
2. Clean the rabbits, stuff them, sew up the stomachs and cover the backs with slices of fat bacon.
3. Cut the vegetables in small dice and fry to a golden color.
4. Add stock and brown sauce and bring to the boil.
5. Add the rabbits, cover with a lid and braise in a moderate oven until cooked.
6. Remove the rabbits, take off the string, cut the rabbits in sections, making sure the stuffing is equally distributed.
7. Pass the sauce, remove the fat, reboil, correct consistency and seasoning.
8. Fry the bacon.
9. Arrange the rabbit in dishes with the bacon, sauce over and serve.

**173. Boiled rabbit and bacon—Onion sauce**

Rabbit	..	..	40 lb.	Onions	..	..	3 lb.
Bacon	..	..	12½ lb.	Celery	..	..	3 lb.
Carrots	..	..	3 lb.	Barley	..	..	2 lb.
Salt	..	..	2 oz.	Parsley	..	..	4 oz.

*Method*

1. Boil the bacon.
2. Prepare and truss rabbits as for roasting, and place in almost boiling water, sufficient to cover.
3. Add the diced vegetables, salt, and washed barley.
4. Bring to the boil, skim, then simmer gently for 1½ hours.
5. Drain and use the liquor to make the onion sauce (*see* Recipe No. 15).
6. Cut the rabbit into portions, arrange on dishes and sauce over.
7. Slice the bacon, arrange it round the dish, garnish with the vegetables, and sprinkle with chopped parsley.

**174. Brown rabbit stew and dumplings**

Rabbits (prepared)	..	..	40 lb.	Parsley	..	..	4 oz.
Flour	..	..	4 lb.	Dripping	..	..	2 lb.
Onions	..	..	6 lb.	Salt	..	..	2 oz.
Carrots	..	..	6 lb.	Thyme	..	..	½ oz.
Bayleaf	..	..		Stock	..	..	24 p.

## Recipe No.

**Dumplings**

Flour .. .. .	10 lb.	Suet .. .. .	4 lb.
Salt .. .. .	2 oz.	Baking powder ..	2 oz.

*Method*

1. Season the joints, heat the dripping in a pan, fry on quickly.
2. Add the carrots and onions cut into  $\frac{1}{2}$ -inch cubes and fry on.
3. Dust with flour and singe in a hot oven for 10 minutes.
4. Place in a stewpan or pot, cover with stock or water, add thyme and bay leaf, bring to the boil and add the salt.
5. Firm the lid and cook slowly for 1 $\frac{1}{2}$  hours.
6. Place the rabbit into a clean pan and strain the liquor.
7. Skim, correct seasoning and consistency.
8. Place the prepared dumplings (*see* Recipe No. 125) with the rabbit, pour the liquor over and simmer for 20 minutes.
9. Dish up the rabbit, place dumplings round, sauce over and sprinkle with chopped parsley.

**75. Rabbit brawn**

Beef gristles and bacon rinds .. .. .	16 lb.	Carrots .. .. .	8 oz.
Rabbits (boned) ..	16 lb.	Thyme and sage (in a bag) .. .. .	1 oz.
Onions .. .. .	1 lb.	Salt .. .. .	1 oz.
Liquor (from that used to cook rabbits in) ..	6 pts.	Peppercorns in a bag	36

*Method*

1. Cut bacon rinds and gristles into small dice, and the rabbit into inch squares.
2. Place into a saucepan and barely cover with rabbit liquor, bring to the boil, skim and simmer for 2 hours.
3. Add the diced carrots and the onions (whole), peppercorns, thyme, sage and salt, and simmer for a further one hour until the brawn is thoroughly cooked.
4. Remove the aromates, correct the seasoning and place into moulds, bowls or serving dishes and allow to set overnight.
5. Turn out and slice thinly.

*Recipe No.***176. Rabbit and ham cutlets**

Ham (trimmings) ..	8 lb.	Pepper .. ..	..
Cooked rabbit ..	16 lb.	Flour (for batter) ..	3 lb.
Stiff white sauce ..	8 pts.	Breadcrumbs ..	4 lb.
Salt .. ..	2 oz.	Piquante sauce ..	4 pt.

*Method*

1. Prepare one gallon of stiff white sauce (*see* Recipe No. 111) mix with diced or minced ham and cooked diced rabbit.
2. Season and reheat until it leaves the sides of the pan.
3. Place in greased flat trays to cool.
4. Mould into cutlets, with a sprinkling of flour, pass through batter and breadcrumbs, trim and shape.
5. Saute carefully in a baking dish or camp kettle lid to a golden colour both sides.
6. Serve with piquante sauce (*see* Recipe No. 8).

**177. Curried rabbit with rice**

Rabbit (cut into joints)	37½ lb.	Curry powder ..	1½ lb.
Onions .. ..	8 lb.	Rice .. ..	7 lb.
Flour .. ..	2 lb.	Pepper .. ..	1 oz.
Apples .. ..	3 lb.	Bayleaves .. ..	8
Salt .. ..	4 oz.	Stock .. ..	20 pt.

*Method*

1. Fry the rabbit until lightly coloured.
2. Chop the onions finely, add them to the rabbit and stew together.
3. Add the curry powder and cook for 5 minutes.
4. Add the flour and cook until sandy in texture.
5. Peel, core and chop the apples.
6. Add the apples, boiling stock and seasoning.
7. Bring to the boil and simmer for 1½ hours.
8. Pick and wash the rice, rain into boiling salted water, stir bring to the boil and simmer until grains are tender (11 minutes). Drain into a colander, refresh with cold water, then hot water, drain well and place in a baking dish in a cloth and dry off in a warm oven or hot plate.
9. Place the curried rabbit in dishes, border with rice, or serve the rice separately.

*Recipe No.***178. Devilled rabbit**

Rabbit	.. ..	40 lb.	Mustard	.. ..	$\frac{1}{2}$ lb.
Crumbs	.. ..	3 lb.	Dripping	.. ..	1 lb.

*Method*

1. Bake or roast the rabbits (do not stuff), cut into portions and pass through mixed mustard and breadcrumbs.
2. Place into greased trays, sprinkle with melted dripping and pass through a hot oven to colour.
3. Serve with sharp sauce (*see* Recipe No. 10).

**179. Fried rabbit**

Rabbit	.. ..	40 lb.	Flour for batter	.. ..	3 lb.
Flour	.. ..	1 lb.			

*Method*

1. Joint and stew the rabbit, remove bones, well drain.
2. Pass through flour, then frying batter, and fry in deep fat.
3. Drain and serve with Mexicaine sauce (*see* Recipe No. 23).

**180. Fricassee or rabbit with vegetables**

Rabbit (prepared)	.. ..	40 lb.	Flour	.. ..	2 lb.
Carrots	.. ..	20 lb.	Milk..	.. ..	2 pts.
Onions	.. ..	6 lb.	Chopped parsley	.. ..	4 oz.
Celery	.. ..	6 lb.	Faggot.		
Salt.					

*Method*

1. Cut the rabbit into joints, blanch and wash well in running cold water.
2. Heat the fat in a pan, add the joints of rabbit and fry on lightly without colouring, for a few minutes, add all the vegetables, previously cleaned and cut into dice, and continue to fry for a few minutes.
3. Add the flour, stirring well, cook for a further 5 minutes, cover with stock, add faggot and salt, stir well, bring to the boil, skim and remove fat and cook for about an hour.
4. Remove faggot, add the milk, correct seasoning and consistency of sauce, and sprinkle with chopped parsley before serving.

*Recipe No.***181. Rabbit, bacon and cabbage hot pot**

Rabbit (boned)	.. 20 lb.	Apples	.. .. 10 lb.
Bacon (fore ends or hocks)	.. .. 10 lb.	Rabbit stock	.. 4 pts.
Cabbage	.. .. 40 lb.	Sugar	.. .. ¼ lb.
		Brown stock	.. 4 pts.

*Method*

1. Cut the rabbit into fairly large pieces.
2. Cut off the outside leaves of the cabbage (keep them for soup).
3. Cut the cabbage right across in 1 inch thick slices, beginning at the stump.
4. Wash the cabbage, blanch and refresh.
5. Cut the bacon into thin slices.
6. Core and slice the apples.
7. Fill baking trays with alternate layers of cabbage, bacon, rabbit and apple.
8. Dissolve the sugar in the stock and add to the other ingredients.
9. Cover with another baking tray and cook in a slow oven for 2 hours.

**182. Jugged rabbit**

Rabbit (prepared)	.. 25 lb.	Parsley	.. .. 4 oz.
Fresh belly of pork	.. 12½ lb.	Salt	.. .. 2 oz.
Carrots	.. .. 6 lb.	Dripping	.. .. 1 lb.
Onions	.. .. 6 lb.	Herbs	.. .. 1 pkt.
Brown rabbit stock	.. 8 pts.	Flour	.. .. 3 lb.

*Method*

1. Joint rabbit, dip in seasoned flour and fry on to a light brown colour.
2. Cut the pork into 2 oz. pieces, and fry on to a golden colour.
3. Clean and dice the vegetables and fry on.
4. Add the brown stock, seasoning, herbs and braise all together for 2 hours.
5. Remove rabbit, pork and vegetables and place in a clean pan, strain the liquor, skim and reduce if necessary to form a natural gravy.
6. Pour the gravy over the meat, bring to the boil, correct seasoning, sprinkle with chopped parsley and serve.

*Recipe No.***183. Minced rabbit and rice**

Rabbit (cooked and boned) .. ..	16 lb.	Rice .. ..	7 lb.
Bacon trimmings ..	4 lb.	Dripping .. ..	1 lb.
Onion .. ..	6 lb.	Thick white sauce ..	4 qts.
Salt .. ..	2 oz.	Margarine .. ..	3 oz.
		Chopped parsley ..	4 oz.

*Method*

1. Fry off 2 lb. of the finely chopped onions.
2. Mince the rabbit and bacon trimmings, add to the onions, and heat slowly on the end of the stove.
3. Season, add the white sauce (*see* Recipe No. 11) and heat through.
4. Chop the remainder of the onions finely, stew on in margarine without taking colour, add the rice, heat through, add an equal quantity of stock and bring to the boil.
5. Cover the rice with a lid and braise in a moderate oven for 15 minutes, stir in a few pieces of margarine with a fork and correct the seasoning.
6. Place the minced rabbit and bacon in dishes bordered with rice, or serve the rice separately.

**184. Pot roast**

Rabbit (prepared) ..	40 lb.	Salt .. ..	2 oz.
Parsnips (large dice) ..	10 lb.	Dripping .. ..	1 lb.
Stock .. ..	$\frac{1}{2}$ gal.	Flour .. ..	3 lb.
Bread sauce .. ..	4 pts.		

*Method*

1. Dip jointed rabbit in seasoned flour and slightly brown in the melted dripping.
2. Lightly brown the diced parsnips in a little dripping, add stock to half cover these.
3. Add the rabbit and cook steadily for  $1\frac{1}{2}$  hours.
4. Correct seasoning and consistency, and serve with bread sauce (*see* Recipe No. 20).

**185. Rabbit pie**

Rabbit (prepared) ..	25 lb.	Salt and pepper.	
Bacon (prepared) ..	$12\frac{1}{2}$ lb.	Onions .. ..	7 lb.
Baking powder ..	8 oz.	Parsley .. ..	4 oz.
Flour .. ..	12 lb.	Dripping .. ..	$4\frac{1}{2}$ lb.

*Recipe No.**Method*

1. Clean the rabbits and cut into joints.
2. Line pie dishes or baking dishes with slices of bacon.
3. Place in the seasoned rabbit, chopped onion and chopped parsley, cover with sliced bacon, three parts fill with stock, cover with short pastry (*see* Recipe 135), and brush over with a little milk.
4. Bake in a moderate oven for 2 hours.
5. Fill up, if required, with stock made from the trimmings, and serve.

**186. Rabbit pastie**

Rabbit (cooked and prepared) .. ..	9 lb.	Flour .. ..	12 lb.
Bacon trimmings .. ..	3 lb.	Dripping .. ..	4 lb.
Onions .. ..	4 lb.	Baking powder .. ..	6 oz.
Parsley .. ..	4 oz.	Salt.	
Potatoes .. ..	12 lb.	Pepper.	

*Method*

1. Prepare a short pastry (*see* Recipe No. 135) and roll out  $\frac{1}{8}$  inch thick.
2. Cut out into 4-inch rounds with a large cutter, wet the edges, place 3 oz. of mixture in the centre, fold over towards the centre, press together and wash with a little milk.
3. Place in baking dishes or camp kettle lids and bake for 35 minutes in a hot oven.

*Filling*

1. Coarsely chop or mince the rabbit and bacon trimmings.
2. Boil the potatoes, allow to cool, then cut into dice.
3. Chop the onions and stew until tender without taking colour and allow to get cold.
4. Mix the above together with chopped parsley and seasoning and a little stock.

**187. Rabbit patties**

Rabbit cooked and boned .. ..	16 lb.	Onions cooked and minced .. ..	3 lb.
Thick parsley sauce .. ..	4 pts.	Rabbit liquor.	
Bacon trimmings .. ..	4 lb.	Salt and pepper.	
Celery .. ..	2 lb.		

*Recipe No.**Method*

1. Prepare a puff pastry (*see* Recipe No. 316).
2. Roll the pastry out  $\frac{1}{4}$  inch thick, cut into  $3\frac{1}{2}$ -inch rounds. crimp the edges with a knife and mark a circle in the centre of each round ; then bake in a hot oven for about 20 minutes.
3. Remove the circle of pastry and carefully scoop out in the centre, to form a case.

*Filling*

1. Cut the rabbit and bacon into very small dice.
2. Clean the celery and dice finely.
3. Place the rabbit, bacon, onions and salt in a pan, moisten with a little rabbit liquor, and heat slowly through with the lid on.
4. Evaporate the liquor, add the parsley sauce, mix well, bring carefully to the boil, and correct seasoning and consistency.
5. With a spoon, fill the cases, replace the small circle of pastry on the top of each case.
6. Serve hot with vegetables or cold with salads.

**188. Rabbit and bacon pudding or roll**

Rabbit (boned meat) ..	20 lb.	Flour .. ..	12 lb.
Bacon .. ..	5 lb.	Suet .. ..	4 lb.
Onions .. ..	2 lb.	Baking powder ..	6 oz.
Chopped parsley ..	4 oz.	Mixed herbs ..	1 pkt.
Bacon fat .. ..	4 oz.	Salt .. ..	2 oz.
Brown sauce .. ..	6 pts.	Water for paste.	

*Method*

1. Prepare a suet paste (*see* Recipe No. 137), roll out into eight squares  $\frac{1}{4}$  inch in thickness.
2. Cover with rasher of bacon and slices of rabbit meat (onions shredded and stewed, mixed herbs, and parsley).
3. Wet edges, roll up and tie in pudding cloth or roll in grease-proof paper.
4. Boil or steam for  $2\frac{1}{2}$  hours.
5. Remove from cloth or paper, cut into slices and serve with the brown sauce (*see* Recipe No. 5).



*Recipe No.***189. Roast Stuffed Rabbit**

Rabbits (prepared) ..	40 lb.	Bacon .. ..	12½ lb.
Dripping .. ..	1 lb.	Thickened gravy ..	8 pts.
Carrots .. ..	1 lb.	Onions .. ..	1 lb.

*Method*

1. Remove the head. Stuff the rabbits; place rashers of bacon over the openings and sew up.
2. Slice the carrots and onions  $\frac{1}{4}$  inch thick and fry on in roasting tins.
3. Place the prepared rabbits on top and baste with dripping. Roast for approximately 1 hour, basting frequently.
4. Remove, sprinkle with salt, and remove strings.
5. Set the pan on the stove, run off the dripping, add the gravy, boil up, strain, remove fat from the surface and correct the seasoning.
6. Cut up the rabbits into portions and serve with a small rasher of bacon and a little gravy.
7. For stuffing, *see* Recipe No. 210.

**190. Rabbit stew**

Rabbits (prepared) ..	40 lb.	Salt .. ..	4 oz.
Onions .. ..	10 lb.	Pepper.	
Parsley .. ..	4 oz.	Bayleaves .. ..	4
Potatoes .. ..	65 lb.		
Potatoes for thickening	4 lb.		

*Method*

1. Clean, joint and blanch the rabbits.
2. Peel and slice onions; wash, peel and rewash potatoes.
3. Place rabbit in stewpan, bring to boil, skim, add salt, aromates (in bag) and simmer for 1 hour.
4. Add the onions, and the 4 lb. of potatoes cut into small dice or shredded.
5. Bring to the boil and skim carefully.
6. Simmer for 30 minutes, add rest of potatoes, all of approximately equal size, and simmer gently for 30 minutes with greased paper, and a lid, on top.
7. Remove aromates, correct seasoning and consistency.
8. Skim again if necessary.
9. Remove potatoes carefully and place in a dish.

*Recipe No.*

10. Pick up the meat and onions, arrange potatoes on top and sauce over with the liquor.
11. Sprinkle with coarsely chopped parsley.

**191. Rabbit sea pie**

Rabbit (prepared)	.. 40 lb.	Salt .. ..	.. 4 oz.
Potatoes	.. 65 lb.	Flour .. ..	.. 16 lb.
Parsley	.. 4 oz.	Suet .. ..	.. 6 lb.
Onions	.. 6 lb.	Baking powder	.. 8 oz.
Rabbit stock	.. 8 pts.	Water for paste.	

*Method*

1. Joint the rabbit, cook and bone.
2. Cut the rabbit meat into  $\frac{1}{2}$ -inch dice, slice the onions and potatoes and season.
3. Place layer of potatoes, onions, meat and finally a layer of potatoes in baking trays.
4. Add chopped parsley, three parts fill with stock, cover with a suet paste (*see* Recipe No. 137).
5. Fill up with gravy and serve.

**192. White stewed rabbit with pickled pork or bacon**

Rabbits (prepared)	.. 25 lb.	Onions	.. .. 6 lb.
Pickled pork or fore- end or hock of bacon	12 $\frac{1}{2}$ lb.	Parsley	.. .. 4 oz.
Thyme	.. .. $\frac{1}{2}$ oz.	Margarine	.. .. 2 lb.
Faggot.		Flour	.. .. 2 $\frac{1}{2}$ lb.

*Method*

1. Prepare the rabbits and cut into joints.
2. Cut the pickled pork into 2-inch cubes or remove rind and cut bacon similarly.
3. Place all into a pan or pot, cover with cold water, add the onions cut into quarters, season and bring to the boil, add faggot and skim carefully, then simmer for 1 hour.
4. Melt the margarine in a stewpan, add the flour and cook the roux until sandy in texture. Allow to cool slightly.
5. Strain the liquid off the rabbit, and add slowly to the roux to make a white sauce. Season and pour over the rabbit.
6. Simmer gently until rabbit is tender.
7. Garnish with chopped parsley.

## SECTION 15

## TURKEY, CHICKEN AND DUCK

Duck should be plump. The amount of flesh at the wing indicates the amount of flesh expected on the breast. It should be well covered with fat, the webs tender.

Chicken should be plump, legs smooth and bulky. The wind-pipe pliable, soft beak, the gristle at the end of the carcass should give under pressure to denote a young bird.

Turkeys should be judged on the same points.

### HINTS ON PREPARATION AND COOKING OF TURKEYS, CHICKENS AND DUCKS

(See Plates 6 and 7)

*Recipe No.*

#### 193. Preparing Turkey

*Method*

1. Clean, singe and wipe.
2. The leg tendons should be drawn by cutting round just above the feet and breaking and twisting the leg. Draw the tendons with a pair of pliers. *Always pull from the leg.*
3. Trim very carefully the tips of the wings.
4. Remove the wish bone from the inside to facilitate carving.
5. Lay the bird on its back and pass the trussing needle and string through the body near the thigh joint.
6. Turn the bird over on its breast and pass the needle through the thick part of the wings and then the thin part. Follow through the other wing in the reverse order. A neat compact appearance will facilitate carving and is dependent to a great extent on the correct positioning of the string.
7. Draw the string and tie, leaving a few inches to aid in its removal after cooking.
8. Sprinkle salt in the vent.
9. Stuff the bird from the neck and sew the flap over.
10. Pass the needle with the second string through the small cavity in the carcass 3 to 4 inches from the vent, pass the string through the carcass to the other side, pass string over the drum stick and then through the bottom of the breast (over the vent) and tie off where string was first inserted.

*NOTE.*—Chickens and ducks are prepared and trussed in a similar manner without, however, drawing the leg tendons.

## Carving turkey

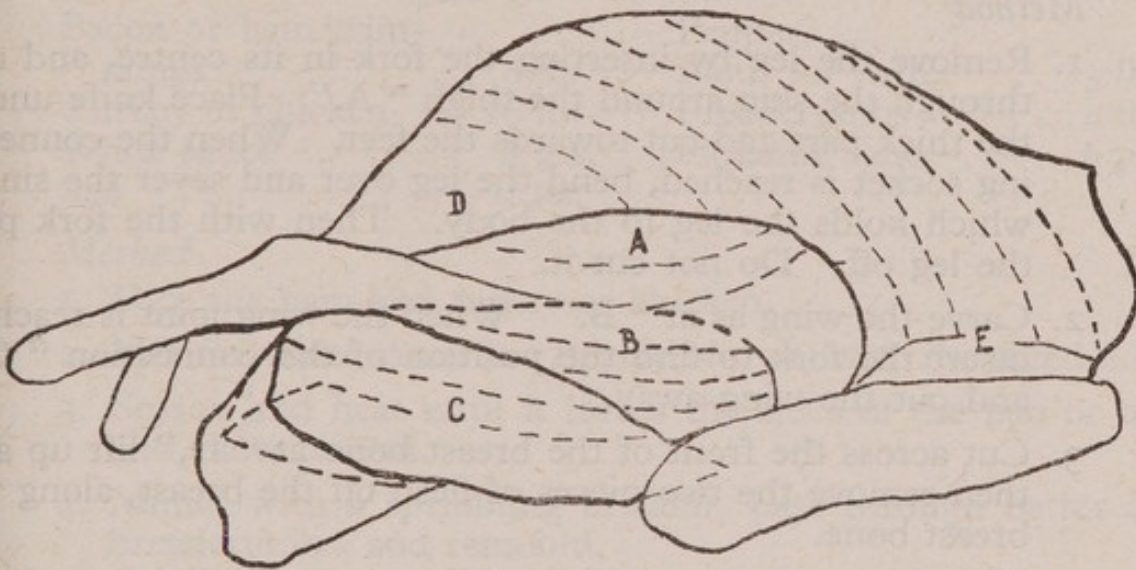


PLATE 6

### *Method*

1. Ease the leg from the breast, and cut the leg meat off, first the top slices, "A," then under the drumstick, "B," slicing inwards towards the bird.
2. Carve the flesh of the thigh "C."
3. Slice the breast, with slanting cuts, beginning at the thin end, "D," and proceed onwards towards the wing, "E."
4. When one side is carved, turn the bird round with the legs towards the carver in order to carve the other side.

## Carving chicken

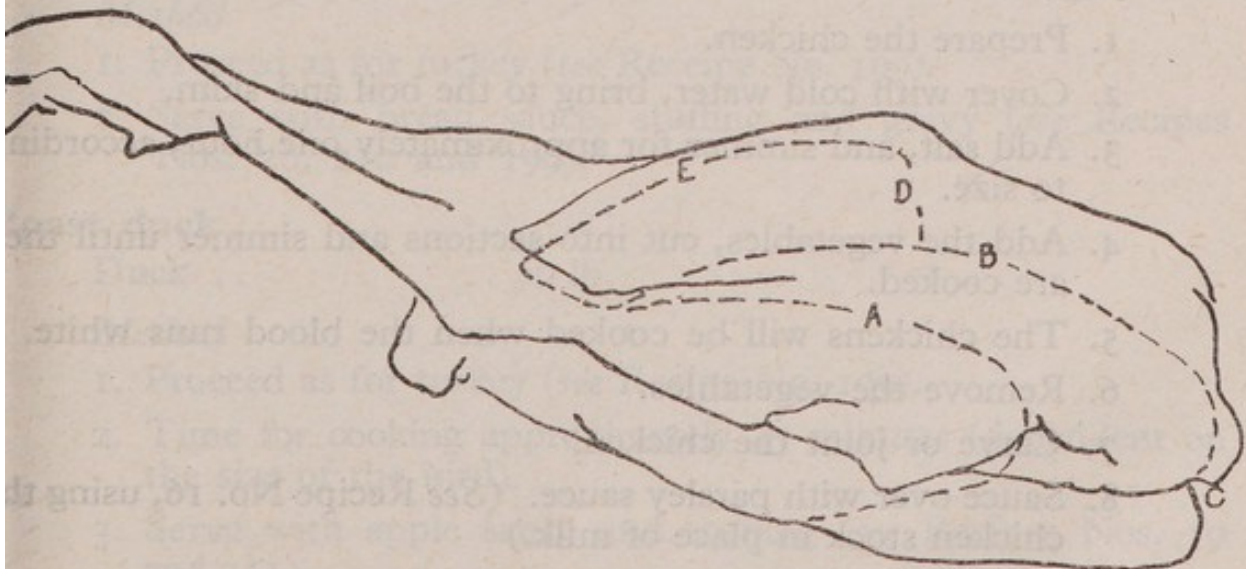


PLATE 7

*Recipe No.**Method*

1. Remove the leg by inserting the fork in its centre, and cut through the skin around the thigh "A." Place knife under the thick part and cut towards the feet. When the connecting socket is reached, bend the leg over and sever the sinew which holds the leg to the body. Then with the fork pull the leg off. Do not cut it.
2. Carve the wing as at "B." When the wing joint is reached insert the fork to find the position of the connection "C," and cut the wing away.
3. Cut across the front of the breast bone at "D," lift up and then remove the two pieces of flesh off the breast, along the breast bone.
4. Slice the breast along "C," holding the knife slightly inclined outwards.

**Carving duck***Method*

1. Remove the legs and wings as for chicken.
2. Slice the breast, holding the knife slightly inclined outwards.

**194. Boiled chicken**

Chicken	..	..	60 lb.	Salt	..	..	..	2 oz.
Parsley sauce	..	..	8 pts.	Onions	..	..	..	3 lb.
Carrots	..	..	3 lb.					

*Method*

1. Prepare the chicken.
2. Cover with cold water, bring to the boil and skim.
3. Add salt, and simmer for approximately one hour, according to size.
4. Add the vegetables, cut into sections and simmer until they are cooked.
5. The chickens will be cooked when the blood runs white.
6. Remove the vegetables.
7. Carve or joint the chicken.
8. Sauce over with parsley sauce. (*See* Recipe No. 16, using the chicken stock in place of milk.)
9. Garnish with the vegetables.

*Recipe No.***195. Chicken (or turkey) and ham rissoles**

Bacon or ham trim-	Pepper.
mings .. .. 8 lb.	Flour for batter .. 3 lb.
Turkey or chicken .. 16 lb.	Breadcrumbs .. 4 lb.
White sauce .. .. 8 pts.	Piquante sauce .. 6 pts.
Salt .. .. 2 oz.	

*Method*

1. Dice the ham and turkey or chicken.
2. Mix the white sauce (*see* Recipe No. 11) with the diced meat.
3. Season and heat until it leaves the sides of the pan or dish and allow to cool.
4. Mould with a sprinkling of flour, pass through batter and breadcrumbs, and remould.
5. Fry (or bake) both sides in shallow fat, to a golden colour.
6. Serve hot with the piquante sauce (*see* Recipe No. 8).

**196. Fried chicken**

Chicken .. .. 60 lb.	Flour for batter .. 3 lb.
Flour .. .. 1 lb.	Apple or other suit-
	able sauce .. 6 pts.

*Method*

1. Prepare and joint the chicken.
2. Pass through flour and batter and fry in deep fat.
3. Drain ; and serve. Serve the sauce separately.

**197. Roast chicken**

Chicken .. .. 60 lb.

*Method*

1. Proceed as for turkey (*see* Recipe No. 199).
2. Serve with bread sauce, stuffing and gravy (*see* Recipes Nos. 20, 210 and 199).

**Roast duck**

Duck .. .. 60 lb.

*Method*

1. Proceed as for turkey (*see* Recipe No. 199).
2. Time for cooking approximately 45 minutes (dependent on the size of the bird).
3. Serve with apple sauce and stuffing (*see* Recipes Nos. 19 and 211).

*Recipe No.***199. Roast turkey, stuffing and sausages**

Turkey .. .. 60 lb.      Sausages .. .. 12½ lb.

*Method*

1. Clean the turkeys, remove wishbones, stuff and roast from 2-2½ hours according to size.
2. Baste from time to time until cooked.
3. To prepare the gravy, set the baking dish on the stove,, remove the fat, boil the tin out with brown stock, skim,, correct seasoning and strain.
4. Arrange sausages in greased baking dishes, allowing room for expansion, and cook in medium oven.
5. Carve turkeys in thin slices, using a portion of white and dark meats, dress on a dish with stuffing and sausages.. Turkey stuffing (*see* Recipe No. 210).
6. Moisten with gravy.

**Gravy**

1. Cut open and clean out the gizzard.
2. Well wash the gizzard, necks, liver, hearts and feet.
3. Dry and fry off lightly with a few diced onions and carrots.
4. Drain off any fat, cover with cold water or stock, bring to the boil and skim well.
5. Season and simmer gently for 2 hours, skimming frequently.. Do not cover the pot whilst cooking.
6. Drain off surplus fat from the baking dishes and lightly fry off the residue.
7. Add a sufficient quantity of the above stock, and simmer until the residue is dissolved.
8. Strain and serve.

**SECTION 16****SAUSAGES**

Quality is indicated by appearance and feel, and by the appearance and texture of the cut surface. The use of fresh meat produces sausages of bright colour, while stale meats result in a dull, lifeless colour. Fresh meats have good binding qualities, while those made from stale meats and from offal (triples, etc.) crumble easily. Excessive use of water results in a soft texture or excessive shrinkage.

The casings used are either pig or sheep. Sheep casings are preferable but due to a supply shortage, pig casings are in general use by manufacturers. They are much tougher than sheep casings and have less keeping qualities.

When received, lay the sausages on clean trays or a table, part the links carefully and hang up in a cool current of air in the whole string.

In hot or warm changeable weather it is advisable to blanch the sausages overnight by placing the strings in cold water and bringing to the boil. It is important that the sausages are cooked through; refreshed in cold water then laid out on trays to cool. They can then be fried off for breakfast in the morning. Less cooking time will then be needed.

Units who are anxious to make sausages from ingredients in the ration scale, will find a suitable recipe in this section. Sausage casings required in making 80 lb. of sausage, is one bundle (approximately 100 yards in length).

### Recipe No.

#### 200. Standard sausage recipe

Lean beef	.. ..	9 lb.	Water	.. ..	5 $\frac{3}{4}$ pts.
Beef fat	.. ..	2 $\frac{1}{4}$ lb.	Seasoning	.. ..	6 oz.
Crustless bread	.. ..	8 lb.	Seasoning—Salt	.. ..	4 oz.
			pepper	.. ..	2 oz.

These quantities allow 4 oz. per head.

The seasoning is in the proportion of  $\frac{1}{2}$  oz. to every pound of meat and fat.

#### Method

1. Wash; then soak sausage skins for at least 2 hours in cold water.
2. Weigh all ingredients.
3. Soak the bread for 30 minutes in the specified amount of water.
4. Cut the fat into small dice.
5. Mince the meat on a coarse plate.
6. Mix all ingredients (do not knead), mince on a medium plate and correct seasoning.
7. Fill mixture into casings and link 8 to the pound.
8. Hang sausages in a cool dry place for at least 12 hours.

#### 201. Hot dogs

Bread rolls	.. ..	8 lb.	Sausages (8 to 1 lb.)	100	
(See Recepte No. 374)			Made mustard	.. ..	$\frac{1}{4}$ pt.



*Recipe No.**Method*

1. Cook the sausages, split in half lengthways and spread with mustard.
2. Split the roll and place a sausage in each and pass through an oven before serving.

**202. Sausage rolls (boiled)**

Flour .. .. .	.. 8 lb.	Salt .. .. .	.. ½ oz..
Suet or dripping ..	.. 3 lb.	Sausage meat ..	.. 6¼ lb.
Baking powder ..	.. 4 oz.		

*Method*

1. Prepare a suet or dripping crust (*see* Recipe No. 137).
2. Roll out ¼ inch thick, and cut into strips approximately 4 inches wide.
3. Place the sausage meat in a roll on the paste, wet the edges, fold over and press down.
4. Cut into sections approximately 3 inches long and seal both ends.
5. Simmer slowly for 30 minutes.
6. If it is intended to use 6-gallon insulated containers, then simmer for 5 minutes, and place into the insulators for 40 minutes.

**203. Sausage rolls (baked)**

Sausages .. .. .	.. 6¼ lb.	Short pastry ..	.. 8 lb.
		(Recipe No. 135)	

*Method*

1. Roll out the pastry ¼ inch thick and cut into strips approximately 4 inches wide.
2. Place the sausage meat in a roll on the paste, wet the edges, fold over and press down.
3. Cut into sections approximately 3 inches long.
4. Wash over with milk, and place in baking dishes or camp kettle lids.
5. Allow to stand, then bake in top of oven for 35 minutes.

**204. Sausage and mashed potatoes**

Sausages .. .. .	.. 12½ lb.	Potatoes .. .. .	.. 65 lb.
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*Method*

1. Fry the sausages as for Recipe No. 42.
2. Prepare and cook the potatoes as for Recipe No. 221.

Recipe No.

**105. Sausage toad-in-the-hole**

Sausages .. ..	25 lb.	Baking powder .. ..	4 oz.
Flour .. ..	16 lb.	Salt .. ..	4 oz.
Milk .. ..	20 pts.	Dripping .. ..	1 lb.
Sprayed egg .. ..	2½ oz.		

*Method*

1. Well mix flour, baking powder and salt.
2. Make a bay in centre, stir in the reconstituted eggs and milk and mix until smooth.
3. Allow to stand for 1 hour.
4. Lightly fry off the sausages.
5. Heat dripping in baking dishes, pour in sufficient batter to cover bottom, allow to partly set, place in the sausages, make sure they are evenly spaced and pour on the remainder of batter.
6. Cook in hot even for approximately 40 minutes.
7. Cut into portions.
8. Serve with the brown sauce (*see* Recipe No. 5).

**SECTION 17**

**RICE AS AN ACCOMPANIMENT TO MEAT, FISH AND EGG DISHES**

Many meat, egg and fish dishes are greatly improved in appearance, flavour and bulk, by the addition of cooked rice.

It can take the place of a vegetable when seasoned and flavoured.

**106. Plain boiled rice**

Rice .. ..	5 lb.
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*Method*

1. Pick and wash.
2. Rain into boiling salted water; stir, bring to the boil and simmer for approximately 15 minutes, until the grains are tender.
3. Drain into a colander, refresh under running cold water, then hot water.
4. Drain well, and place on a baking dish in a cloth, and dry off in an oven.

*Recipe No.***207. Braised rice**

Rice .. .. .	5 lb.	Brown stock ..	10 pts.
Margarine .. ..	1 lb.	Onions .. .. .	1 lb.

Faggot.

*Method*

1. Finely chop the onions and stew on in margarine without taking colour.
2. Add the rice, season, and heat through.
3. Add the stock and faggot and bring to the boil.
4. Cover with a lid and braise in a moderate oven for 20 minutes.
5. Stir in  $\frac{1}{2}$  lb. of margarine with a fork to separate the grains and correct the seasoning if necessary.

**208. Curried rice**

Rice .. .. .	5 lb.	Brown stock ..	10 pts.
Onions .. .. .	3 lb.	Curry powder ..	10 oz.
		Margarine .. ..	1 lb.

*Method*

1. Finely chop onions and stew on in a little margarine to a light golden colour.
2. Add the curry powder and stew together.
3. Add the rice and heat through.
4. Cover with stock, bring to boil and braise slowly in the oven for 20 minutes.
5. Stir in  $\frac{1}{2}$  lb. of margarine with a fork to separate the grains and correct seasoning if necessary.

**209. Savoury rice**

Rice .. .. .	5 lb.	Stockpot fat ..	4 oz.
Onions .. .. .	1 lb.	Cheese .. .. .	3 lb.
Salt .. .. .	$\frac{1}{2}$ oz.	Stock .. .. .	10 pts.

*Method*

1. Finely chop the onions and stew them in the fat for a few minutes without colouring, add the rice, stir well; add boiling stock and salt, bring to the boil and cook slowly for 20 minutes, stirring continually.
2. Dice the cheese and stir in.
3. Serve very hot.

## SECTION 18

## STUFFINGS

Stuffings are an appetizing and highly seasoned accompaniment to both meat, fish and poultry. They impart to certain dishes richness, and an attractive flavour, which would otherwise be lacking.

*Recipe No.***210. Chicken, turkey, rabbit, hare, sheep or ox hearts**

Shredded suet	..	1 lb.	Parsley	..	4 oz.
Dripping	..	$\frac{1}{2}$ lb.	Sprayed egg	..	2 oz.
Breadcrumbs	..	8 lb.	Salt and pepper.		
Onions	..	2 lb.	Grated rind of two lemons.		
Thyme	..	1 oz.			

*Method.*

1. Finely chop the onions, thyme and parsley.
2. Reconstitute the sprayed egg.
3. Stew the onions in the dripping without colouring, and allow to cool.
4. Add the rest of the ingredients and mix well.

**211. Duck or pork**

Shredded suet	..	1 lb.	Parsley	..	4 oz.
Dripping	..	$\frac{1}{2}$ lb.	Bread (soaked)	..	8 lb.
Onions	..	4 lb.	Salt and pepper.		
Sage	..	3 oz.	Sprayed egg	..	2 oz.

*Method*

1. Finely chop the onions, parsley and sage.
2. Reconstitute the sprayed egg.
3. Stew the onions in the dripping to a golden colour and allow to cool.
4. Add the rest of the ingredients and mix well.

**212. Fish—Recipe A**

Margarine	..	$\frac{1}{2}$ lb.	Breadcrumbs	..	3 lb.
Onions	..	2 lb.	Flour	..	$1\frac{1}{2}$ lb.
Sprayed egg	..	2 oz.	Parsley	..	4 oz.
Salt	..	2 oz.	Pepper	..	4 oz.

*Recipe No.**Method*

1. Chop the parsley and onions finely.
2. Melt the margarine, add the onions and stew until tender.
3. Reconstitute the sprayed egg with a little water.
4. Add the breadcrumbs, flour, chopped parsley, salt, pepper and egg. Stir well together.
5. Allow the stuffing to cool before using.

**Recipe B**

Margarine .. .. .	$\frac{1}{2}$ lb.	Parsley .. .. .	4 oz.
Breadcrumbs .. .. .	1 lb.	Dry mashed potatoes	5 lb.
Flour .. .. .	$1\frac{1}{2}$ lb.	Sprayed egg .. .. .	1 oz.
Salt and pepper.			

*Method*

1. Chop the parsley finely.
2. Reconstitute the sprayed egg with a little water.
3. Thoroughly mix the margarine and add the rest of the ingredients.
4. Allow the stuffing to cool before using.

**213. Mutton**

Suet .. .. .	1 lb.	Soaked bread .. .. .	8 lb.
Parsley .. .. .	4 oz.	Grated rinds of 2 lemons.	
Thyme .. .. .	2 oz.	Salt and pepper.	

*Method*

1. Shred the suet.
2. Chop the parsley and thyme.
3. Reconstitute the sprayed egg.
4. Well mix all ingredients.

**SECTION 19****POTATOES****Matured main crops**

Good potatoes should be firm, bright, well shaped and free from injury caused by dirt, sunburn, growth cracks, insects or mechanical injury.

## Storage

Potatoes should not be stored for any length of time in sacks, but should be turned out and inspected, those wilted, shrivelled and discoloured thrown out, any sprouting removed, and the remainder stored, for preference, in wooden slatted bins. Storage rooms should be as cool as possible. If slatted bins are not available, potatoes should remain in sacks, and stored off the floor on duck boards. Open the top of the sacks and roll down as far as possible.

During cold weather potatoes should not be left in the open, exposed to the weather, as frost will quickly affect them.

## New potatoes

Are dug before reaching maturity, and for this reason will not stand rough handling.

## Preparation for cooking

Much of the goodness in the potato lies immediately under the skin. Peeling should be as thin as possible and carried out with a potato peeler.

If a machine is used for peeling, *wash the potatoes before putting into the machine* and allow them to remain in only sufficiently long to remove the skin. Neglect to do this causes extreme loss in weight and is a serious waste. Failure to wash potatoes before placing in the machine wears out the carborundum plate and linings.

## Recipe No.

### 114. Baked creamed

Potatoes	.. .. 65 lb.	Milk	.. .. 4 pts.
Browned breadcrumbs	1 lb.	Margarine	.. .. 2 lb.
Salt	.. .. 2 oz.	Pepper to taste.	

## Method

1. Peel and wash potatoes.
2. Place in container and boil for 20 minutes.
3. Strain off all water, replace lid and dry off.
4. Pass through a sieve, replace the potatoes in container on a warm part of the stove; add salt, margarine, pepper, and grated nutmeg to taste; add boiling milk.
5. Mix well to a creamy consistency.
6. Place in baking dishes or camp kettle lids and sprinkle finely with brown breadcrumbs, a little melted margarine and brown off in top of the oven.

*Recipe No.***215. Baked in jackets**

Potatoes .. .. 65 lb.

*Method*

1. Scrub suitably-sized potatoes until clean.
2. Place on the racks of a medium oven and bake until cooked ; approximately 1 hour.
3. Serve whole, or cut in half with the addition of a little margarine on each.

**216. Boiled**

Potatoes .. 65 lb.

*Method*

1. Peel and wash potatoes.
2. Cut to an even size.
3. Place in a container with salt, cover with cold water and boil for approximately 20 minutes.
4. Strain off water and place potatoes on a warm part of the stove for a few minutes with the lid on.
5. Allow them to dry before serving.
6. Shake the container gently so as to give the potatoes a floury appearance.

**217. Fondante**

Potatoes .. ..	65 lb.	Stock .. ..	8 pts.
Margarine or dripping	1 lb.	Chopped parsley ..	2 oz.
		Salt .. ..	2 oz.

*Method*

1. Peel and wash potatoes.
2. Place in baking dishes or camp kettle lids, three parts covered with seasoned stock and cook in hot oven.
3. From time to time the potatoes should be brushed with melted margarine to impart a brown gloss when cooked.
4. Before serving sprinkle with chopped parsley.

**218. Fried**

Potatoes .. .. 65 lb.

*Method*

1. Peel and wash potatoes.

*Recipe No.*

2. Cut into strips approximately  $\frac{1}{2}$  inch square and well wash.
3. Drain potatoes thoroughly and place into frying basket.
4. Blanch in hot fat until lightly coloured, then remove from the fat and allow to drain.
5. When fat is reheated, re-fry until crisp on the outside. Sprinkle with salt and drain on a cloth before serving.

**219. Fried sliced potatoes**

Potatoes	..	..	65 lb.	Dripping	..	..	3 lb.
Chopped parsley	..	..	2 oz.	Salt and pepper.			

*Method*

1. Scrub potatoes, and boil for approximately 18 minutes.
2. When cooked allow to cool.
3. Peel, cut into  $\frac{1}{4}$ -inch slices, lightly brown in hot shallow fat, drain off, season and sprinkle with chopped parsley before serving.

**220. Lyonnaise**

Potatoes	..	..	65 lb.	Dripping	..	..	3 lb.
Onions	..	..	7 lb.	Salt	..	..	2 oz.
Chopped parsley	..	..	2 oz.				

*Method*

1. Scrub potatoes and boil for approximately 18 minutes.
2. Allow to cool, peel and cut into slices about  $\frac{1}{4}$  inch thick.
3. Fry in shallow fat until nicely brown and mix with fried shredded onions.
4. Season, and sprinkle with chopped parsley before serving.

**221. Mashed**

Potatoes	..	..	65 lb.	Salt	..	..	2 oz.
Milk	..	..	4 pts.	Pepper.			
Margarine	..	..	1 lb.				

*Method*

1. Peel and wash potatoes.
2. Place in a container, cover with cold water, season with salt and boil for 20 minutes.
3. When cooked, drain off the water, place on a warm part of the stove with the lid on to dry off; then pass potatoes through a sieve.



*Recipe No.*

4. Place on a warm part of the stove ; add margarine, salt and pepper, mix thoroughly with a wooden spoon and add boiling milk gradually.
5. Mix thoroughly and serve.

**222. Macaire**

Potatoes	.. .. 65 lb.	Margarine	.. .. 1 lb.
Dripping	.. .. 3 lb.		

*Method*

1. Scrub potatoes, place in a medium oven on the racks and bake.
2. When cooked cut in half, remove potatoes from the skins, place in baking trays, add salt, margarine and roughly mash. Cook and cut into portions after cooking.

*Note.*—Left over boiled potatoes may be used.

**223. Parsley**

Potatoes	.. .. 65 lb.	Chopped parsley	.. 4 oz.
Margarine	.. .. 1½ lb.	Stock	.. .. 1 pt.

*Method*

1. Peel and wash potatoes.
2. Cut to an even size.
3. Place in a container and cover with cold water, add salt and cook for approximately 20 minutes.
4. Drain off all water and place on a warm part of the stove for a few minutes to dry.
5. Shake gently to give floury appearance.
6. Melt margarine, add it to the stock, together with blanched chopped parsley and mask over the potatoes before serving.

**224. Roast**

Potatoes	.. .. 65 lb.	Dripping	.. .. 3 lb.
Salt	.. .. 2 oz.		

*Method*

1. Peel and wash potatoes.
2. Cut to an even size.
3. Heat dripping in baking dishes or camp kettle lids, place in potatoes, and allow to colour lightly on top of the stove. Season with salt.

*Recipe No.*

4. Place in oven until cooked to a golden brown.
5. During cooking baste frequently.
6. Strain off fat, and serve.

**225. Scalloped potatoes**

Potatoes	..	..	65 lb.	Milk	..	..	20 pts.
Cheese	..	..	1 lb.	Onions or leeks	..	..	4 lb.
Breadcrumbs.				Parsley	..	..	4 oz.
				Salt and pepper.			

*Method*

1. Chop the onions finely and stew them until tender.
2. Slice potatoes thickly and arrange in layers in baking dishes or camp kettle lids.
3. Sprinkle each layer with grated cheese, parsley, onion and salt and pepper.
4. Boil the milk and add.
5. Sprinkle the top with breadcrumbs and grated cheese and bake in a moderate oven for 1½ hours.

**226. Savoury**

Potatoes	..	..	65 lb.	Dripping	..	..	2 lb.
Onions	..	..	7 lb.	Stock	..	..	4 pts.
Chopped parsley	..	..	2 oz.	Salt, pepper and nutmeg to taste.			
				Grated cheese	..	..	2 lb.

*Method*

1. Peel and wash potatoes.
2. Cut into slices  $\frac{1}{8}$  inch thick.
3. Peel and shred the onions, mix together with the potatoes and season with salt and pepper.
4. Place potatoes and onions in greased baking dishes or camp kettle lids, three parts cover with stock, sprinkle with grated cheese.
5. Cook in a hot oven, pressing down occasionally with a slice or metal spoon.
6. Sprinkle with chopped parsley before serving.

**227. Stewed with cheese**

Potatoes	..	..	65 lb.	Margarine	..	..	1 lb.
Grated cheese	..	..	2 lb.	Stock or water	..	..	8 pts.

*Recipe No.**Method*

1. Peel and wash potatoes.
2. Melt the margarine.
3. Grate the cheese.
4. Slice the potatoes  $\frac{1}{4}$  inch thick.
5. Place in baking dishes or camp kettle lids, three parts cover with seasoned stock, sprinkle with margarine, grated cheese and cook in a moderate oven, pressing down occasionally with a slice or metal spoon.

**228. Potatoes with bacon and onions**

Potatoes	..	..	65 lb.	Bacon trimmings	..	2 lb.
Brown stock	..	..	12 pts.	Onions or leeks	..	4 lb.
Dripping	..	..	4 oz.	Salt and pepper.		
Chopped parsley	..	..	4 oz.			

*Method*

1. Dice the onions and bacon and stew in the dripping.
2. Dice the potatoes.
3. Mix all together and season.
4. Place in baking dishes or camp kettle lids, barely cover with stock and bring to the boil.

Finish cooking ; then brown off in the oven and sprinkle with parsley.

**SECTION 20****FRESH GREEN AND ROOT VEGETABLES**

In a general sense all vegetables are judged from their freshness, freedom from disease or blemish, and from their age.

It is advisable to inspect all vegetables as their condition may cause quick deterioration, with consequent waste.

Storage is important and, as far as possible, all vegetables, particularly green vegetables should be unbagged and laid out in the coolest possible store. Fresh green vegetables should be used as soon as possible after delivery and should on no account lie exposed to the weather. Handle with all possible care, as much of their nutritive properties are volatile and the loss is aggravated by breaking and bruising.

When preparing vegetables it must be realized that the scale of issue is by bulk weight and that careless handling, which causes spoilage in storing, and wastefulness in preparation, is depriving the soldier of a part of his rightful due, both in weight and in the food values of the portion he will eventually receive on his plate.

## CABBAGE

*Recipe No.*

### 229. Braised cabbage

Cabbage	..	..	50 lb.	Stock	..	..	4 pts.
Carrots	..	..	1 lb.	Fat from stock pot	..	..	2 pts.
Onions	..	..	1 lb.	Brown sauce ( <i>see</i>			
Bacon trimmings	..	..	1 lb.	Recipe 5)	..	..	4 pts.
				Salt	..	..	1 oz.

#### *Method*

1. Cut the cabbage into quarters, clean and cook in boiling salted water for 10 minutes.
2. Drain in a colander.
3. Peel and slice carrots, and onions, place into a pan, add bacon trimmings, fry on lightly.
4. Place quartered cabbage on the sliced carrots, onions, etc., half cover with stock and white stock-pot dripping, cover with greased paper and bring to the boil.
5. Cover with lid, and braise in oven until tender. (Time approximately 1 hour.)
6. Remove cabbage, strain stock, remove all fat, reduce stock and add to the brown sauce.
7. Serve with the cabbage.

### 230. Boiled cabbage

Cabbage	..	..	50 lb.	Salt	..	..	4 oz.
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#### *Method*

1. Remove coarse outside leaves, cut into quarters.
2. Remove thick stalks and thoroughly wash in cold salted water
3. Bring plenty of water to the boil and add salt.
4. Place the cabbage in the boiling water, bring quickly to the boil again and allow to boil steadily. Remove any scum as it rises.
5. When cooked strain, press between plates, cut into portions and serve.

*Recipe No.***231. Buttered cabbage**

Cabbage	.. .. 50 lb.	Margarine	.. .. 2 lb.
Salt	.. .. 2 oz.		

*Method*

1. Plain boil the cabbage (*see* Recipe 230).
2. When cooked strain and chop.
3. Return the saucepan.
4. Add margarine, well mix, correct seasoning and serve.

**232. Creamed cabbage**

Cabbage	.. .. 50 lb.	Salt	.. .. 2 oz.
White sauce	.. .. 4 pts.		

*Method*

1. Plain boil cabbage.
2. When cooked, strain and chop finely.
3. Return to saucepan, add white sauce (*see* Recipe 11), stir until boiling and serve.

**233. Stewed cabbage**

Cabbage	.. .. 50 lb.	Salt	.. .. 2 oz.
Margarine	.. .. 1½ lb.	Sugar	.. .. 2 oz.
Stock	.. .. 2 pts.		

*Method*

1. Clean and thoroughly wash in plenty of salt water and cut cabbage into coarse strips.
2. Blanch in boiling salted water for 2-3 minutes.
3. Refresh and strain.
4. Place into a container, add salt, sugar, margarine and stock.
5. Cover with greased paper.
6. Cover with lid, and cook in moderate oven until tender. Remove lid and greased paper and serve.

**234. Stuffed cabbages**

Cabbage	.. .. 40 lb.	*Braised rice ( <i>see</i>	
Brown sauce ( <i>see</i>		Recipe No. 206	.. 3 lb.
Recipe No. 5)	.. 4 pts.	Stock	.. 4 pts.
Salt and pepper.			

\*6 lb. sausage meat can be substituted for braised rice.

*Recipe No.**Method*

1. Clean and wash cabbage.
2. Remove 100 outer leaves.
3. Thoroughly blanch the leaves and remainder of the cabbage in separate saucepans.
4. Refresh, drain, lay out the leaves and arrange the remainder of the cabbage on top.
5. Season with salt and pepper.
6. Divide the braised rice into 100 portions and place in the centre of the cabbage.
7. Fold over the outer leaf to form a small roll.
8. Place into baking dishes or camp kettle lids, moisten one-third of the height with stock.
9. Cover with buttered greaseproof paper, slowly bring to boil and place into a moderate oven for approximately 40 minutes.
10. When tender, remove, drain, dish up in serving dishes and keep hot.
11. Strain liquor and boil out with an equal quantity of brown sauce until it lightly covers the back of a spoon.
12. Sauce round the cabbages, sprinkle with chopped parsley.

### SPRING AND WINTER GREENS, KALE, TURNIP TOPS, ETC.

235. All varieties of greens (*as for* Recipe No. 230).

236.

#### BRUSSELS SPROUTS

Brussels sprouts .. 50 lb.      Salt .. .. . 4 oz.

*Method*

1. Trim off bottom of sprouts and remove all discoloured leaves.
2. Steep in plenty of salt water.
3. Wash, cut small incisions crossways at the base, drain and place in boiling salted water.
4. Boil steadily until tender, removing any scum as it rises.
5. Strain well and serve.

*Recipe No.***237. RUNNER BEANS AND FRENCH BEANS**

Beans .. .. 50 lb. Salt .. .. 6 oz..

*Method*

1. Top, tail and string the beans, wash well, cut into strips and wash again.
2. Drain, place into plenty of boiling salted water, bring quickly to the boil, skim and allow to cook steadily until tender.
3. Strain well and serve.

**238. BROAD BEANS**Beans .. .. 40 lb.  
(see Recipe No. 239)

*NOTE.*—The young bean pods can be prepared in a similar manner to that of runner beans. They are tender and full of flavour.

**GARDEN PEAS****239. Boiled garden peas**Peas .. .. 50 lb. Mint .. .. 3 sprigs  
Salt .. .. 4 oz.*Method*

1. Shell the peas, wash in salted water and drain.
2. Place into boiling salted water, bring to the boil and cook until tender.
3. Skim, drain and serve.

**240. French style**Peas .. .. 50 lb. Bacon trimmings .. 1 lb.  
Salt .. .. 2 oz. Margarine .. .. 1 lb.  
Sugar .. .. 2 oz. Flour .. .. 2 oz.*Method*

1. Shell the peas, wash in salted water, and drain.
2. Proceed as for Recipe No. 258.

Recipe No.

## ONIONS

## 241. Braised onions

Onions	.. .. 25 lb.	Sugar	.. .. 4 oz.
Brown sauce	.. .. 3 pts.	Salt	.. .. 1 oz.
	(see Recipe No. 5)	Stockpot fat	.. 4 lb.
Parsley	.. .. 2 oz.		

*Method.*

1. Select onions of an even size and carefully peel.
2. Place a little fat in roasting tin, allow to get hot, add onions and fry to a light golden brown.
3. Strain off all fat, and moisten with fat from stock pot and brown stock.
4. Season, bring to boil and place in the oven.
5. When cooked strain off stock, remove fat, reduce the stock and add to brown sauce.
6. Mask with sauce and sprinkle with chopped parsley.

## 242. Fried onions

Onions	.. .. 25 lb.	Salt	.. .. 2 oz.
Milk	.. .. 2 pts.	Frying fat.	
Flour	.. .. 2 lb.		

*Method*

1. Peel and cut onions, into  $\frac{1}{4}$  inch rings and separate.
2. Place rings into milk, drain and place in flour.
3. Shake off surplus flour, and fry in hot deep fat until crisp and nicely browned.
4. Thoroughly drain, sprinkle with salt and serve.

## VEGETABLE MARROW

## 243. Vegetable marrow stuffed

Vegetable marrow	.. 50 lb.	Dripping	.. .. $\frac{1}{2}$ lb.
Brown sauce	.. 6 pts.	Breadcrumbs	.. 1 lb.
	(see Recipe No. 5)		
Stuffing	.. .. 6 lb.		
	(see Recipe No. 210)		

*Method*

1. Peel marrows, cut in half lengthways, make an incision crossways with point of knife on the cut side, and fry in deep fat until tender, without taking colour.



*Recipe No.*

2. Remove from fat, drain and scoop out the centre with a spoon.
3. Place into baking dishes or camp kettle lids.
4. Stuff marrows, sprinkle with breadcrumbs and mark with the back of a fork, sprinkle with a little melted dripping.
5. Bake in oven until stuffing and marrow are cooked.
6. When cooked cut into slices and serve with brown sauce.

**244. Vegetable marrow with cheese**

Marrow	..	..	50 lb.	Grated cheese	..	..	1 lb.
Margarine	..	..	1 lb.	Breadcrumbs	..	..	1 lb.
				Salt	..	..	4 oz.

*Method*

1. Peel and cut marrow into even pieces, remove pith and seeds.
2. Cook in boiling salted water and drain thoroughly.
3. Place into greased baking tin, sprinkle with grated cheese, breadcrumbs and melted margarine.
4. Place in hot oven to allow moisture to evaporate and colour on top.

**MIXED VEGETABLES****245. Mixed vegetables**

Carrots	..	..	18 lb.	Margarine	..	..	1 lb.
Turnips	..	..	18 lb.	Salt	..	..	2 oz.
Haricot beans	..	..	4 lb.	Sugar	..	..	2 oz.
Marrowfat peas	..	..	4 lb.				

*Method*

1. Soak peas and beans overnight in plenty of cold water.
2. Wash well, place in separate saucepan, cover with cold water, bring to the boil, skim, add salt.
3. Allow to simmer until tender.
4. Clean carrots and turnips.
5. Cut into shape of small sticks, place in a pan, add the margarine, partly cover with water, add salt and the sugar, bring to the boil, cover with a lid and cook until tender.
6. When cooked, drain off peas and beans, add to carrots and turnips, mix well and serve.

*Recipe No.***246. Mixed vegetable flan**

Short pastry .. .. .	8 lb.	Chopped stewed onions .. .. .	2 lb.
Chopped mixed veget- ables .. .. .	14 lb.	Thick white sauce .. .	5 lb.
Cooked potatoes .. .	3 lb.	(See Recipe No. 11)	
		Grated cheese .. .	1

*Method*

1. Line baking trays or camp kettle lids with the pastry.
2. Boil the sauce and mix vegetables with half the amount of sauce.
3. Reboil the vegetables, cook for 5 minutes and allow to cool.
4. Distribute into the pastry and bake for 30 minutes.
5. Mask the remainder of the sauce over the vegetables and sprinkle with the cheese.
6. Replace into a hot oven to brown and finish cooking.

**ROOT VEGETABLES****247. Boiled parsnips, swedes, carrots or turnips**

Parsnips, etc. .. .	50 lb.	Salt .. .. .	2 oz.
Parsley .. .. .	2 oz.		

*Method*

1. Scrub, wash, peel and cut into sections.
2. Cover with cold water, add salt, bring to boil and skim.
3. Allow to boil steadily until tender with the lid on.
4. Strain, sprinkle with chopped parsley, and serve.

**248. Buttered carrots, swedes, turnips or parsnips**

Carrots .. .. .	50 lb.	Salt .. .. .	2 oz.
Margarine .. .. .	2 lb.	Sugar .. .. .	2 oz.
Parsley .. .. .	2 oz.		

*Method*

1. Scrub, peel and cut into sections.
2. Place into a pan, add the margarine and barely cover with water.
3. Add salt and sugar.
4. Season, bring to the boil, cover with a lid and cook until tender.
5. Remove the lid, allow the liquor to evaporate, sprinkle with chopped parsley and serve.

*Recipe No.***249. Mashed parsnips, turnips or swedes**

Turnips	..	..	50 lb.	Potatoes	..	..	10 lb.
Margarine	..	..	$\frac{1}{2}$ lb.	Salt	..	..	2 oz.

*Method*

1. Scrub, peel and cut into cubes.
2. Place in saucepan, cover with cold water, add salt, bring to the boil and skim.
3. Boil steadily until tender.
4. Strain and dry off, mash and return to saucepan.
5. Plain boil potatoes and when cooked, drain, dry off, mash and mix with the turnips.
6. Add margarine, correct seasoning and serve.

**CELERY****250. Braised celery**

Large celery heads	..	25	Brown sauce	..	4 pts.
Stock	..	..	(see Recipe No. 5)		
Fat from stock pot	..	2 pts.	Vinegar	1	tablespoonful
Salt	..	..	Parsley	..	2 oz.

*Method*

1. Trim celery, remove outside leaves if necessary, scrub and remove outside fibres with a vegetable knife and wash well.
2. Put vinegar and salt into water and bring to the boil; place in the celery and boil for 20 minutes.
3. Refresh under cold water and rewash. (Allow water to run between leaves.)
4. Place into a saucepan and cover with stock and fat from stock pot.
5. Add salt.
6. Cover with a few crusts of bread and greased paper.
7. Bring to boil.
8. Cover with lid and cook in the oven.
9. When cooked strain off liquor, remove fat, reduce stock and add to brown sauce.
10. Split celery lengthwise in sections and fold evenly with the head of celery uppermost.
11. Mask with brown sauce and sprinkle with chopped parsley.

*Recipe No.***LEEKS****Leeks***Method of preparation*

1. Trim off the roots and remove the outside skin.
2. Cut away the coarse green end.
3. Split down the middle to within  $\frac{1}{2}$  inch of the root and wash thoroughly under a running tap.
4. Place into boiling salted water to which a little vinegar has been added and blanch for 5 minutes.
5. Refresh and drain.
6. Fold the green end over the white.

**251. Stewed or braised**

Leeks .. .. .	50 lb.	Seasoned white stock	$\frac{1}{2}$ gal.
Chopped parsley .. .. .	4 oz.	Dripping or stock pot fat .. .. .	2 lb.
		Brown sauce .. .. .	$\frac{1}{2}$ gal.
		<i>(see Recipe No. 5)</i>	

*Method*

1. Prepare the leeks.
2. Place in a pot with sufficient stock to cover and add the dripping. Bring to the boil, cover with greased paper and lid and simmer gently for 20 to 30 minutes.
3. Take out the leeks carefully and keep them hot.
4. Remove fat from the stock and reduce until there is just enough to use as gravy.
5. Add an equal quantity of brown sauce to the stock, boil, strain and season.
6. Sauce over the leeks and sprinkle with chopped parsley.

**252. Boiled with white sauce**

Leeks .. .. .	50 lb.	Parsley .. .. .	4 oz.
White sauce .. .. .	$\frac{1}{2}$ gal.		
<i>(see Recipe No. 11)</i>			

*Method*

1. Prepare the leeks (*see* "Method of Preparation," paras. 1 to 3).
2. Place in a pot, bring to the boil and simmer for 20 to 30 minutes.

*Recipe No.*

3. When cooked, remove carefully, drain, fold over, place in hot serving dishes, coat with sauce and sprinkle with chopped parsley.

**253. Braised with cheese**

Leeks .. .. .	50 lb.	Seasoned brown	
Breadcrumbs ..	1 lb.	stock .. .. .	1 gal.
		Grated cheese ..	1 lb.

*Method*

1. Prepare the leeks.
2. Place in greased baking dishes, moisten with stock, cover with the breadcrumbs and grated cheese and bake for approximately 30 minutes.

**SPINACH****254. Spinach .. .. . 50 lb.***Method*

1. Remove coarse stalks and violet ends.
2. Wash thoroughly in plenty of salt water.
3. Cook in boiling salted water until tender, using only sufficient water to cover the bottom of the boiler.
4. When the spinach is tender, drain well, press and cut into portions.

**CAULIFLOWER OR BROCCOLI****255. Boiled**

Cauliflower or broccoli	50 lb.	Salt .. .. .	½ lb.
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*Method*

See Recipe No. 256.

**256. With white sauce or cheese sauce**

Cauliflower or broccoli	50 lb.	White sauce or	
Salt .. .. .	½ lb.	cheese sauce ..	8 pts.
		(See Recipes Nos. 11	
		or 12)	

*Method*

1. Trim the cauliflower of excessive green stalks, trim the base and cross with a knife in the stem.

*Recipe No.*

2. Soak for 10 minutes in salted water and wash thoroughly.
3. Place into boiling salted water upside down and allow to simmer carefully until the flower is cooked.
4. Turn over the cauliflower carefully and allow to simmer until stalk is cooked.
5. Remove any scum which arises and cover with a cloth to prevent discoloration of flower.
6. When cooked (approximately 30 minutes according to size) remove carefully and drain.
7. Cut in 100 portions, arrange in serving dishes and mask with boiling hot seasoned sauce.

**SECTION 21****DRIED PULSE**

The issue usually consists of haricot beans, marrowfat peas, lentils and yellow split peas.

Providing care is taken in preparation and cooking there can be no waste. Their nutrient value is high.

These vegetables are dried naturally and, other than lentils, require soaking to replace their normal moisture content. The soaking should be done in cold water and should take from 12 to 24 hours. Satisfactory results cannot be expected unless this is carried out.

Store in covered cases, or tins, keep in a cool dry atmosphere.

To prevent peas or beans from being served too dry add a little margarine and flour (mixed to a smooth paste) to the pulse before serving.

**MARROWFAT PEAS****257. Boiled marrowfat peas**

Peas	..	..	..	10 lb.	Mint	..	1 pkt. or
Salt	..	..	..	2 oz.			3 sprigs

*Method*

1. Soak peas overnight in plenty of cold water.
2. Well wash, place into saucepan, add mint and salt, cover with cold water, bring to boil and skim.
3. Simmer until tender.
4. When cooked, strain and serve.

*Recipe No.***258. Marrowfat peas, French style**

Dried peas .. ..	10 lb.	Margarine .. ..	1 lb.
Onions (shredded) ..	1 lb.	Salt .. ..	2 oz.
Bacon trimmings ..	1 lb.	Sugar .. ..	2 oz.
		Flour .. ..	2 oz.

*Method*

1. Soak peas overnight in plenty of cold water.
2. Wash well, place into saucepan, add onions, bacon trimmings, water, salt and sugar.
3. Bring to boil, skim and allow to simmer until cooked, remove the bacon trimmings.
4. Mix margarine and flour together and add to peas, a little at a time, to thicken the liquor slightly.
5. Allow to reboil.
6. Mix well and serve.

**HARICOT BEANS****259. Boiled haricot beans**

Haricot beans .. ..	10 lb.	Margarine .. ..	1 lb.
Ham knuckle.		Salt .. ..	1 oz.
Carrots .. ..	$\frac{3}{4}$ lb.	Peppercorns in bag	36
Onions .. ..	$\frac{3}{4}$ lb.		

*Method*

1. Soak beans overnight in plenty of cold water.
2. Well wash, place into saucepan, cover with cold water, bring to the boil and skim.
3. Add whole carrots, onions, knuckle of ham, salt and peppercorns.
4. Boil steadily until tender.
5. When cooked, remove ham knuckle, carrots, onions and peppercorns, reduce liquor to an essence, add margarine to form an emulsion round the beans and serve.

**260. Haricot beans in brown sauce**

Beans .. ..	10 lb.	Brown sauce .. ..	12 pts.
Chopped parsley ..	4 oz.	(see Recipe 5)	
		Bacon bones .. ..	4 lb.
		Salt.	

*Recipe No.**Method*

1. Soak the beans overnight in plenty of cold water.
2. Well wash, cover with cold water and bring to the boil and skim.
3. Drain off, add bacon and brown sauce, and braise in the oven with the lid on for 1½ hours without disturbing.
4. When tender, season, remove bacon bones, sprinkle with chopped parsley and serve.

**261. Haricot beans (parsley style)**

Butter beans .. ..	10 lb.	Carrots .. ..	12 oz.
Chopped parsley ..	4 oz.	Salt .. ..	1 oz.
Margarine .. ..	1 lb.	Peppercorns in bag	36
Ham bone.			
Onions .. ..	12 oz.		

*Method*

See Recipe No. 259. Sprinkle with chopped parsley and serve.

**262. Savoury haricot beans**

Beans .. ..	10 lb.	Bacon trimmings ..	4 lb.
Onions or leeks ..	2 lb.	Carrots .. ..	4 lb.
Salt .. ..		Stock .. ..	8 pts.
Chopped parsley ..	4 oz.		

*Method*

1. Prepare the beans as for Recipe No. 259.
2. Dice the carrots, onions and bacon trimmings, stew together and add to the beans.
3. Pour on the stock and stew until tender.
4. When cooked, reduce the liquor, sprinkle with parsley and serve.

**263. Pease pudding**

Yellow split peas ..	10 lb.	Margarine .. ..	10 oz.
Knuckle of ham.		Salt.	
Carrots .. ..	1 lb.	Pepper.	
Onions .. ..	1 lb.		

*Method*

1. Soak peas overnight in plenty of cold water.
2. Well wash, place into saucepan, cover with cold water, add salt, bring to the boil.



*Recipe No.*

3. Skim, add whole carrots, onions and knuckle of ham.
4. Simmer until tender.
5. When cooked remove garnish and knuckle of ham and strain, keeping the liquor.
6. Pass through sieve and return to saucepan.
7. Add margarine, pepper, correct the seasoning and mix in sufficient liquor to make a mashed potato consistency.

## SECTION 22

## DINNER SWEETS, PUDDINGS, PIES, TARTS, ETC.

**Pastry making**

The quality especially to be desired in pastry is lightness, and this depends almost entirely upon the amount of expansion which takes place in the oven. In short pastry the expansion may be aided by adding baking powder, and in puff pastry by repeated rollings and foldings.

Flour should always be stored in a cool, perfectly dry place. Before use, pass through a sieve. When used with baking powder, well mix, as this ensures its even distribution.

As a general rule the amount of liquid required to moisten is a half a pint to every pound of flour, but allowance must be made for the addition of fat.

The consistency of the margarine determines the amount of water to be added to puff pastry; the margarine and the pastry must be of equal texture, otherwise it is impossible to keep the layers separate which is essential to produce flaky puff pastry.

When making pastry the fat should be lightly, but thoroughly, rubbed in. Water should be added gradually, but quickly, to prevent hard lumps being formed.

Puff pastry should never be rolled off the edges, as this forces out some of the air; it is better to thin the edges by a little pressure. The pastry is allowed to stand between turns to harden the fat, thus keeping the layers of pastry and fat separate and allowing the pastry to relax.

Pastry to which baking powder has been added should be put into the oven as quickly as possible, otherwise some of the effects of the baking powder is wasted, its action beginning immediately the pastry is moistened.

## Baking

Puff pastry should be baked in a hot oven, and short pastry in a moderately hot oven. Unless the heat is sufficiently great, the melted fat runs out, leaving the pastry heavy and tough. An oven with good bottom heat is desirable for baking tarts.

## Faults in pastry making

### *Shrinkage during baking*

Improper mixture of the flour with fat.

An excessively hot oven.

An excessive amount of moisture causes the dough to require extra mixing to acquire smoothness.

Abnormally low temperature causes a separation of water and flour

### *Toughness*

Insufficient fat.

Improper mixture of the flour with fat.

Excessive mixing after the liquid has been added.

Excessive liquid content.

### *Doughy bottom crusts*

Insufficient and even, mixing with the liquid.

Mixing cold dough with warm dough.

Moisture in the baking dish before lining.

### *Underdone bottom crusts*

Insufficient bottom oven heat.

Moisture in the baking dishes before lining.

Excessive moisture in the dough prolongs the baking period and this gives the filling a chance to boil out before the crusts are sufficiently baked.

## Steamed or boiled puddings

The best rule (whatever the recipe may be) is to use flour and bread-crumbs in equal proportions, or even a larger proportion of bread-crumbs than flour. This ensures lightness.

Suet should be chopped finely.

Pudding cloths, if used, should be rinsed, wrung out in *boiling* water; then cooled and well floured.

When a pudding is steamed a cloth is not essential. Cover with greaseproof paper.

Dried fruits should be quickly washed, and dried in a clean cloth, before using.

Sultanas should be well picked and raisins stoned.

Never omit salt when making suet puddings.

## BASIC QUANTITIES FOR STEAMED (OR BOILED) PUDDINGS OR ROLLS

Recipe No.	Ingredients	Flour	Breadcrumbs	Suet	Sugar	Baking powder	Water	Milk	Spice	Mixed spice	Currants	Raisins	Sultanas	Sprayed egg	Fresh fruit	Salt	Ground ginger	Jams, etc.	Golden syrup	Treacle	Cocoa powder	Marmalade	Figs	Dates	Apple rings
		lb.	lb.	lb.	lb.	oz.	pt.	pt.	oz.	oz.	lb.	lb.	lb.	oz.	lb.	oz.	oz.	lb.	lb.	lb.	lb.	lb.	lb.	lb.	lb.
264	Apple ..	8	8	6	3½	8	8	8		4		6			25						1				or 6
265	Baroness ..	8	8	6	2	8	8	8				6		5											
266	Chocolate fruit ..	8	12	4	4	8	8	8			4	6													
267	College ..	8	8	6	2	8	8	8		1	4	6													
268	Currant ..	8	8	6	2	8	8	8			5	6													
269	Date ..	8	8	6	2	8	8	8																	
270	Fig ..	8	8	6	2	8	8	8																	
271	Ginger ..	8	8	6	2	8	8	8																	
272	Golden ..	8	8	6	2	8	8	8																	
273	Jam ..	8	8	6	2	8	8	8																	
274	Marmalade ..	8	8	6	2	8	8	8																	
275	Raisin ..	8	8	6	2	8	8	8																	
276	Sultana ..	8	8	6	2	8	8	8																	
277	Suet ..	8	8	6	2	8	8	8																	
278	Sultana and apple ..	8	8	6	2	8	8	8																	
279	Treacle ..	8	8	6	2	8	8	8																	

### Method

1. Soak the bread, squeeze out and pass through a mincer.
2. Chop the suet (free from skin) and add to dry ingredients.
3. Make a bay, add the milk and mix together to a fairly stiff dough.
4. Place the mixture into greased basins or tins, cover with greased paper, seal and steam for 2 hours.
5. If jams, syrups, etc., form one of the ingredients, place 3 tablespoonfuls in the bottom of each bowl or tin before placing in the mixture.
6. If cooked as a roll, cut the paste equally into 8 or 9 pieces and roll out into squares, approximately ¼ inch thick, spread with the jam, marmalade, syrup or fruit, wet the edges, fold in the two outer edges and roll up. Steam for 3 hours.
7. Serve each pudding or roll with an appropriate sauce.

## Recipe No.

**280. Cabinet pudding**

Stale cake .. ..	7 lb.	Vanilla essence ..	$\frac{1}{2}$ oz.
Stale bread .. ..	3 lb.	Milk .. ..	20 pts.
Mixed fruits .. ..	4 lb.	Sugar .. ..	2 lb.
Sprayed egg .. ..	5 oz.	Custard sauce or ..	16 pts.
		Jam sauce .. ..	8 pts.

*Method*

1. Cut up the stale bread and cake into approximately  $\frac{1}{4}$  inch squares.
2. Arrange in greased and sugared dishes or basins in alternate layers with the fruit.
3. Prepare a custard with the sprayed egg, milk, sugar and essence; mix well together and strain over the dry ingredients.
4. Let stand for  $\frac{1}{2}$  hour to soak, then carefully bake in a slow oven (or cook in a bain-marie) until set.
5. Serve with a custard or jam sauce (*see* Recipe No. 27 or 29).

**281. Christmas pudding**

100 portions

12 portions

4 lb. grated apple .. ..	$\frac{1}{2}$ lb.
4 lb. flour .. ..	$\frac{1}{2}$ lb.
4 lb. breadcrumbs .. ..	$\frac{1}{2}$ lb.
4 lb. suet .. ..	$\frac{1}{2}$ lb.
4 lb. currants or raisins .. ..	$\frac{1}{2}$ lb.
2 lb. chopped dates .. ..	4 oz.
4 lb. chopped prunes .. ..	8 oz.
2 lb. peel .. ..	4 oz.
4 lb. grated carrot .. ..	$\frac{1}{2}$ lb.
4 teaspoonsful mixed spice .. ..	$\frac{1}{2}$ teaspoonful
4 teaspoonsful ground ginger .. ..	$\frac{1}{2}$ teaspoonful
4 teaspoonsful grated nutmeg .. ..	$\frac{1}{2}$ teaspoonful
3 lb. treacle (black for preference) .. ..	2 tablespoonsful
3 lb. brown sugar .. ..	4 oz.
4 teaspoonsful salt .. ..	pinch of salt
Milk to mix	

*Method*

1. Prepare the breadcrumbs and mix them with the flour, suet, spices, salt, ginger and sugar.
2. Grate the apple and carrots, and add.
3. Chop the dates and prunes (previously soaked and stoned), and add them with the currants (washed) and the chopped peel.

*Recipe No.*

4. Add the treacle and mix to a moist consistency with fresh milk or tinned sweetened milk and water.
  5. Put into greased pudding basins, cover with grease paper or pudding cloths and steam or boil for at least 4 hours—the longer the better.
  6. Keep in a cool, dry place and re-boil for 2 hours when using.
- Puddings should not be stored for longer than 14 days.*

**282. Fruit pudding**

Fresh gooseberries or plums, rhubarb, etc.	25 lb.	Suet .. ..	4½ lb.
Flour .. .. .	12 lb.	Sugar .. ..	2 lb.
		Baking powder ..	6 oz.
		Custard sauce ..	16 pts.

*Method*

1. Make a suet paste as for Recipe No. 264.
2. Prepare gooseberries or plums, etc. ; wash well.
3. Line pudding basins or moulds, fill with the fruit, add the sugar, half fill with water, wet the edges, cover, thumb up cover with greased paper and steam for 3 hours.
4. Serve with custard sauce.

**MILK PUDDINGS****283. Baked rice pudding**

Rice .. .. .	5 lb.	Water for reconsti- tuting milk powder	16 pts.
Milk powder .. ..	2 lb.	Water for reconsti- tuting tinned milk	16 pts.
and milk, tinned ..	5 tins	Nutmeg (grated), a pinch	
or fresh milk or reconstituted tinned milk	32 pts.	Margarine .. .. .	¼ lb.
Sugar .. .. .	1½ lb.		

*Method*

1. Wash and pick the rice.
2. Reconstitute the milk powder and tinned milk, and mix.
3. Add sugar to the milk and bring to the boil.
4. Rain in the rice, stir and allow to simmer for 20 minutes without disturbing.
5. Pour the rice and milk into lightly greased baking trays.
6. Sprinkle with nutmeg and small pieces of margarine.
7. Bake in the top shelf of a moderate oven for 1 hour.

*Recipe No.***284. Baked rice pudding and dates**

Stoned dates . . . . . 3 lb.

*Method*

1. Similar preparation to recipe No. 283, adding chopped dates after simmering the milk.

**285. Baked rice and raisin pudding**

Raisins . . . . . 2 lb.

*Method*

Prepare in a similar manner to Recipe No. 283, using raisins instead of dates, and sprinkle top with a little grated nutmeg.

**286. Baked rice and sultana pudding**

Sultanas . . . . . 2 lb.

*Method*

Prepare in a similar manner to Recipe No. 283, using sultanas in place of raisins.

**287. Boiled sweetened rice**

Milk powder . . . . .	2 lb.	Water for reconstituting milk powder	16 pts.
and milk, tins . . . . .	5 tins	Water for reconstituting tinned milk	16 pts.
or fresh milk or reconstituted tinned milk	32 pts.		
Rice . . . . .	5 lb.		

*Method*

1. Wash and pick the rice.
2. Reconstitute both milk powder and tinned milk and mix.
3. Add sugar to the milk and bring to the boil.
4. Rain in the rice and bring to the boil again.
5. Cover with a lid and cook in a slow oven until grains of rice are tender.

Approximate cooking time 1 hour.

**288. Baked tapioca pudding****(a) Coarse tapioca**

It is essential to soak in cold water for at least 4 hours before preparation.

*Recipe No.*

Tapioca .. .. .	4 lb.	Margarine .. .. .	$\frac{1}{2}$ lb.
Fresh or reconstituted tinned milk .. .. .	32 pts.	Nutmeg	
or { Milk powder .. .. .	2 lb.	Sugar .. .. .	2 lb.
{ Milk, tinned .. .. .	5 tins	Water for reconsti- tuting milk powder	16 pts.
		Water for reconsti- tuting tinned milk	16 pts.

*Method*

1. After soaking drain the tapioca.
2. Boil the milk and sugar.
3. Add the tapioca and re-boil, stirring continually.
4. Simmer slowly for 30 minutes.
5. Place into greased dishes, sprinkle with grated nutmeg and melted margarine and bake for a further 30 minutes.

*(b) Fine tapioca**Method*

1. Boil the milk and sugar, rain in the tapioca, stir until it comes to the boil.
2. Simmer slowly for 20 minutes.
3. Place into greased dishes, sprinkle with grated nutmeg and melted margarine and bake for a further 30 minutes.

**289. Baked macaroni**

Macaroni .. .. . 6 lb.

*Method*

Proceed as for recipe No. 283. Finish by baking in a moderate oven for 30 minutes, or until lightly coloured.

**290. Creamed rice and stewed fruit**

Fresh or reconstituted tinned milk .. .. .	32 pts.	Salt .. .. .	$\frac{1}{2}$ oz.
Rice .. .. .	5 lb.	Sugar	

*Method*

1. Wash and pick the rice.
2. Bring the rice to the boil with the milk and sugar, drain off cover and place in a slow oven for 1 hour.
3. Allow to cool slightly.
4. Serve with stewed fruit (*see* Recipe No. 292).

*Recipe No.***291. Rice custard pudding**

Milk .. .. .	32 pts.	Custard powder ..	1 lb.
Rice .. .. .	2 lb.	Sugar .. .. .	2 lb.

*Method*

1. Prepare boiled rice and add sugar.
2. Dissolve custard powder, pour rice on to custard powder and distribute into trays or dishes.
3. Colour in quick oven, or if required to serve as boiled rice custard, return custard to the fire and continue stirring until the pudding comes to the boil.

**292. Semolina pudding**

Fresh or reconstituted tinned milk ..	32 pts.	Semolina .. .. .	4 lb.
or milk powder ..	2 lb.	Sugar .. .. .	2 lb.
Water for reconstitu- tion .. .. .	16 pts.	Margarine .. .. .	4 oz.
and milk .. .. .	5 tins	Vanilla essence (a few drops)	
Water for reconstitu- tion .. .. .	16 pts.		

*Method*

1. Bring the milk to the boil.
2. Rain in the semolina and stir with a wooden spoon.
3. Simmer for 15 minutes.
4. Add sugar, and essence to taste.
5. Pour into greased baking trays, place a few pieces of margarine on the top of each, and bake in a hot oven until coloured (approximately 15 minutes).

**293. Sago and stewed fruit**

Sago .. .. .	3 lb.	Dried fruit .. .. .	5 lb.
Fresh or reconstituted tinned milk ..	32 pts.	Sugar .. .. .	3 lb.
or { Milk powder ..	2 lb.	Margarine .. .. .	$\frac{1}{4}$ lb.
{ Milk, tinned ..	5 tins	Water for reconsti- tuting milk powder	16 pts.
		Water for reconsti- tuting tinned milk	16 pts.

*Method*

1. Soak the fruit overnight, and stew with 1 lb. of sugar for 1 hour.



*Recipe No.*

2. Boil the milk and the remaining sugar, rain in the sago, stir with a wooden spoon, and simmer for 20 minutes.
3. Pour into greased baking dishes, and allow to cool.
4. Remove the fruit from the liquid, and arrange the fruit on each dish.
5. Reduce the liquid to a syrup, and pour this over the fruit.

**PIES AND PASTRY****294. Apple turnover**

Flour .. .. .	12 lb.	Salt .. .. .	1 oz.
Margarine .. .. .	4½ lb.	Sugar .. .. .	3 lb.
Apple rings .. .. .	8 lb.	Water for paste	

*Method*

1. Soak apple rings overnight and partly cook before chopping.
2. Prepare a short pastry.
3. Roll out approximately  $\frac{1}{8}$  inch thick.
4. Cut out rounds with a large cutter.
5. Chop apple rings finely and mix with 2 lb. of sugar.
6. Place approximately 4 oz. of apple mixture in centre of paste, moisten sides.
7. Fold to half-moon shapes, crimp edges, brush with milk and sprinkle with remaining sugar.
8. Bake approximately 30 minutes in a moderate oven.

**295. Apple pie**

Apple rings .. .. .	8 lb.	Flour .. .. .	16 lb.
or fresh apples .. .. .	30 lb.	Margarine .. .. .	6 lb.
Sugar .. .. .	2 lb.	Baking powder .. .. .	4 oz.
Cloves .. .. .	¼ oz.	Salt .. .. .	1½ oz.

*Method*

1. Sieve flour and salt, work in the margarine and make a bay.
2. Add the water and make into a fairly stiff dough.
3. Allow to rest and divide into 16 pieces (if using plates), or into 4 if using baking dishes.
4. Soak the apple rings for 24 hours.
5. Place on to boil, together with the sugar, and half cook.
6. Add the cloves and continue cooking.

*Recipe No.*

7. Roll out the paste to approximately  $\frac{1}{8}$  inch in thickness.
8. Line the plates or baking dishes, which should be slightly greased.
9. Prick the bottom, place in the apples and cover with paste.
10. Brush over with a little water or milk and mark the top with the point of a knife to define portions.
11. Place in the top of the oven and bake for approximately 40 minutes to 1 hour until paste and apples are cooked.
12. Care must be taken to see that the bottom layer of paste is cooked.

**296. Baked apple dumplings**

Apples (4 to 1 lb.)	.. 25 lb.	Baking powder	.. 4 oz.
Flour .. .. .	.. 16 lb.	Margarine .. ..	.. 6 lb.
Salt .. .. .	.. 1 $\frac{1}{2}$ oz.	Water for paste	
Sugar .. .. .	.. 3 $\frac{1}{4}$ lb.	Cinnamon	

*Method*

1. Prepare a short pastry (*see* Recipe No. 322) and roll out  $\frac{1}{8}$  inch thick.
2. Cut into sections approximately 4-inches square and place a peeled and cored apple in the centre of each.
3. Mix sugar and cinnamon together and fill centre of each apple, wet edges of pastry and cover the apple.
4. Bake at the top of the oven for approximately 40 minutes.

**297. Baked jam roll**

Flour .. .. .	.. 16 lb.	Margarine .. ..	.. 6 lb.
Baking powder	.. 8 oz.	Jam .. .. .	.. 7 lb.

*Method*

1. Prepare a short pastry (*see* Recipe No. 322).
2. Divide into 8 pieces, roll out each one  $\frac{1}{8}$  inch thick to form a 2-foot square.
3. Spread with jam within an inch all round, wet edges and roll up.
4. Place on baking trays and put into hot oven to start.
5. Reduce heat and cook for 2 hours.
6. Cut each roll into 12 portions slantwise and serve with jam sauce.

*Recipe No.***298. Chocolate tart**

Bread trimmings	.. 4 lb.	Jam .. ..	.. 1½ lb.
Sugar .. ..	.. 1 lb.	Vanilla essence (a few drops)	
Cocoa .. ..	.. 8 oz.	Short pastry	.. 8 lb.

*Method*

1. Prepare a short pastry (*see* Recipe No. 322).
2. Soak the bread, then press out the surplus moisture.
3. Add the cocoa, vanilla essence and sugar to the bread and mix thoroughly.
4. Roll out the short pastry and line baking dishes or camp kettle lids.
5. Fill the trays with mixture, then cover with a very thin layer of jam.
6. Bake in a hot oven for 15 to 20 minutes.

**299. Custard tart**

Short pastry .. ..	.. 8 lb.	Sugar .. ..	.. 2 lb.
Milk .. ..	.. 16 pts.	Vanilla essence (a few drops)	
Sprayed eggs	.. 1 lb.		

*Method*

1. Prepare short pastry (*see* Recipe No. 322).
2. Roll out the pastry and line baking dishes or camp kettle lids.
3. Reconstitute the eggs with milk, add sugar and essence.
4. Pour equally into prepared trays.
5. Bake in a slow oven for approximately 30 minutes.

**300. Chocolate-coated jam slice**

Short pastry .. ..	.. 8 lb.	Cocoa powder	.. 4 lb.
Jam .. ..	.. 4 lb.	Milk .. ..	.. 2 tins
Cold (made) custard	2 pts.	Syrup .. ..	.. 3 lb.

(*see* Recipe No. 27)

*Method*

1. Prepare a chocolate coating (*see* Recipe No. 392).
2. Roll out the pastry very thinly and lay in greased baking dishes or camp kettle lids.
3. Prick with a fork, cut into 4-inch strips, and bake in a hot oven.

*Recipe No.*

4. Remove from the dishes four high and lightly press until cold.
5. Lay the strips of pastry on a table, on one spread jam, cover with another strip and spread this with custard.
6. Place another strip on top and coat with the chocolate.
7. Cut into portions (2-inch strips).

**301. Dutch apple tart**

Short pastry .. ..	10 lb.	Sugar .. ..	2 lb.
Apple rings .. ..	6 lb.	Mixed spice .. ..	$\frac{1}{2}$ oz.
or cooking apples .. ..	25 lb.	Margarine .. ..	$\frac{3}{4}$ lb.
Sultanas .. ..	2 lb.		

*Method*

1. Prepare a short pastry (*see* Recipe No. 322).
2. Line baking dishes or camp kettle lids with the short pastry.
3. Chop the soaked apple rings or fresh apples.
4. Melt margarine, add apples and sugar and spice and cook.
5. Distribute evenly into the prepared dishes.
6. Cover with short pastry.
7. Egg wash, bake in moderate oven for 45 minutes approximately.
8. Dust with sugar.

**302. Flan pastry**

Flour .. ..	8 lb.	Salt .. ..	1 oz.
Sugar .. ..	1 lb.	Water for paste .. ..	1 pt.
Margarine .. ..	3 lb.		

*Method*

1. Sieve the flour and salt, make a bay and mix sugar and margarine together in the centre, add water and work lightly to make a fairly stiff paste.
2. Care must be taken not to over work the paste on account of the sugar.

**303. Fruit pies (individual)**

Flour .. ..	8 lb.	Dried fruits .. ..	6 lb.
Salt .. ..	1 oz.	(or fresh fruit) .. ..	18 lb.
Margarine .. ..	3 lb.	Water for paste .. ..	
Sugar .. ..	$2\frac{1}{2}$ lb.		

*Recipe No.**Method*

1. Prepare a short pastry (*see* Recipe No. 322), and the fruit (dried or fresh).
2. Roll out the pastry  $\frac{1}{4}$  inch thick and cut in rounds  $2\frac{1}{2}$  inches diameter.
3. Place the fruit on half the rounds, wet the edges, cover with the remaining rounds of paste, press round the edges and notch with the back of a knife.
4. Place on a baking tray, brush over with a little milk and sprinkle with sugar.
5. Allow to relax  $\frac{1}{2}$  hour then bake in a hot oven for 35 to 40 minutes.

**304. Fruit tart**

Mixed dried fruits ..	8 lb.	Margarine .. ..	3 lb.
(or fresh fruits) ..	25 lb.	Salt .. ..	1 oz.
Sugar .. ..	$3\frac{1}{4}$ lb.	Water for paste	
Flour .. ..	8 lb.	Custard sauce ..	16 pts.
		( <i>see</i> Recipe No. 27)	

*Method—tart*

1. Prepare a short pastry (*see* Recipe No. 322).
2. Place the fruit into baking dishes or camp kettle lids, add liquid to half the height, add sugar (if fresh fruit), wet edges of the dishes or lids and cover with paste (approximately  $\frac{1}{4}$  inch thick).
3. Wash with a little milk, allow to stand  $\frac{1}{2}$  hour.
4. Place into hot oven for 10 minutes to set the paste, reduce the heat and bake for 1 hour.
5. Serve with custard sauce.

*Method—dried fruit*

1. Dried fruit—wash and soak overnight.
2. Bring to boil and then simmer with the sugar for approximately 1 hour.
3. Allow to cool.

*Method—fresh fruit*

1. Peel and core, or wash (according to fruit used), apples, blackberries, plums, damsons, pears, gooseberries, etc.

## Recipe No.

**305. Fresh fruit pie**

Gooseberries or plums	Flour	.. ..	16 lb.
or cherries .. .. 20 lb.	Margarine	.. ..	6 lb.
Sugar .. .. 2 lb.	Baking powder	..	4 oz.
	Salt .. ..	..	1½ oz.

*Method*

Prepare a short pastry and proceed as for Recipe No. 295.

**306. Hot water pastry**

Flour .. .. 12 lb.	Water .. ..	4 pts.
Dripping .. .. 3 lb.	Salt	

*Method*

1. Boil the water, dripping and salt.
2. When boiling add the sifted flour (away from the fire or heat), stir well and knead with a wooden spoon until smooth.
3. Turn out into a clean receptacle.
4. Stand over boiling or hot water to keep warm until required.

**307. Jam turnovers**

Short pastry .. .. 8 lb.	Jam .. ..	4 lb.
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*Method*

1. Prepare short pastry (*see* Recipe No. 322).
2. Roll out pastry to thickness of  $\frac{1}{8}$  inch.
3. Cut with a 6-inch round cutter.
4. Place  $\frac{1}{2}$  oz. jam in centre.
5. Wash round sides and fold over, crimp edges.
6. Place on greased trays, milk wash and bake in moderate oven for 15 to 20 minutes.

**308. Jam puffs**

Flour .. .. 9 lb.	Filling jam .. ..	3 lb.
Margarine .. .. 6 lb.	Water .. ..	2½ pts.
Pinch of salt		

*Method*

1. Prepare a puff pastry (*see* Recipe No. 316).
2. Roll out approximately to  $\frac{1}{4}$  inch thickness and cut into 5 to 6 inch triangles.
3. Place a spoonful of jam in the centre, wet the edges and bring the points towards the centre, sealing them.

*Recipe No.*

4. Turn over and place on a baking sheet, brush over with little undiluted tinned milk or egg wash, sprinkle with sugar and bake in fairly hot oven for approximately 25-30 minutes..

**309. Jam tart**

Short pastry .. .. 8 lb.      Jam .. .. . 4 lb.

*Method*

1. Prepare a short pastry (*see* Recipe No. 322).
2. Line baking dishes or camp kettle lids with the pastry and prick the bottoms.
3. Spread the jam evenly in the trays.
4. Decorate the top with  $\frac{1}{4}$  inch strips of pastry.
5. Egg wash the pastry and bake in a quick oven for 20 to 22 minutes.

**310. Lemon curd tart**

Flan pastry .. ..	8 lb.	Fresh lemons ..	12
Sugar .. ..	3 $\frac{3}{4}$ lb.	or Fresh lemons and	5
Water .. ..	3 pts.	citric acid .. ..	$\frac{1}{4}$ oz.
Margarine .. ..	14 oz.	Cornflour .. ..	$\frac{3}{4}$ lb.
		Sprayed egg .. ..	9 oz.

*Method*

1. Prepare flan pastry (*see* Recipe No. 302).
2. Line trays with pastry, prick the bottom and bake in moderate oven.
3. Grate lemons and remove the juice, add water (2 pts.) margarine, and bring to the boil.
4. Reconstitute eggs and pour on lemon water, etc.
5. Return to stove and cook without boiling.
6. Dilute water and cornflour, and cook separately.
7. Add cornflour (cooked) to lemon, eggs, etc.
8. Distribute evenly into the trays and allow to set.

**311. Mincemeat**

Sugar .. ..	3 $\frac{1}{2}$ lb.	Sultanas .. ..	2 lb.
Fresh apples (peeled, chopped and cored)	9 lb.	or raisins .. ..	2 lb.
or dried apple rings (soaked and chopped)	3 lb.	Spice .. ..	$\frac{1}{4}$ oz.
Prunes (stoned and chopped) .. ..	4 lb.	Suet .. ..	12 oz.
or currants .. ..	4 lb.	Vinegar .. ..	1 pt.

*Recipe No.**Method*

1. Chop the suet, add the dry ingredients and apples.
2. Moisten with the vinegar and allow to stand.

*Note.*—Production 21 lb.

**312. Mince pies or tarts**

Mincemeat .. .. .	6 lb.	Flour .. .. .	8 lb.
		Salt .. .. .	1 oz.
		Margarine .. .. .	3 lb.
		Water for paste	

*Method*

1. Prepare a short pastry (*see* Recipe No. 322), roll out thinly and cut into 3½ inch rounds, moisten half of them with water and place a little mincemeat on each.
2. Place another round on each and press well down all round.
3. Wash with milk, sprinkle with sugar and allow ½ hour's rest before baking.
4. Can also be made on baking dishes or camp kettle lids and cut afterwards.

**313. Mock mince pies or tarts**

Flour .. .. .	8 lb.	Chopped apples .. .. .	3 lb.
Margarine .. .. .	3 lb.	Breadcrumbs .. .. .	8 oz.
Salt .. .. .	¼ oz.	Mixed spice .. .. .	1 oz.
Mincemeat .. .. .	3 lb.	Water for paste	

*Method*

As for Recipe No. 312.

**314. Manchester tart**

Short pastry .. .. .	8 lb.	Sprayed egg .. .. .	1 lb.
Jam .. .. .	1 lb.	Sugar .. .. .	2 lb.
Milk .. .. .	16 pts.		

*Method*

1. Prepare short pastry (*see* Recipe No. 322).
2. Roll out the pastry and line baking dishes or camp kettle lids.
3. Spread a little jam evenly on the bottom.
4. Pour in a prepared custard.
5. Bake in a slow oven for approximately 30 minutes.



*Recipe No.***315. Open fruit tart**

Sugar .. .. .	2 lb.	Flour .. .. .	8 lb.
Dried mixed fruits ..	16 lb.	Sugar .. .. .	1 lb.
		Margarine .. ..	3 lb.
		Salt .. .. .	1 oz.
		Water .. .. .	1 pt.

*Method*

1. Prepare the fruit, allow to cool.
2. Prepare a flan pastry (*see* Recipe No. 302).
3. Line greased plates, dishes or camp kettle lids, prick the bottoms and bake until half cooked.
4. Fill in the fruit and finish baking.

**316. Puff pastry**

Flour .. .. .	9 lb.	Pinch of salt	
Margarine .. .. .	6 lb.	Water .. .. .	2½ ptss

*Method*

1. Sieve the flour and salt, make a bay on a table, or slab, add the water and make into a stiff dough.
2. Cut across, open out the corners and rest the dough for ½ hour.
3. Make the margarine into a block with a little flour.
4. Roll out the corners of the paste so that the centre is double the thickness of the corners, place the margarine in the centre, fold over the four corners to completely cover the margarine.
5. Roll out (three times the length to the width), fold in three and roll out in the opposite direction.
6. Fold in three again and allow to rest in a cool place for 20 minutes.
7. Repeat this process again and allow to rest as before.
8. Roll out and fold again when the puff paste is ready for use.

**317. Pear and apricot pie**

Dried apricots .. .. .	5 lb.	Flour .. .. .	16 lb.
Fresh cooking pears ..	15 lb.	Margarine .. ..	6 lb.
Sugar .. .. .	2 lb.	Baking powder ..	4 oz.
		Salt .. .. .	1½ oz.

*Method*

1. Soak the apricots overnight.
2. Prepare the fresh pears.

*Recipe No.*

3. Place on to boil with the sugar and half cook.
4. Prepare a short pastry and proceed as for Recipe No. 322.

**318. Rhubarb turnovers**

Jam .. .. .	3 lb.	Short pastry ..	8 lb.
Rhubarb .. .. .	6 lb.		

*Method*

1. Prepare a short pastry (*see* Recipe No. 322).
2. Heat the jam.
3. Clean and chop the rhubarb and cook with jam until tender.
4. Proceed as for jam turnovers (*see* Recipe No. 307).

**319. Rhubarb pie**

Syrup .. .. .	3 lb.	Short pastry ..	8 lb.
Fresh breadcrumbs ..	1½ lb.	Rhubarb .. .. .	12 lb.

*Method*

1. Prepare a short pastry (*see* Recipe No. 322) and line baking dishes or camp kettle lids.
2. Add the rhubarb cut into one-inch lengths.
3. Heat the syrup, pour over the rhubarb and sprinkle with breadcrumbs.
4. Cover with a thin pastry and bake in a hot oven.

**320. Rhubarb rolls**

Rhubarb .. .. .	9 lb.	Short pastry ..	6 lb.
Sugar .. .. .	2 lb.		

*Method*

1. Prepare a short pastry (*see* Recipe No. 322).
2. Wipe the rhubarb and cut into 4-inch lengths; if stringy, remove the strings.
3. Roll out the pastry thinly and cut into strips of suitable length and width.
4. Sprinkle the rhubarb with sugar.
5. Roll each length of rhubarb into a strip of pastry sealing the edges with a little egg wash.
6. Bake in a hot oven for 15 to 20 minutes.

*Recipe No.***321. Substitute for baking powder**

Sodium acid phosphate	2 lb.	Dried flour	14½ oz.
Sodium bi-carbonate	1 lb. 2 oz.		

*Method*

1. In a perfectly clean and dry bowl mix the sodium acid phosphate (crushed to a powder if lumpy) with the dried flour.
2. Take 1 lb. of flour and dry out by spreading in trays and placing in an oven with a temperature of between 220° and 240°. Shake from time to time and do not allow to colour.
3. Add the sodium bi-carbonate gradually, and thoroughly mix to ensure even dispersal of all three ingredients.
4. Store in a clean dry tin.
5. Use in the same proportion as baking powder.

**322. Short pastry (for covering)**

Flour	8 lb.	Margarine	3 lb.
Salt	1 oz.	Water for paste.	

*Method*

1. Well mix the flour and salt.
2. Rub in the fat lightly and mix quickly to a stiff dough.
3. Keep in a cool place and use as required.

**323. Treacle tart**

Short pastry	8 lb.	Fresh breadcrumbs	4 lb.
Treacle or syrup	6 lb.	or breadcrumbs or	
Water	3 pts.	cake crumbs	5 lb.

*Method*

1. Prepare short pastry (*see* Recipe No. 322).
2. Line trays with short pastry and prick the bottoms.
3. Dissolve syrup and water and mix with the breadcrumbs or cake crumbs.
4. Place mixture into trays.
5. Egg wash edges of short pastry.
6. Bake in moderate oven 25 to 30 minutes.

## SWEETS—VARIOUS

Recipe No.

**324. Apple charlotte**

Apple rings .. .. .	8 lb.	Bread .. .. .	10 lb.
Breadcrumbs .. .. .	4 lb.	Cinnamon .. .. .	1½ oz.
Sugar .. .. .	2 lb.	Margarine .. .. .	1½ lb.

*Method*

1. Soak the apple rings overnight, drain and chop.
2. Heat the margarine, add the apple rings, and stew without taking colour, until tender.
3. Add the sugar, cinnamon, and breadcrumbs.
4. Cut the bread into slices after removing the crust.
5. Pass through melted margarine and line a baking dish, each slice overlapping by half.
6. Place the apple puree in the centre, cover with the crusts and bake in a moderate oven for approximately 1 hour.

**325. Apple fritters**

Apples (fresh) .. .. .	12½ lb.	Yeast .. .. .	2 oz.
Sugar .. .. .	2 lb.	Salt .. .. .	1 oz.
Flour .. .. .	6 lb.		

*Method*

1. Sift the flour into a basin, dilute the yeast with a little tepid milk.
2. Make a bay in the flour, add the salt and the diluted yeast, mix with a little flour to form a batter and allow to stand in a warm place for ½ hour.
3. Add remainder of the water and make into a batter with consistency to well coat the back of a spoon, allow to stand for ½ hour.
4. Peel and core the apples and cut into slices approximately ¼ inch thick, sprinkle with sugar.
5. Heat the fat, pass each slice of apple through the batter, wipe off surplus and drop into the hot fat.
6. Allow to fry approximately 5 minutes till tender and a golden brown.
7. Drain, sprinkle with sugar and serve.

*Recipe No.***326. Bread and jam fritters**

Bread .. .. .	16 lb.	Margarine .. .. .	2 lb.
Jam .. .. .	3 lb.	Milk .. .. .	6 pts
Sugar .. .. .	6 oz.	A few drops of	
Ground cinnamon ..	$\frac{1}{2}$ oz.	Vanilla essence	
Sugar for sprinkling ..	1 lb.	Custard sauce ..	16 ptss

**Batter**

Flour .. .. .	6 lb.	Milk .. .. .	6 pts
Yeast .. .. .	3 oz.	Salt .. .. .	1 ozz
Little egg colouring			

*Method*

1. Cut the loaves in half and then into slices, remove the crust and spread with margarine and jam and place two halves together to form a sandwich.
2. Prepare the yeast batter and let it stand for 1 hour.
3. Dissolve the sugar in tepid milk.
4. Melt the fat, pass the bread and jam sandwiches through the sweetened milk quickly, then through the batter and fry in deep fat to a golden colour.
5. Drain, arrange in serving dishes, sprinkle with sugar and cinnamon and serve with custard sauce (*see* Recipe No. 27).

**327. Baked apples and custard**

Apples .. .. .	35 lb.	Margarine .. .. .	2 lb.
Sugar .. .. .	2 lb.	Water .. .. .	4 pts
Custard sauce ..	16 pts.		

*Method*

1. Select apples, 3 to the lb.
2. Wash and wipe, remove the cores and cut round the skins; the centre with point of knife.
3. Place in a baking dish.
4. Mix sugar and margarine together and fill the centres with the mixture, moisten the bottom on the dish with  $\frac{1}{4}$  inch water and place in a slow oven to bake until cooked, basting from time to time.
5. The essence formed will become a syrup and glaze the apples. Serve in the dish, with a custard sauce (*see* Recipe No. 27).

*Recipe No.***328. Bread and butter pudding**

Bread .. .. .	16 lb.	Water for reconsti-	
Margarine .. .. .	2 lb.	tution .. .. .	16 pts.
Mixed fruits .. .. .	2 lb.	Milk powder .. .. .	2 lb.
Sugar .. .. .	1 lb.	or milk, fresh, or re-	
Custard sauce .. .. .	16 pts.	constituted tinned	
		milk .. .. .	16 pts.

*Method*

1. Reconstitute the milk powder.
2. Trim off crusts from bread and cut into thin half-slices spread thinly with margarine.
3. Arrange the slices in baking trays with slices overlapping.
4. Sprinkle with fruit.
5. Add sugar to the milk, and pour over the sliced bread and allow to soak for 30 minutes.
6. Pour the hot custard over (*see* Recipe No. 27).
7. Cook in a hot oven for approximately 45 minutes.

**329. Baked custard and stewed fruit****Custard**

Sprayed egg .. .. .	2½ lb.	Milk .. .. .	16 pts.
Sugar .. .. .	3 lb.	Flavouring	

*Method*

1. Reconstitute the sprayed egg.
2. Heat the milk and whisk on to the eggs and sugar.
3. Add flavouring to taste.
4. Pour into greased moulds, and place in trays of cold water and bake until set in a moderate oven.

**Fresh fruits**

1. Wash and pick over the fruit.
2. Top and tail gooseberries, remove stalk from currants, raspberries, etc., stone all stoned fruit, or peel, core and cut up apples and pears.
3. Place the fruit in camp kettles or other containers, add the sugar and cover with water.
4. Stew until tender and serve with custard sauce (*see* Recipe No. 27), both fruit and sauce being hot or cold as desired.

*Recipe No.***Stewed fruit**

Dried fruit and prunes	10 lb.	Soft fruit	.. .. 20 lb.
or gooseberries	.. 25 lb.	Stone fruit	.. .. 30 lb.
or rhubarb	.. .. 10 lb.	Sugar	.. .. 2 lb.
or fresh apples	.. 30 lb.		

*Method*

See Recipe No. 292 for dried fruits.

**330. Blancmanges****Fruit flavoured**

Milk and water	.. 16 pts.	Sugar or syrup	.. 1½ lb.
Cornflour	.. 2 lb.	Fruit essence and colouring	

*Method*

1. Bring to boil 14 pts. milk.
2. Mix cornflour with sugar or syrup and 2 pints milk.
3. Pour on the boiling milk, stirring with a wooden spoon.
4. Return to saucepan and stir until mixture boils.
5. Add essence and colouring and set in moulds (previously rinsed in cold water) and allow to set.
6. Turn out and serve with appropriate fruit sauce round if desired.

**Chocolate**

Milk and water	.. 16 pts.	Sugar or syrup	.. 1½ lb.
Custard powder	.. 2 lb.	Cocoa	.. 2 lb.
Margarine	.. 2 lb.		

*Method*

Similar to fruit flavoured, except that cocoa or chocolate powder is added to custard powder before mixing.

**331. Baked spiced bread pudding**

Bread (soaked)	.. 10 lb.	Margarine	.. .. 2 lb.
Sultanas	.. 2 lb.	Sugar	.. .. 2 lb.
Currants	.. 2 lb.	Treacle	.. .. 2 lb.
Mixed peel	.. ½ lb.	Mixed spice	.. 1 oz.
Custard sauce	.. 16 pts.	Salt	.. .. ¼ oz.

*Method*

1. Soak the bread in water, press out the moisture, and pass through a mincer.

*Recipe No.*

2. Cream the margarine, sugar, and warm treacle.
3. Add the bread a little at a time and thoroughly mix.
4. Chop the peel, and wash and pick the fruit.
5. Well mix all the ingredients and place into baking dishes or camp kettle lids.
6. Smooth the tops, sprinkle with a little sugar, and bake for 1 hour in a slow oven.
7. Cut into portions and serve with custard sauce (*see* Recipe No. 27).

**332. Chocolate mould**

Custard powder	..	2 lb.	Cocoa	..	..	1½ lb.
Sugar	..	2 lb.	Milk	..	..	20 pts.
Vanilla essence						

*Method*

1. Mix the custard and cocoa powders to a smooth paste with a little of the milk.
2. Bring remainder of the milk to the boil, add the paste, and cook for 5 minutes, adding the sugar and the essence to taste.
3. Pour into wet moulds and allow to set.

**333. Fruit custard pie**

Stale bread	..	7½ lb.	Jam	..	..	3 lb.
Milk	..	12 pts.	Fruit juice	..	..	4 pts.
Custard powder	..	1½ lb.	Sultanas	..	..	¾ lb.
Sugar	..	1½ lb.	Margarine	..	..	¾ lb.

*Method*

1. Remove the crusts and cut the bread thinly, lightly spread with margarine and jam, line baking trays and sprinkle with a little of the sultanas.
2. Moisten the remainder of the bread with the fruit juice and fill the trays in layers, sprinkling each layer with sultanas.
3. Finish with a layer of bread (jammed side down).
4. Allow to stand for 15 minutes.
5. Make the custard and pour over while hot, adding more custard until completely soaked.
6. Serve cold.



*Recipe No.***334. Fruit salad**

Mixed dried fruits	.. 10 lb.	Sugar	.. .. 2 lb.
		Custard sauce	.. 16 pts.

*Method*

1. Wash and place the mixed dried fruit into a large receptacle and cover with twice the volume of cold water.
2. Soak overnight.
3. Place on to boil, add the sugar and allow to simmer slowly for approximately 1 hour.
4. Allow to get cold and serve with custard sauce (*see* Recipe No. 27).

**335. Junket**

Rennet	1 x 16 oz. bott.	Sugar	.. .. 3 lb.
Grated nutmeg		Milk	.. .. 24 ptss

*Method*

1. Boil 12 pts. of milk and add to the remaining cold milk.
2. Stir in the rennet and run into the serving dishes.
3. Sprinkle with grated nutmeg and allow to cool. Serve cold.

**336. Lemon custard pie**

Sprayed egg	.. .. 12 oz.	Margarine	.. .. 1 lb.
Milk	.. .. 8 pts.	Potatoes	.. .. 2 lb.
Sugar	.. .. 3 lb.	Lemon essence (a few drops)	
		Short pastry	.. 8 lb.

*Method*

1. Cook the potatoes and mash thoroughly to a smooth paste.
2. Reconstitute the egg.
3. Add the milk slowly to the potatoes. Add the sugar and margarine, stir in the reconstituted egg, lemon essence and slowly heat until it thickens, stirring continuously.
4. Prepare a short pastry (*see* Recipe No. 322), line baking dishes or camp kettle lids, prick the bottoms, and partly bake.
5. Remove the pastry from the ovens, pour in the mixture evenly and return to the oven for 15 minutes.

**337. Lemon and fruit pudding**

Dried fruits (prunes, apricots or peaches)	8 lb.	Baking powder	.. 3 oz.
Sugar	.. .. 3 lb.	Margarine	.. .. 2 lb.
Flour	.. .. 6 lb.	Sprayed egg	.. 8 oz.
Lemon essence (a few drops)		Milk for mixing	
		Salt	

*Recipe No.**Method*

1. Soak the fruit overnight, drain and line the bottom of baking dishes.
2. Well mix the salt, flour and baking powder.
3. Reconstitute the egg.
4. Cream the margarine and sugar, beat in the reconstituted eggs, fold in the flour, adding a little milk if required and essence to taste.
5. Put the mixture evenly on top of the fruit, and bake in a moderate oven for approximately 45 minutes to one hour.

**338. Mock trifle**

Flour .. ..	.. 4½ lb.	Margarine .. ..	.. 1½ lb.
Custard powder .. ..	.. 1½ lb.	Sugar .. ..	.. 1½ lb.
Milk .. ..	.. 5½ pts.	Baking powder .. ..	.. 8 oz.
Pinch of salt		Jam for filling .. ..	.. 2 lb.

**Custard**

Milk .. ..	.. 18 pts.	Custard powder .. ..	.. 2 lb.
Sugar .. ..	.. 1½ lb.		

*Eggless sponge method*

1. To prepare an eggless sponge, grease and flour the baking sheet.
2. Rub the margarine into flour.
3. Add custard powder, baking powder and salt and mix together.
4. Dissolve the sugar in tepid milk and lightly mix in the dry ingredients.
5. Spread into the prepared baking sheets and bake in a fairly hot oven, then reduce the heat until firm to the touch (35 to 40 minutes). Allow to cool.
6. Split and spread with jam, cut into 100 equal portions and arrange in the serving dishes.
7. Soak with syrup made with diluted jam, or syrup from the fruit (tinned or stewed) and stand until absorbed (10 minutes).
8. Cover with boiling hot custard and stand until set.
9. Arrange fruit on top or sprinkle with cake crumbs and decorate with mock cream.

*Recipe No.**Another method*

Jam . . . . . 2 lb.

Prepare a basic sponge mixture (*see* Recipe No. 347), and a custard as for Recipe No. 27, and proceed as above.

*Another method*

Slab cake (or diced crustless bread) . . . . .	10 lb.	Milk . . . . .	20 pts.
Jam . . . . .	2 lb.	Sugar . . . . .	2 lb.
Custard powder . . . . .	2 lb.	Water . . . . .	3 pts.

1. Slice cake thinly and cut into 4-inch squares.
2. Add the water to the jam and bring to the boil.
3. Soak the cake with the liquid.
4. Lightly grease baking trays, layer the bottoms and line the sides with cake.
5. Fill the trays with the remainder of the cake.
6. Make a custard (*see* Recipe No. 27) and pour gradually and evenly over.
7. Leave to soak for  $\frac{1}{2}$  hour adding more custard if required.
8. Allow to set ; then turn out.

**339. Pancakes**

Flour . . . . .	4 lb.	A little egg colour	
Baking powder . . . . .	8 oz.	Salt . . . . .	1 oz.
Milk powder . . . . .	8 oz.	Water . . . . .	8 pts.
Custard powder . . . . .	4 oz.	Lard or dripping for greasing the pans	

*Method*

1. Thoroughly mix the dry ingredients.
2. Add the water gradually and mix to a smooth batter.
3. Allow to stand covered for 1 hour.
4. Take frying pans with a little lard or dripping in each.
5. Heat the pans and run out the surplus margarine.
6. Tilt the pan and run in sufficient batter to thinly cover the bottom of the pan (use a ladle).
7. Allow to colour, toss, and cook the other side.
8. Turn out on a plate and keep covered and hot until all are cooked.
9. Roll up, or fold into four, and serve. If made in a large pan, cut into sections before serving.

These pancakes can be varied by adding dried fruits to the dry mixture, served with a little sugar, or spread with jam.

## Recipe No.

## 340. Rice and chocolate mould

Rice .. .. .	4 lb.	Cocoa .. .. .	8 oz.
Sugar .. .. .	3 lb.	Milk .. .. .	16 pts.
Sprayed egg .. .. .	10 lb.	Chocolate sauce .. .. .	8 pts.

*Method*

1. Dilute the cocoa with 1 pt. of milk.
2. Bring remainder of milk to the boil, and stir in the prepared cocoa.
3. Rain in the rice and simmer for 1 hour without stirring.
4. Reconstitute the egg and add the sugar.
5. Stir on the boiling rice and when thoroughly mixed, turn into greased moulds or basins and set.
6. Serve with the chocolate sauce (*see* Recipe No. 28).

## 341. Rhubarb and bread pudding

Rhubarb .. .. .	12 lb.	Sultanas .. .. .	2 lb.
Syrup .. .. .	2 lb.	Custard powder .. .. .	1 lb.
Water .. .. .	1½ pts.	Sugar .. .. .	1 lb. 6 oz.
Bread .. .. .	5 lb.	Milk .. .. .	9 pts.
Lemon essence (a few drops)			

*Method*

1. Clean the rhubarb and cut into inch lengths.
2. Bring to the boil the rhubarb and syrup in the water, then withdraw from the heat and add the essence.
3. Add the sultanas and turn into well greased baking dishes.
4. Slice the bread thinly and cover the dishes.
5. Pour the custard over and bake in a hot oven for 20 minutes.

## SECTION 23

## CAKES

When sprayed eggs are used in making cakes, it is important to remember that in reconstitution an exact amount of water should be used—to every 4 oz. of powder, 2/3rd pt. of water. When reconstituting, work out the lumps on the side of a bowl or basin with a spoon and whisk afterwards. *Do not reconstitute the powder until required for immediate use.* If available, pass the prepared egg through a strainer.

Immediately the ingredients have been mixed, place in the oven to bake. If allowed to remain standing after moisture has been added, the cake will be heavy.

Oven heats are all important, regulated by the size and consistency of the cakes to be baked. Small cakes require quick baking, but larger ones require a slower oven. A light mixture needs a fast oven, while a fruity mixture of equal size must go into moderate heat.

To ascertain whether cakes are sufficiently baked, thrust a wooden, or clean metal, skewer into them. It should come out clean.

Should the tops of the cakes take too much colour, cover them with a sheet of paper.

Always close the oven door gently, and open it as little as possible ; never before 10 minutes have elapsed after small cakes have been put in, or for 20 minutes in the case of large cakes.

Make quite certain that dried fruit ingredients are well washed, picked over and dried in a clean cloth before using.

Be careful when adding flavourings and colourings. In the case of flavourings, first add only a few drops ; then taste the mixture, adding a little more if required.

Lastly, when removing cakes from the oven, stand them on their side or on a wire frame, in order to allow heat and steam to disperse.

### *Recipe No.*

#### **342. Basic small cake mixture**

Flour .. .. .	6 lb.	Salt .. .. .	$\frac{1}{8}$ oz.
Baking powder .. .. .	3 oz.	Milk .. .. .	2 pts.
Margarine .. .. .	$1\frac{1}{2}$ lb.	Sprayed egg .. .. .	8 oz.
Sugar .. .. .	$1\frac{1}{2}$ lb.		

#### *Method*

1. Mix the baking powder and flour and sift.
2. Rub in the margarine finely.
3. Make a bay and place in the sugar and salt.
4. Pour in the milk and reconstituted egg and dissolve the sugar and salt.
5. Mix to a smooth dough.

#### **343. Chocolate scones**

(In addition to basic ingredients—1 lb. cocoa powder.)

#### *Method*

When mixing the dry ingredients incorporate the cocoa powder.

*Recipe No.***344. Cheese scones**

(In addition to the basic ingredients— $1\frac{1}{2}$  lb. of cheese and a pinch of cayenne pepper. Delete from the basic ingredients the sugar.)

*Method*

1. Grate the cheese and mix with the dry ingredients.
2. When cooked and cold, split on the side and fill with chopped watercress, or chopped egg and cress or mock mayonnaise.

**345. Chocolate buns**

(Substitute 6 oz. of cocoa powder for 6 oz. of flour in the basic ingredients.)

*Method*

1. Mix the cocoa powder with the flour, etc.
2. Make dough in usual manner and break into 100 equal sized pieces and roll into balls.
3. Roll into finger shape slightly flattened, wash with milk and dip in sugar.
4. Place on baking trays, mark with the back of a knife and bake in a hot oven.

**346. Milk scones***Method*

1. Roll out the dough to  $\frac{1}{2}$  inch in thickness and cut into rounds.
2. Place on greased baking trays and wash over with a little milk.
3. Bake in a hot oven for 15 to 20 minutes.

**347. Rock cakes**

(In addition to basic ingredients—1 lb. currants and 6 oz. chopped peel.)

*Method*

1. Add the currants and peel to the dough and break into 100 rough pieces of equal size.
2. Place on baking trays, wash over with milk and bake in a hot oven.

*Recipe No.***348. Raspberry buns**

(In addition to the basic ingredients—1 lb. sugar, 1 oz. flour and  $\frac{1}{2}$  lb. jam.)

*Method*

1. Divide the dough into 100 equal sized pieces, mould into balls and place on a lightly floured board.
2. Flatten with the hand and wash with diluted milk.
3. Dip in sugar and flour mixed, place on baking trays, press a hole in the centre of each with a finger.
4. Fill the hole with jam and bake in a hot oven.

**349. Sultana scones**

(In addition to basic ingredients—1 lb. sultanas.)

*Method*

1. Add the sultanas to the dough.
2. Roll out to  $\frac{1}{2}$  inch in thickness and cut into rounds.
3. Place on greased trays, wash over with milk and bake in a hot oven.

**350. Sultana rounds**

(In addition to basic ingredients—1 lb. sultanas.)

*Method*

1. Add the sultanas to the dough.
2. Proceed as for Recipe No. 349; divide into 25 rounds.
3. Place on greased baking trays, mark each round with a cross, wash over with milk and bake in a moderate oven.

**351. Tea scones***Method*

1. Divide the dough into 25 equal sized pieces and mould into balls.
2. Roll out to  $\frac{1}{2}$  inch in thickness, cut into four and place separately on greased baking trays.
3. Wash over with a little milk.
4. When half baked, turn over.

*Recipe No.***352. Apple squares**

Flour .. .. .	16 lb.	Apple rings.. ..	10 lb.
Margarine .. ..	6 lb.	or cooking apples ..	30 lb.
Salt .. .. .	2 oz.	Sugar .. .. .	2 lb.
Water for pastry		Cloves .. .. .	12

*Method*

1. Soak the apple rings overnight (or peel and core the cooking apples), add sugar and cloves, then cook. When cooked, remove cloves and chop.
2. Prepare a short pastry (see Recipe No. 321) and roll out.
3. Line baking dishes or camp kettle lids with the pastry and prick all over with a fork.
4. Spread the apples over the pastry, sprinkle with sugar, and cover with pastry.
5. Mark the top into squares, brush over with milk and bake.

**353. Banbury cakes**

Flour .. .. .	8 lb.	Stale cake crumbs ..	2 lb.
Margarine .. ..	3 lb.	Sugar .. .. .	1½ lb.
Pinch of salt		Sultanas .. .. .	2 lb.
Currants .. .. .	2 lb.	Mixed spice .. .. .	1 oz.
Water (approx.)	2½ pts.		

*Method*

1. Make a short pastry (see Recipe No. 322).
2. Allow to relax, roll out approximately  $\frac{1}{4}$  inch thick and cut into rounds about 4 inches in diameter.
3. Prepare a mixture of currants, sultanas, stale cake crumbs, sugar and mixed spice.
4. Place a little of this mixture in the centre of each round of paste.
5. Wet the edges, bring together, making a point at each end, turn over and make two or three incisions with the point of a knife.
6. Brush over with milk, dip in sugar, place on a baking sheet and bake in a normal oven for 25 minutes until golden in colour.



*Recipe No.***354. Basic sponge mixture**

Sugar .. .. .	2½ lb.	Salt .. .. .	½ oz.
Milk .. .. .	4 pts.	Baking powder ..	4 oz.
Sprayed eggs ..	4 oz.	Flour .. .. .	4 lb.

*Method*

1. Reconstitute the dried egg with ½ pt. milk.
2. Add the sugar and beat to a creamy consistency.
3. Add the remainder of the milk.
4. Fold in the flour, baking powder and salt.
5. Bake in well greased dishes in a very hot oven.

*Note.*—This sponge mixture can form the basis of trifles, and when intended as a cake, split along its length and fill with a suitable filling.

**355. Chocolate sponge**

As for Recipe No. 354, using in addition 8 oz. of margarine but a little less milk.

Bake in greased tins filled to a depth of ½ inch.

Turn out, spread one piece with jam, place another piece on top, and allow to cool.

**356. Choux paste for cream buns and eclairs (for small menses)**

Sprayed eggs for reconstit- ution .. .. .	8 oz.	Flour .. .. .	12 oz.
Water .. .. .	1¼ pt.	Water .. .. .	1 pt.
Margarine .. .. .	½ lb.	Sugar .. .. .	1 oz.

*Method*

1. Place the margarine, sugar and water in a pan, bring to the boil, then remove.
2. Add the flour and mix quickly with a wooden spoon, then put back on the fire and mix until the mixture leaves the pan.
3. Reconstitute the eggs, withdraw the pan from the fire, and add the eggs gradually, working to a smooth paste.
4. Pipe on to lightly greased baking sheets and place in a medium oven. Cook until firm and dry.

*Note.*—Coat the eclairs with chocolate (*see* Recipe No. 382) and fill with a cream filling (*see* Recipe No. 393).

*Recipe No.***357. Eccles cakes**

Puff pastry .. ..	8 lb.	Cake crumbs .. ..	2 lb.
Currants .. ..	2 lb.	Sugar .. ..	1½ lb.
Sultanas .. ..	2 lb.	Mixed spice .. ..	1 oz.

*Method*

1. Prepare a puff paste (*see* Recipe No. 316).
2. Mix all fruits, sugar, crumbs and spice together.
3. Roll out pastry to a thickness of  $\frac{1}{8}$  inch.
4. Cut into 4-inch rounds.
5. Place approximately 2 oz. mixture in the centre.
6. Wash sides and bring them to the centre.
7. Turn over and flatten slightly.
8. Sprinkle with sugar and bake in moderate oven 15 to 20 minutes.

**358. Parkin**

Oatmeal .. ..	2 lb.	Sugar .. ..	1 lb.
Flour .. ..	2 lb.	Mixed spice .. ..	1 oz.
Margarine .. ..	1 lb.	Ground ginger .. ..	1 oz.
Golden syrup .. ..	1 lb.	Baking powder .. ..	2 oz.

*Method*

1. Mix the spice, sugar, baking powder, oatmeal and flour.
2. Rub in the margarine, add the syrup and make a dough.
3. Roll out, cut into rounds, place on greased baking dishes or camp kettle lids and bake to a golden brown in a moderate oven.

**359. Steamed cake**

Flour .. ..	6 lb.	Baking powder .. ..	4 oz.
Fat .. ..	1 lb.	Dried egg .. ..	6 oz.
Sugar .. ..	2 lb.	Syrup .. ..	1 lb.
Cocoa .. ..	1 lb.	Milk .. ..	3 pts.
Salt .. ..	1 oz.	Flavouring essence (a few drops)	

*Method*

1. Mix all dry ingredients, rub in the fat and add the milk and syrup.
2. Place in baking trays, and cover with greased paper.
3. Steam for one hour.

*Recipe No.*

4. Remove from the steam and allow to stand for 15 minutes.
5. Remove cake from the tin and stand it upside down to cool.

*Note.*—This cake can be split and filled with butter cream and covered with chocolate coating (*see* Recipes Nos. 391 and 392).

**360. Soda cakes**

Flour	.. ..	8 lb.	Ground ginger	.. ..	2 oz.
Margarine	.. ..	2 lb.	Bicarbonate of soda	.. ..	2 oz.
Sultanas	.. ..	2 lb.	Sugar	.. ..	2 lb.
Milk	.. ..	5 pts.	Sprayed egg	.. ..	$\frac{1}{2}$ lb.
			Salt	.. ..	1 oz.

*Method*

1. Rub margarine, salt and flour together.
2. Add sugar, ginger and sultanas.
3. Reconstitute the egg with one pint of milk.
4. Dissolve the soda in the milk.
5. Add milk and egg to the dry ingredients and mix well.
6. Spread into greased baking dishes or camp kettle lids to a depth of 2 inches and smooth over with a little milk.
7. Bake in a moderate oven for one hour.

**361. Shrewsbury biscuits**

Flour	.. ..	4 lb.	Margarine	.. ..	3 lb.
Dry mashed potatoes	.. ..	2 lb.	Caraway seeds	.. ..	2 oz.
Sugar	.. ..	$1\frac{1}{2}$ lb.			

*Method*

1. Mix the flour, potatoes and caraway seeds.
2. Cream the margarine and sugar and blend with the dry mixture.
3. Knead until smooth.
4. Roll out  $\frac{1}{4}$  inch in thickness and cut into rounds.
5. Bake in a moderate oven for 40 minutes.

**362. Shortbreads (oatmeal and chocolate)**

Flour	.. ..	2 lb.	Cocoa	.. ..	$\frac{1}{2}$ lb.
Oatmeal	.. ..	2 lb.	Margarine	.. ..	2 lb.
Sugar	.. ..	$1\frac{1}{2}$ lb.			

*Method*

1. Mix the cocoa powder, oatmeal and flour.

*Recipe No.*

2. Cream the margarine and sugar, add the flour and cocoa powder and work to a firm paste.
3. Roll out to  $\frac{1}{2}$  inch in thickness, cut into 3-inch rounds and bake in a slow oven.

**363. Shortbreads**

Flour .. .. .	5 lb.	Sugar .. .. .	1 $\frac{1}{2}$ lb.
Margarine .. .. .	3 lb.	Salt .. .. .	$\frac{1}{2}$ oz.

*Method*

1. Cream the margarine and sugar.
2. Work in the dry ingredients and knead until the mixture binds. (Add no liquid.)
3. Roll out  $\frac{1}{4}$ -inch in thickness and cut into fingers.
4. Place on lightly greased trays, baking dishes or camp kettle lids, and prick with a fork.
5. Bake in a moderate oven for 15 to 20 minutes.

**364. Shortcake (chocolate)**

Flour .. .. .	6 lb.	Sugar .. .. .	2 $\frac{1}{4}$ lb.
Margarine .. .. .	4 lb.	Cocoa .. .. .	$\frac{3}{4}$ lb.

*Method*

1. Well mix the flour and cocoa.
2. Cream the margarine and sugar, and rub into the flour to make a firm paste.
3. Roll out  $\frac{1}{2}$  inch thick, cut into squares or rounds of about 2 inches, and bake in a medium oven.

**365. Swiss roll (chocolate)**

Flour .. .. .	4 lb.	Cocoa .. .. .	8 oz.
Baking powder .. .. .	8 oz.	Sprayed eggs .. .. .	4 oz.
Sugar .. .. .	2 $\frac{1}{2}$ lb.	Milk .. .. .	2 $\frac{1}{2}$ pts.
		Jam .. .. .	4 lb.

*Method*

1. Well mix flour, baking powder and cocoa.
2. Reconstitute the eggs with  $\frac{1}{2}$  pint of milk.
3. Beat up the eggs, sugar and remainder of the milk.
4. Mix all the ingredients.
5. Thinly spread into greased camp kettle lids or baking dishes and bake in a very hot oven.

*Recipe No.*

6. Turn out on to paper or a cloth and sprinkle with crushed sugar.
7. (a) Spread with jam and roll up, or  
(b) cover with a damp cloth until cold and spread with butter cream or mock cream, then roll up.

**366. Syrup cakes**

Flour .. .. .	6 lb.	Sprayed eggs ..	$\frac{1}{4}$ lb.
Syrup .. .. .	3 lb.	Baking powder ..	$1\frac{1}{2}$ lb.
Sugar .. .. .	1 lb.	Margarine .. ..	$1\frac{1}{2}$ lb.
Milk .. .. .	1 pt.	Salt .. .. .	1 oz.

*Method*

1. Mix the flour, salt, baking powder and sprayed egg thoroughly.
3. Warm the syrup, sugar, milk and margarine.
4. Add to the dry ingredients and mix.
5. Place into greased baking dishes or camp kettle lids, and bake for 35 minutes in a moderate oven.

**YEAST PRODUCTS**

The use of yeast in the Army for the production of bun and other doughs is an important one. It enables the cook to provide a wider range of cakes and other goods for the tea and supper meal and to include such a variety of items for the haversack ration which would not otherwise be possible.

By the use of yeast in the making of pudding crusts and rolls as well as cakes and buns, the amount of fat used is cut down to a very small proportion—an extremely important factor in war time, having regard to the lesser amount of fats obtainable from boneless meat issues, and fat availability generally.

The introduction of variety and colourfulness into army dietary where static conditions prevail, is extremely welcome, and with a little imagination on the cook's part no diet need be monotonous.

The yeast purchased by units from the N.A.A.F.I. is compressed, and has the advantage over derivatives of brewers' yeasts, in that it works faster and is more reliable. When fresh the colour is light buff, which grows browner with age. It has the consistency of soft cheese, dissolves readily in the mouth and has a not unpleasant flavour or odour.

It is most essential that compressed yeast is kept in a cool store, as otherwise it will not remain sound for more than a few days. An unglazed earthenware jar is the best container.

## YEAST—EFFECT OF WRONG TREATMENTS IN DOUGHS

### 1. If the yeast is used

- (a) *Too hot.*—If the liquor is too hot, for example over 120° F., the yeast plant is killed and the yeast loses all its fermenting power. A hard and fast rule for the temperature cannot be determined to cover all circumstances, but must be varied according to the prevailing temperature of the room. In hot weather, doughs are made at a lower temperature, in cold weather, at a higher temperature.
- (b) *Too cold.*—The action of the yeast (which finds its best field of fermentation at a temperature of about 90° F.) is considerably retarded and in long process or with weak yeast, bacteriological changes (ROPE) may occur and sour dough may result.
- (c) *Too stale.*—A brown discolouration is a sign of age and loss of strength. Cool storage will keep it sound for several days; cold storage for several weeks.

### 2. If in the making of the dough you use

- (a) *Too much liquor.*—The dough would be too slack and would not acquire any stability. Stickiness would also result, because the gluten in the flour would not be able to absorb all the liquor. (Flat buns would be the result.)
- (b) *Too little liquor.*—The dough would be too stiff and the gas would not have the strength to expand the cells, which would lack elasticity. (Small buns would result.)

### 3. If the dough is

- (a) *Too little worked.*—The dough will not handle easily, will stick to the boards and will not retain shape after moulding. The dough is sufficiently worked when it ceases to stick to the hands.
- (b) *Too little proved.*—The dough is termed “green”. Buns will be small in size and compact in texture, will colour quickly in the oven and will go stale in a very short time.
- (c) *Too much proved.*—The dough becomes sour, collapses at the least touch, and does not take the colour in the oven because all the sugar has been eaten up by the yeast.

### 4. If the oven is

- (a) *Too hot.*—The oven will leave the texture in a doughy condition in the centre of the buns. Although a hot oven is required it should not exceed 550° F.
- (b) *Too cold.*—A cold oven will dry up the buns and offset the object of a bun, which is sponginess.

### 5. If the quantity of the salt used is

- (a) *Too little*.—Products will lack flavour. Salt gives flavour ; has beneficial effect on gluten, checks wild yeast and improves the colour in baking.
- (b) *Too much*.—Checks the yeast without destroying it and considerably retards its action.

#### Recipe No.

#### 367. Basic yeast dough

Flour .. .. .	7 lb.	Milk .. .. .	3½ pts..
Sugar .. .. .	7 oz.	Fat .. .. .	7 oz.
Yeast .. .. .	3½ oz.	Salt .. .. .	1 oz.
		Egg colour (few drops)	

#### Method

1. Sieve flour and salt.
2. Rub in fat.
3. Make a bay.
4. Put sugar into middle of the bay.
5. Dissolve yeast and colour in lukewarm water, milk, or milk and water.
6. Pour liquor over sugar.
7. Mix until the dough leaves the hands clean.
8. Let prove until dough has doubled its size.
9. Knock back and mould into 100 pieces of the desired shape.
10. Let prove until pieces have doubled their size.

#### 368. Bath buns

#### Method

1. Add 1 lb. of sultanas and ½ lb. of candied peel to the dough before the first rest.
2. Brush over (after moulding) with a little milk, sprinkle sugar on each and bake in a hot oven.

#### 369. Chelsea buns

#### Method

1. After scaling, roll out, brush over with melted margarine; sprinkle with 1 lb. currants, a little sugar and cinnamon mixed, make into a roll, cut in portions, place upright on a baking tray.
2. Prove in a warm place.
3. Bake off in a hot oven.

*Recipe No.***370. Currant buns***Method*

1. Add  $\frac{1}{2}$  lb. currants to the dough and stand in a warm place.
2. Fold and stand again.
3. Scale off and roll into balls.
4. Place on lightly greased baking trays and stand again for 20 minutes.
5. Bake in a hot oven.

**371. Danish buns**

Sultanas . . . . .  $\frac{3}{4}$  lb.      Jam . . . . .  $\frac{3}{4}$  lb.

*Method*

1. Prepare a dough and, when ready for moulding, roll out lengthways (oblong in shape),  $\frac{1}{4}$  inch in thickness and 12 inches in width.
2. Spread a 3-inch strip of jam down the centre and sprinkle with sultanas.
3. Fold over into three layers, roll out carefully to  $\frac{1}{2}$  inch in thickness, cut into strips  $1\frac{1}{2}$  inches in width, then place on trays  $\frac{1}{2}$  inch apart and allow to prove.
4. Bake in a hot oven for approximately 20 minutes.
5. Brush over with a bun wash.

**372. Doughnuts***Method*

1. Drop into hot fat and fry for 20 minutes, turning over in the fat to acquire an even golden colour.
2. Drain on a cloth and roll in sugar.
3. Currants and other fruit can be added before moulding, or split on the side and filled with pastry cream. For further variation, a small hole can be made after frying, jam inserted with a paper cone, and afterwards rolled in sugar.

**373. Jam (or Devonshire) splits**

Jam . . . . .  $1\frac{1}{2}$  lb.

*Method*

1. Prepare a dough and, when ready for moulding, divide into 100 pieces and mould into oval shapes.
2. Place on trays  $\frac{1}{2}$  inch apart and allow to prove.
3. Bake in a hot oven for approximately 20 minutes.



*Recipe No.*

4. When cold, split open on one side and spread jam in the cut.

*Note.*—The addition of a cream filling will improve. (See Recipe No. 394.)

**374. Bread rolls**

Flour .. .. .	8 lb.	Salt .. .. .	½ oz.
Yeast .. .. .	4 oz.	Water .. .. .	3 pts.

*Method*

1. Well mix the flour and put in a warm place.
2. Dilute the yeast with the tepid water.
3. Make a well with the flour, place in the diluted yeast and mix with a little flour to make a light batter; cover with a little flour and allow to prove in a warm place covered for ½ hour until the ferment breaks through.
4. Add the salt, work in the flour to form a dough and place to prove again.
5. Place on a floured table or slab and roll out to shape desired.
6. Place on baking trays, cover with a cloth and allow to prove again in a warm place.
7. If a steamer is available, pass through for 2 minutes and then bake in a fairly hot oven for 10 to 12 minutes.
8. If no steamer is available, place a little water in the bottom of the oven to create steam.
9. Bake the rolls and allow to stay in the oven a few minutes with the door ajar to dry off.

**375. Cheese rolls***Method**Rolls*

1. Prepare oval-shaped rolls; ingredients and method as for Recipe No. 374.
2. Prepare a filling as follows and fill the rolls after splitting.

*Filling*

Grated cheese .. .	2 lb.	Cold dry mashed	
Milk .. .. .	2½ pts.	potatoes .. .. .	3 lb.
Bottled sauce .. .	¼ pt.	Chopped onion .. .	2 oz.
Salt and pepper			

*Method*

Mix all ingredients, adding the milk and seasoning.

*Recipe No.***376. Cheese and potato scones**

Flour .. .. .	3 lb.	Yeast .. .. .	1½ oz.
Dry mashed potatoes	4 lb.	Water .. .. .	¼ pt.
Grated cheese ..	1½ lb.	Seasoning (nutmeg)	

*Method*

1. Rub potatoes into flour, add salt, pepper, and a pinch of nutmeg.
2. Add grated cheese and mix together.
3. Make a bay, dissolve yeast in the water (90°) and mix to a stiff dough.
4. Allow to prove gently.
5. Knock back, roll out on a well-floured board and cut into rounds 1 inch thick.
6. Place on greased baking sheets and allow to prove; then cook in a fast oven.

**377. Fruit yeast cake**

Flour .. .. .	7 lb.	Ground ginger ..	4 oz.
Yeast .. .. .	3½ oz.	Sultanas .. .. .	3 lb.
Salt .. .. .	1 oz.	Sugar .. .. .	2 lb.
Sprayed egg ..	4 oz.	Margarine .. ..	1 lb.
Milk .. .. .	3 pts.		

*Method*

1. Mix the salt, flour and ginger.
2. Cream the yeast with a little of the milk and all the sugar.
3. Reconstitute the egg.
4. Add the yeast and the egg to the flour and mix to a light dough with the remainder of the milk.
5. Cover with a cloth and put in a warm place for an hour.
6. Turn out on to a floured board and rub in the margarine and fruit.
7. Half fill baking dishes or camp kettle lids and allow to rise in a warm place until it has doubled its bulk.
8. Bake in a hot oven.

**378. Fruit pudding**

Yeast .. .. .	4 oz.	Water (tepid) ..	4 pts.
Flour .. .. .	9 lb.	Salt .. .. .	1 oz.
Sugar .. .. .	9 oz.	Fruit .. .. .	2 lb.

*Recipe No.**Method*

1. Make a dough with the yeast, flour, sugar, salt and water. Prove and knock back.
2. Add raisins or other fruit.
3. Divide into 16 equal-sized pieces and place into greased baking dishes or camp kettle lids and allow to prove.
4. Cover with a lid and steam or boil slowly for 2 hours.
5. Cut carefully with a sawing action. Do not exert pressure.

**379. Jam or syrup roll**

Ingredients as for Recipe No. 378, with 4 lb. of jam or syrup in lieu of the fruit.

*Method*

1. Make a basic dough prove ; then knock back.
2. Roll out the dough 1 inch longer than the length of the baking dishes or camp kettle lids to be used, and 12 inches wide.
3. Spread with jam or syrup, turn in the edges ; wet the opposite edge to ensure sealing, and roll up.
4. Cover with a lid and steam for 2 hours.
5. Remove and cut carefully.

**CHRISTMAS CAKES***Recipe No.***390. Recipe "A"**

Flour .. .. .	6 lb.	Milk .. .. .	2 pts.
Lard or margarine .. .	4 lb.	Bicarbonate of soda	$\frac{3}{4}$ oz.
Sugar .. .. .	$3\frac{3}{4}$ lb.	Spice .. .. .	$\frac{1}{4}$ oz.
Mixed fruit .. .. .	6 lb.	Ground ginger .. .	$\frac{1}{8}$ oz.
Sprayed egg .. .. .	$\frac{3}{4}$ lb.		
Water for reconstitution .. .	$1\frac{1}{2}$ pts.		

*Method*

1. Cream the sugar and fat.
2. Add the fruit, spice, ginger, flour and the reconstituted well beaten eggs.
3. Lastly add the milk with the soda dissolved in it.

# BASIC SLAB CAKE MIXTURE

Recipe No.		Flour	Margarine	Sugar	Sprayed egg	Milk	Sultanas	Raisins	Curants	Caraway	Essences	Mixed fruit	Chopped dates	Chopped figs	Baking powder	Salt	Ground ginger
		lb.	lb.	lb.	oz.	pts.	lb.	lb.	lb.	oz.		lb.	lb.	lb.	oz.	oz.	oz.
380	Carraway ..	9	4	4	12	4				4					4½	2	
381	Chocolate ..	9	4	4	12	4									4½		
382	Currant ..	9	4	4	12	4			4						4½		
383	Date ..	9	4	4	12	4							4		4½		
384	Fig ..	9	4	4	12	4								4	4½		
385	Ginger..	9	4	4	12	4									4½		
386	Mixed fruit ..	9	4	4	12	4						4			4½		
387	Madeira ..	9	4	4	12	4					2 or 3 drops				4½		6
388	Raisin ..	9	4	4	12	4		4							4½		
389	Sultana ..	9	4	4	12	4	4								4½		

- Method.*—1. Sift together baking powder, flour and salt.  
 2. Cream the margarine and sugar until light, add reconstituted egg a little at a time, beating continually.  
 3. Add a little egg colour to the milk and gradually beat into the mixture, alternatively with the flour until all are absorbed.  
 4. Add the fruit or other flavouring.  
 5. Place the mixture in baking trays, smooth the top with a little milk and bake for about 2 hours in a moderate oven.

*Recipe No.*

4. Bake for 3 hours in a slow oven.
5. This mixture can be made into slab cake form or baked in a number of small moulds and will produce approximately 100 × 3 oz. portions.

**Recipe "B"**

Margarine .. .. .	1 lb.	Dried egg .. .. .	6 oz.
Sugar .. .. .	1 lb.	Water for reconsti-	
Flour .. .. .	1½ lb.	tution .. .. .	¾ pt.
Salt		Baking powder .. .. .	½ oz.
Vanilla essence		Fruit (sultanas,	
Grated rind of 1 lemon		mixed peel,	
and 1 orange		currants) .. .. .	1½ lb. ..

(This mixture is sufficient for one 6-lb. cake or three 2-lb. cakes.)

*Method*

1. Cream margarine and sugar.
2. Add reconstituted egg little by little.
3. Fold in the flour lightly (baking powder and salt incorporated).
4. Add the fruit and essence.
5. Place mixture into prepared tins.
6. Bake for approximately 2½ hours in a moderate oven.

## CREAM AND OTHER FILLINGS AND COATINGS FOR BUNS AND CAKES

**391. Butter cream**

Milk .. .. .	2 tins	Margarine .. .. .	1 lb.
Sugar .. .. .	2 oz.	Vanilla essence (a few drops)	

*Method*

1. Cream the margarine and sugar.
2. Beat in the milk gradually until all is absorbed and add a few drops of essence.
3. Care should be taken that the margarine is smooth each time before milk is added.
4. If inclined to curdle, warm slightly.

*Recipe No.***392. Chocolate coating for buns, cakes, etc.**

Cocoa powder	..	4 lb.	Golden syrup	..	3 lb.
Milk	..	2 tins			

*Method*

1. Mix powder and milk into a paste and add the melted syrup.
2. Boil and stir for 15 minutes.
3. Stir off the fire until cold.

**393. Filling for cream buns and eclairs**

Milk	..	2 pts.	Sprayed egg	..	4 oz.
Sugar	..	$\frac{3}{4}$ lb.	Water	..	$\frac{3}{4}$ pt.
Flour	..	6 oz.	Vanilla essence		

*Method*

1. Reconstitute the eggs, add the sugar and flour and mix to a smooth paste.
2. Boil the milk and pour over the paste, stirring briskly with a wooden spoon while doing so.
3. Return all to the pan and bring to the boil only, beating continually.
4. Withdraw the pan, add the essence to taste, then cool.

**394. Filling for buns, sponge cakes, etc.**

Margarine	..	1 lb.	Milk	..	3 tins
Golden syrup	..	8 oz.	Sugar	..	8 oz.

*Method*

1. Cream the margarine and syrup together and warm slightly.
2. Slowly beat in the milk, and if the cream begins to decompose or curdle, warm slightly and continue to beat.

**395. Fillings for Chocolate Swiss roll, chocolate sponge and basic sponge mixture***Butter cream*

Sugar	..	$1\frac{1}{2}$ lb.	Milk	..	1 tin
Margarine	..	$1\frac{1}{2}$ lb.			

*Method*

Well beat sugar and margarine. Add milk. Beat until creamy in texture..

*Recipe No.**Chocolate cream*

Sugar .. ..	1½ lb.	Milk .. ..	1 tin
Margarine ...	1½ lb.	Cocoa .. ..	4 oz.

*Method*

Beat 4 oz. cocoa with margarine and sugar. Continue as for butter cream.

*Jam filling*

Jam .. ..	4 lb.
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**396. Mock lemon curd**

Custard powder ..	1 lb.	Water .. ..	7 pts.
Sugar .. ..	2 lb.	Lemon essence	
Margarine .. ..	½ lb.	Yellow colouring	

*Method*

1. Boil water, sugar and margarine together and when boiling remove.
2. Dilute the custard powder and stir in gradually.
3. Simmer for 3 or 4 minutes, then remove from heat and add the essence to taste.
4. Thoroughly mix until cooked.

**397. Marmalade curd (filling for flans)**

Marmalade .. ..	2 lb.	Sugar .. ..	1 lb.
Margarine .. ..	2 lb.	Sprayed egg ..	8 oz.

*Method*

1. Cream the margarine, sugar and beat in reconstituted egg.
2. Beat well together ; then incorporate the marmalade.

**398. Pasty cream**

Milk .. ..	4 pts.	Sugar .. ..	½ lb.
Custard powder ..	½ lb.	Vanilla essence ..	½ oz.

*Method*

Prepare a custard sauce (Recipe No. 27) using twice the amount of custard powder so as to make a thick mixture. Use as required, hot or cold.

## SECTION 24

## OATMEAL

Recipe No.

## 399. Cheese cakes

Oatmeal .. .. .	12½ lb.	Cheese .. .. .	12½ lb.
A little dry mustard		Pepper and salt to taste	

*Method*

1. Cut up cheese into small pieces and chop finely or pass through a mincer.
2. Add meal, salt, and pepper and work into a stiff dough.
3. Roll out and cut into circular cakes.
4. Bake in a hot oven for 15 to 20 minutes.

## 400. Oat cakes

Oatmeal .. .. .	12½ lb.	Dripping .. .. .	3 lb.
Sugar .. .. .	1 lb.	Salt	

*Method*

1. Place meal in a mixing bowl and add pinch of salt, dripping and sugar; well mix together and leave for 2½ hours.
2. Shape into three-cornered cakes of 2 oz. each and bake until brown.
3. Serve two for each man.

## 401. Porridge

Oatmeal .. .. .	7½ lb.	Salt .. .. .	2 oz.
Milk powder .. .. .	2 lb.	Water .. .. .	40 pts.
or fresh milk or reconstituted tinned milk	16 pts.	Sugar .. .. .	1½ lb.

*Method*

1. Reconstitute the milk powder.
2. Boil the milk, stirring frequently.
3. Rain in the oatmeal, stirring with a wooden spoon until it boils again.
4. Simmer gently for 15 minutes.
5. Add the sugar and salt and remix.

## 402. Rice and oatmeal pudding

Rice .. .. .	7 lb.	Oatmeal .. .. .	7 lb.
Currants .. .. .	2 lb.	Sugar .. .. .	2 lb.
Nutmegs (if desired) ..	2	Dripping .. .. .	1 lb.
or mixed spice			



*Recipe No.**Method*

1. Wash the rice and pick out discoloured grains.
2. Wash and pick over currants.
3. Place oatmeal, rice, sugar, currants and dripping into mixing bowl and mix thoroughly.
4. Place into well-greased baking dishes, grate a little nutmeg over, and cook in a moderate oven for 1½ hours.

**403. Scotch cakes**

Oatmeal .. ..	6½ lb.	Milk .. ..	20 oz.
Flour .. ..	5 lb.	Dripping .. ..	2 lb.
Sugar .. ..	2 lb.	Salt	
Baking powder ..	9 oz.		

*Method*

1. Sieve the flour and mix in the oatmeal, then thoroughly rub in the dripping.
2. Add the remaining dry ingredients and mix well with milk to attain the correct consistency.
3. Roll out and shape into rounds.
4. Mark each round into 4 scones.

**SECTION 25****SALADS**

At all times of the year, and particularly in hot weather, salads are appreciated. They can be made in great variety, and providing care and thought is given to their preparation and arrangement they cannot fail to be well received.

Let the ingredients be as fresh as possible, and on no account make them up too early.

See that the ingredients are well washed, and that dicing and slicing is uniform and even.

Pay particular attention to the seasoning.

Lastly, dress the salad, neatly and attractively, but without elaboration. The keynote should be simplicity.

**404. Apple and carrot**

Carrots (cooked) ..	20 lb.	Mock mayonnaise ..	2 pts.
Cooking apples ..	6 lb.	(see Recipe No. 31)	
		Chopped parsley ..	4 oz.

*Recipe No.**Method*

1. Dice the carrot.
2. Peel, core and dice the apples and mix with the carrot.
3. Add the mayonnaise and sprinkle with chopped parsley.

**105. Beetroot**

Beetroot	.. ..	40 lb.	Salt and pepper
Vinegar	.. ..	2 pts.	

*Method*

1. Cook, slice the beetroot thinly, season well and moisten with vinegar.
2. Leave in the vinegar for two hours before serving.

**106. Carrot and pea**

Marrowfat peas	.. 5 lb.	Onions	.. .. 3 lb.
Carrots (cooked)	.. 20 lb.	Chopped parsley	.. 4 oz.
Mock mayonnaise	.. 2 pts.	Vinaigrette	.. 8 pts.
(see Recipe No. 31)		(see Recipe No. 32)	

*Method*

1. Soak the peas overnight ; then cook, season with vinaigrette whilst hot and allow to cool.
2. Dice the carrots and chop the onions.
3. Mix well, add the mayonnaise and sprinkle with parsley.

**107. Cucumber, lettuce and tomatoes**

Lettuce	.. .. 12 heads	Salt	
Cucumber	.. .. 6	Vinaigrette	.. .. 2 pts.
Tomatoes	.. .. 12 lb.	(see Recipe No. 32)	

*Method*

1. Trim, and wash the lettuce, cut into portions, re-wash and steep in salted water for  $\frac{1}{2}$  hour.
2. Slice the cucumber.
3. Dip the tomatoes in hot water for about a minute, then into cold water, remove the skins and cut into quarters.
4. Place quarters of lettuce in the centre of a dish, sprinkle with vinaigrette, surround with quarters of tomato and sliced seasoned cucumber.

*Recipe No.***408. Haricot bean**

Haricot beans	.. 10 lb.	Mock mayonnaise	.. 2 pts.
Onions	.. .. 5 lb.	(see Recipe No. 31)	
Vinaigrette	.. .. ½ pt.	Chopped parsley	.. 4 oz.
(see Recipe No. 32)			

*Method*

1. Soak the beans overnight ; then cook, sprinkle with vinaigrette while hot, then allow to cool.
2. Chop the onions finely.
3. Mix and add the mayonnaise.
4. Sprinkle with the parsley.

**409. Herring (or sardine)**

Tinned herrings or sardines	.. .. 12½ lb.	Tomatoes	.. .. 12 lb.
Potatoes (cooked)	.. 10 lb.	Chopped parsley	.. 4 oz.
Onions	.. .. 1 lb.	Vinaigrette	.. .. 2 pts.
(see Recipe No. 32)			

*Method*

1. Dice the potatoes.
2. Skin the herrings or sardines and carefully lift the top fillet from the back with a small knife to remove the bone.
3. Carefully flake the fish.
4. Chop the onion, wash out and dry in a cloth and mix all ingredients lightly with two-thirds of the dressing.

**410. Lettuce, potato and watercress**

Lettuce	.. .. 12 heads	Chopped parsley	.. 2 oz.
Potatoes (cooked)	.. 35 lb.	Dressing	.. .. 2 pts.
Watercress	.. .. 3 lb.	(see Recipe No. 30)	
Salt			

*Method*

1. Wash and pick the watercress ; then re-wash in several lots of water.
2. Wash, then cut the lettuce into portions ; re-wash and steep for ½ hour in salted water.
3. Cut the potatoes into dice.
4. Season well.
5. Mix the dressing with the potatoes.

*Recipe No.*

6. Place the potatoes in a dish and sprinkle with chopped parsley.
7. Arrange lettuce and watercress around the dish.

**411. Lettuce, tomato, potato and apple**

Potatoes (cooked)	.. 30 lb.	Salad dressing	.. 2 pts.
Lettuce	.. .. 12 heads	(see Recipe No. 30)	
Apple	.. .. 5 lb.	Salt	
Tomatoes	.. .. 6 lb.	Chopped parsley	.. 2 oz.

*Method*

1. Wash and pick the lettuce, re-wash, then shred.
2. Dice the potatoes.
3. Peel and core the apples.
4. Dip the tomatoes in hot water for about a minute; then into cold water and remove the skins.
5. Cut the tomatoes and apples into dice.
6. Make a bed of lettuce.
7. Mix the potatoes, tomatoes and apples together, season, then add the dressing.
8. Place the mixture on the bed of lettuce and sprinkle with chopped parsley.

**412. Lettuce, beetroot and onion**

Lettuce	.. .. 12 heads	Salt	
Beetroot (cooked)	.. 25 lb.	Vinaigrette	.. .. 2 pts.
Onions	.. .. 5 lb.	(see Recipe No. 32)	
		Chopped parsley	.. 4 oz.

*Method*

1. Trim and cut the lettuce into portions, re-wash and steep in salted water for  $\frac{1}{2}$  hour.
2. Slice the beetroot and cut the onions into rings.
3. Place the beetroot in the centre of dishes, surround with overlapping rings of onion.
4. Arrange the quartered lettuce around, add the vinaigrette and sprinkle with parsley.

**413. Meat and potato**

Potatoes (cooked)	.. 25 lb.	Chopped onion	.. 1 lb.
Cooking apples (peeled and cored)	.. .. 2 lb.	Chopped parsley	.. 4 oz.
Beetroot (cooked)	.. 6 lb.	Mock mayonnaise	.. 2 pts.
Meat (cooked)	.. 12 lb.	(see Recipe No. 31)	
		Salt and pepper	

*Recipe No.**Method*

1. Chop the potatoes, apples, beetroot, meat and onion into dice, season and mix with the mayonnaise.
2. Sprinkle with the parsley.

**414. Potato and mixed vegetables**

Potatoes (cooked) ..	25 lb.	Turnips (cooked) ..	7 lb.
Carrots (cooked) ..	12 lb.	Mock mayonnaise ..	2 pts..
Marrowfat peas		(see Recipe No. 31)	
(cooked) .. ..	2 lb.	Chopped parsley ..	4 oz.
Haricot beans (cooked)	2 lb.	Salt and pepper	

*Method*

1. Cut the potato into slices, season with salt and pepper and mix with the mayonnaise.
2. Cut the carrots and turnips into dice, mix with peas and beans, and season.
3. Place the sliced potatoes in the centre, surround with the other vegetables and sprinkle with the parsley.

**415. Potato and celery**

Potatoes (cooked) ..	40 lb.	Chopped parsley ..	2 oz.
Celery .. ..	6 lb.	Mock mayonnaise ..	2 pts..
Leeks (chopped) ..	1 lb.	(see Recipe No. 31)	

*Method*

1. Dice the potatoes and cut the celery into strips.
2. Mix the leeks with the potatoes and add the mayonnaise.
3. Dress the celery on the potatoes and leeks and sprinkle with the parsley.

**416. Potato salad**

Potatoes (cooked) ..	40 lb.	Salt	
Onions .. ..	5 lb.	Pepper	
Mock mayonnaise ..	2 pts.	Chopped parsley ..	4 oz.
(see Recipe No. 31)			

*Method*

1. Dice the potatoes, chop the onions, mix and season well.
2. Mix with the mayonnaise and sprinkle with chopped parsley.

*Recipe No.***417. Potato and sausage**

Potato salad .. ..	35 lb.	Sausages .. ..	12½ lb.
<i>(see Recipe No. 416)</i>			

*Method*

Fry off the sausages ; when cold cut into dice and mix with the potato salad.

**418. Potato and beetroot**

Potato salad .. ..	35 lb.	Beetroot .. ..	10 lb.
<i>(see Recipe No. 416)</i>		Chopped parsley ..	4 oz.

*Method*

1. Cook and slice the beetroot, season and moisten with vinegar.
2. Place the potato salad in dishes, surround with the beetroot and sprinkle with parsley.

**419. Potato and apple**

Potatoes (cooked) ..	40 lb.	Dressing .. ..	2 pts.
Apples .. ..	6 lb.	<i>(see Recipe No. 30)</i>	
Leeks or onions		Chopped parsley ..	2 oz.
(chopped) .. ..	1 lb.	Salt	

*Method*

1. Peel and core the apples.
2. Cut the potatoes and apples into dice, add the dressing.
3. Season well, mix thoroughly, and sprinkle with chopped parsley.

**420. Pea**

Marrowfat peas ..	10 lb.	Mock mayonnaise ..	2 pts.
Onions .. ..	5 lb.	<i>(see Recipe No. 31)</i>	
Chopped parsley ..	4 oz.		

*Method*

As for Recipe No. 406.

**421. Potato, lettuce and spring onion**

Lettuce .. ..	12 heads	Dressing .. ..	2 pts.
Potato salad .. ..	25 lb.	<i>(see Recipe No. 30)</i>	
<i>(see Recipe No. 416)</i>			
Spring onions ..	6 lb.	Salt	
		Chopped parsley ..	4 oz.

*Recipe No.**Method*

1. Trim, wash and cut the lettuce into portions, re-wash and steep in salted water for  $\frac{1}{2}$  hour.
2. Clean and shred the onions.
3. Add the dressing to the potatoes and lettuce.
4. Place the potato salad in dishes, surround with quartered lettuce and sprinkle the onions on top.

**422. Beetroot, apple and salmon or herring**

Beetroot	..	..	25 lb.	Tinned salmon or
Cooking apples	..	..	6 lb.	herrings .. ..
Mock mayonnaise	..	..	2 pts.	12 $\frac{1}{2}$ lb.

(see Recipe No. 31)

*Method*

1. Cook and dice the beetroot.
2. Peel, core and dice the apples.
3. Skin and flake the salmon (or break the herrings into four).
4. Mix the beetroot and apples and add the mayonnaise.
5. Dress the fish in the centre of dishes and surround with the beetroot and apple.

**423. Vegetable and cheese**

Carrots	..	..	25 lb.	Watercress .. ..	3 lb.
Turnips	..	..	15 lb.	Vinaigrette .. ..	2 pts.
Cheese	..	..	2 lb.	(see Recipe No. 32)	

*Method*

1. Grate the raw carrots, turnips and cheese.
2. Wash and pick the watercress, and break into small sprigs.
3. Mix the raw carrot, turnip, add the vinaigrette and sprinkle with cheese.
4. Garnish with the watercress.
5. Dress on dishes and arrange peeled sliced tomatoes around.
6. Sprinkle with remainder of the dressing and the chopped parsley.

## SECTION 26

## HAVERSACK RATIONS

## NOTES ON PREPARATION

**Sandwiches**

Bread should be cut at the last moment. It should not be cut too thickly or be stale.

Fillings should be prepared before the bread is sliced.

Margarine should be evenly spread on each slice of bread.

Cream margarine or butter first before spreading on bread. It is easier to spread and goes much further.

Distribute the sandwich filling generously over the slices. Do not leave it lying hidden in the middle otherwise crusts will be thrown away.

With any meat, fish or cheese filling do not spare the lettuce, cress or tomato which not only add to appearance but keep the sandwiches moist.

Cheese spreads better if minced. Sauce, finely chopped pickles, onions or celery can be mixed with it.

Do not forget to add salt and pepper, and mustard when necessary.

When it is necessary to prepare sandwiches in advance, they should be covered with a damp (not wet) cloth to keep moist until required for issue.

Before packing, the sandwiches should be cut into four, this makes them easier to handle.

Fresh fruit should be included when available.

**Pies, tarts, pasties and cakes**

Do not spare the filling of meat or fruit.

Two small pieces are better than one large one.

Small cakes are often more suitable than slab cakes as they are less likely to crumble.

Left-over carrots or root vegetables can be included in the filling for Cornish pasties.

*A selection of suitable pies, tarts, pasties, cakes and buns*

Cornish pasties	Chelsea buns	Swiss rolls
Sausage rolls	Shortbreads	Chocolate rock cakes
Bacon and potato pasties	Fruit and ginger yeast cake	Dutch apple tart
Meat and potato pasties	Tea scones	Jam or syrup tart
Cheese and potato pasties	Slab cake	Eccles cakes
Jam turnovers	Apple cake	Raspberry buns
Banbury cakes	Apple turnovers	Oatmeal drop scones
Sultana scones	Rock cakes	Currant buns
Oatcakes	Cheese scones	Queen cakes
	Bath buns	Shrewsbury biscuits
		Danish buns



## HAVERSACK RATIONS

## SUITABLE SANDWICH SPREADS AND FILLINGS

*Recipe No.***424. Apple cheese**

White sauce .. ..	2 pts.	Salt
(see Recipe No. 11)		Pepper
Cheese .. ..	1½ lb.	Pinch of cayenne
Apples .. ..	3 lb.	

*Method*

1. Peel, core and chop the apples finely.
2. Grate cheese and add both to the white sauce.
3. Mix thoroughly and season to taste.

**425. Beef and ham**

Beef and gammon		Salt and pepper
(cooked) .. ..	12½ lb.	Mustard

**426. Beef or mutton (with onions and pickles)**

Beef or mutton		Chopped onions ..	2 lb.
(cooked) .. ..	12½ lb.	Chopped pickles ..	1 pt.

**427. Cheese spread**

Cheese .. ..	5 lb.	White sauce ..	1½ pts.
Salt and pepper		(see Recipe No. 11)	
		Other ingredients to taste	

*Method*

1. Mince the cheese and well mix with the white sauce.
2. Season.

**428. Cheese and sauce**

Cheese .. ..	5 lb.	Bottled sauce ..	1½ pts.
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*Method*

Mince the cheese and well mix with the sauce.

**429. Cheese spread and—**

Cucumber .. ..	6	<i>Spread</i>	
Shredded cabbage		Cheese .. ..	5 lb.
hearts .. ..	3	Salt and pepper	

*Recipe No.*

Chopped pickles	..	1 pt.	White sauce	1½ pts.
Chopped onion	..	6 lb.		
Sliced tomatoes	..	6 lb.		
Chopped celery heads		8		
Lettuce heads	..	8		
Beetroot	..	6 lb.		
Watercress	..	4 lb.		

*Method*

1. Prepare a cheese spread (*see* Recipe No. 427).
2. Slice cucumber, tomato or beetroot as thinly as possible or chop the watercress, lettuce, celery, onion, pickles or cabbage very finely.

**430. Cucumber and tinned salmon, herrings or sardines**

Cucumber	..	6 lb.	Salmon or herrings	
Vinegar	..	½ pt.	or sardines	6 lb.
Salt and pepper				

*Method*

1. Peel and slice cucumber and sprinkle with vinegar.
2. Carefully flake the fish and season with salt and pepper and moisten with a little salad dressing.
3. Spread the fish evenly and cover with slices of cucumber.

**431. Egg and chutney or mustard pickles**

Sprayed eggs	..	1½ lb.	Water	..	4 pts.
or hard boiled fresh			Salt		
eggs	..	50	Chutney or mustard		
Margarine	..	8 oz.	pickles	..	2

*Method*

1. Reconstitute and cook (scramble) eggs and allow to cool.
2. Chop the mustard pickles or chutney finely and mix thoroughly with the egg.
3. Correct seasoning.

**432. Egg, watercress and tomatoes**

Sprayed eggs	..	1½ lb.	Water	..	4 pts.
or hard boiled fresh			Tomatoes	..	4 lb.
eggs..	..	50	Salt and pepper		
Margarine	..	8 oz.			
Watercress	..	1 lb.			

*Recipe No.**Method*

1. Dip tomatoes in boiling water for 1 minute, skin, quarter and chop.
2. Wash and pick over the watercress, squeeze out water and chop finely.
3. Reconstitute eggs, cook (scramble), allow to cool, add tomato and cress, mix thoroughly and correct seasoning.

**433. Egg and chopped bacon**

Sprayed eggs	..	1½ lb.	Water	..	..	4 pts.
or hard boiled fresh			Salt and pepper			
eggs..	..	50	Bacon trimmings	..		3 lb.
Margarine	..	8 oz.				

*Method*

1. Cut bacon trimmings into small dice, blanch, re-fresh, fry lightly, drain off fat.
2. Reconstitute eggs, cook (scramble) and mix thoroughly together when both are cold.

**434. Egg and cheese**

Sprayed eggs	..	1 lb.	Water	..	..	4 pts.
or hard boiled fresh			Salt, pepper			
eggs..	..	50	Pinch of cayenne			
Margarine	..	8 oz.				
Cheese	..	3 lb.				

*Method*

1. Reconstitute and cook (scramble) eggs.
2. Grate cheese and add to egg.
3. Mix thoroughly when cold and season to taste.

**435. Fish spread**

Salmon or herrings			White sauce	..	1½ pts.
(15 oz.)	..	5 tins	(see Recipe No. 11)		
or Sardines (3½ oz.)	..	18 tins	Salt and pepper		

*Method*

1. Well wash the tinned fish and mix with the white sauce.
2. Season to taste.

*Recipe No.***436. Ham spread**

Cooked ham	.. 5 lb.	White sauce	.. 1½ pts.
Mustard	.. 2 oz.	(see Recipe No. 11)	

*Method*

1. Finely mince the ham, and mix well with the white sauce.
2. Season to taste.

**437. Liver and bacon**

Liver (fried)	.. 6¼ lb.	Bacon trimmings	
		(cooked)	.. 6¼ lb.

**438. Meat spread**

Cooked or preserved meat or spiced beef, etc.	.. 5 lb.	White sauce	.. 1½ pts.
		(see Recipe No. 11)	
		Salt, mustard, pepper	

*Method*

1. Finely mince the meat and mix well with the white sauce.
  2. Add salt, mustard and pepper to taste.
- Bottled sauce may be substituted for white sauce.

**439. Mutton and mint sauce**

Mutton (cooked)	.. 12½ lb.	Mint sauce	.. 1 pt.
		(see Recipe No. 24)	

**440. Preserved meat, spam or brawn and salads**

Preserved meat, etc.	.. 12½ lb.		
with lettuce	.. 8	(according to size)	
with shredded cab- bage hearts	.. 3	(according to size)	

**441. Sausage and sauce**

Sausages	.. 18¾ lb.	Bottled sauce	.. 1½ pts.
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*Method*

1. Fry off the sausages.
2. When cold, cut in lengthways, and dip in bottled sauce.

**442. Tomato and lettuce**

Tomatoes	.. 6 lb.	Lettuce heads	.. 8
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**443. Tomato and cucumber**

Tomatoes	.. 6 lb.	Cucumber	.. 6
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## SECTION 27

### DEHYDRATED FOOD

Dehydrated foods are fresh foods from which water and inedible portions such as peels, cores, seeds, stems, and bones have been removed. Such foods are first carefully cleaned and then dried by scientifically controlled processes designed to retain much of the original food value, flavour and natural texture. Through the process of dehydration weight and bulkiness are reduced.

#### **Keeping qualities**

Foods which have been subjected to dehydration are in a state of preservation primarily because of their lower moisture content. The organisms responsible for spoilage, yeasts, mould, bacteria, commonly present in foods are unable to carry on their usual activities when the moisture content is sufficiently lowered. Since all these organisms are not killed by drying they remain dormant in the dehydrated food only to begin their activities when water is again added at a later stage. After the addition of water it is important to handle dehydrated food rapidly. Prolonged soaking should be avoided, it might produce souring or spoilage.

#### **Transportation**

Dehydrated foods have decided advantages in that the final shipping weight of the dried product is only a fraction of that of the original food. *This is of prime importance during war time when it is considered that a large proportion of the foodstuffs consumed in Great Britain have to be imported from overseas,* and shipping tonnage must be considered.

This advantage is to an extent offset by the difficulty of water supply for the reconstitution of the dried food in the tropics or semi-tropics.

#### **Saving of labour**

Because dehydrated foods have been trimmed, cleaned and prepared before drying, time and man-power is subsequently saved in the cookhouse.

#### **Variations in yield of prepared food products**

Every one who has prepared fresh foods for cooking is familiar with the fact that there are wide variations in losses through peeling, trimming, and in the elimination of partially spoiled product. Size irregularities also make tremendous differences in the yield of the finished product. Small apples, potatoes and eggs may be used as common examples where the final quality of finished food may be

adversely affected by abnormally high losses during cookhouse preparation. Dehydrated foods do not cause such troublesome discrepancies because the manufacturer has absorbed the peeling and trimming losses.

### **Reconstitution of dried foods**

Reconstitution is the practice of soaking water into previously dried foods. It is not possible to reproduce with exactness the original moisture concentration of the fresh food. For example, fresh raw cabbage contains 89 per cent. water before dehydration. After reconstitution it may contain only 86 to 87 per cent. water. Attempts to secure a higher water absorption may prove successful in certain specific cases but unsuccessful in others, dependent upon the characteristics of the original cabbage and upon peculiarities of both drying and reconstitution processes. *The quantity of moisture which dehydrated foods will absorb is therefore variable.*

### **Keeping qualities of reconstituted dried food**

Once reconstituted it is as perishable as fresh food, and should be treated as such.

### **Quality and vitamin contents**

Dehydrated foods retain a high percentage of their vitamin content, and their colour and flavour is largely unimpaired.

## **METHODS OF RECONSTITUTION**

### **Dried eggs**

1. 6 oz. dried eggs mixed with 1 pint of water equals 12 eggs, and when reconstituted can be used in all recipes in which liquid eggs would normally be used.
2. Place dried egg into a mixing bowl or basin and break up any lumps.
3. Add required amount of water, keep the powder pushed underneath, and allow to stand for 5 minutes.
4. Beat until smooth, working out lumps with a spoon against the side of the bowl if necessary.
5. Use immediately and do not leave to stand for any length of time, particularly in a warm place ; this is of primary importance in hot weather as the mixture is perishable.

### **Soup powder**

*Made without milk powder*

1. To each 1 lb. allow 8 pints of water.

2. Bring water to the boil, remove from the fire, add soup powder gradually and thoroughly mix.
3. Return to stove and reboil for a few minutes, season to taste.

*Made using milk powder*

1. To each 1 lb. allow 8 pints of water.
2. Mix soup powder and milk powder together, make a smooth paste using small quantity of cold water.
3. Boil remainder of water, remove from the fire, pour on to the paste and thoroughly mix.
4. Return to stove and reboil for a few minutes, season to taste.

### Dehydrated fish

*Shredded or flaked cod fillets*

1. To each 1 lb. add 3 pints of cold water and soak for 20 minutes.
2. Bring to boil, season, and simmer with lid on for about 10 minutes.

*Kippers, herring or mullet*

1. To each 1 lb. add 1½ pints of cold water and soak for 10 minutes.
2. Bring to boil, season, and simmer with lid on for about 5 minutes.

### Dehydrated meat

*Beef, mutton or pork*

1. To each 1 lb. meat, previously crumbled, add 1¼ pints of boiling water.
2. Season, and boil for 35 minutes with the lid on.

*Meat and vegetable blocks*

1. To each 2 oz. block, previously crumbled, add 1 pint of boiling water.
2. Season, and simmer for 45 minutes with the lid off.
3. Each 2-oz. block makes approximately 10 oz. of stew, allow 66 blocks for each 100 portions.

### Dehydrated potatoes

*Shredded*

1. To each 1 lb. allow 7 pints of water.
2. Boil water and pour on to the potatoes.
3. Allow to stand for 1 hour without further heating.
4. To each 1 lb. add 1 oz. of salt, boil until tender, and strain.

*Potato powder*

1. To each 1 lb. allow 3 pints of water.
1. Bring water to the boil, remove from the fire, add potato powder gradually, to each 1 lb. add 1 oz. of salt, and well mix.

**Dehydrated cabbage (shredded)**

1. To each 1 lb. allow 12 pints of water.
2. Boil water and pour on to the cabbage, stand for 20 minutes with the lid on.
3. To each 1 lb. add 1 oz. of salt, and simmer with the lid on for 30 minutes.

**Dehydrated carrots (shredded)**

1. To each 1 lb. allow 8 pints of water.
2. Boil water and pour on to the carrots, stand for 20 minutes with the lid on.
3. To each 1 lb. add 1 oz. of salt, and simmer with the lid on for 30 minutes.

**Dehydrated turnips and swedes**

Proceed as with carrots

**Dehydrated onions***Shredded onions**Boiling or stewing*

1. To each 1 lb. add 5 pints of cold water and soak for 20 minutes.
2. Season, and simmer with the lid on for about 15 minutes.

*Frying*

1. To each 1 lb. add 5 pints of cold water and soak for 20 minutes.
2. Drain, and lightly fry in shallow fat for about 15 minutes.

*Onion powder*

For flavouring purposes only. Use 1 oz. to each 2 gallons of stock, sauce, etc.

*Note.*—The foregoing instructions should always be observed before using the commodities in any of the succeeding recipes.



## SPRAY DRIED EGGS

*Recipe No.*

### 444. Potato omelette with bacon

Potato (cooked) ..	20 lb.	Spray dried eggs ..	3 lb.
Lean bacon or ham (cooked) ..	.. 5 lb.	Chopped parsley ..	$\frac{1}{2}$ lb.
		Salt and pepper	

*Method*

1. Reconstitute the eggs.
2. Dice the potatoes and bacon and mix with the parsley, and bacon previously chopped, and season with salt and pepper to taste.
3. Season the eggs with salt and pepper to taste.
4. Fry the bacon and potatoes, add the eggs and make into omelettes.

*Recipe No.*

### 445. Scrambled eggs and bacon

Spray dried eggs ..	$4\frac{1}{2}$ lb.	Sliced bread ..	12 lb.
Margarine ..	$\frac{1}{2}$ lb.	Dripping (for frying the bread) ..	3 lb.
Bacon ..	$12\frac{1}{2}$ lb.		
Salt and pepper			

*Method*

1. Reconstitute the eggs, allow to stand for one hour, then season with salt and pepper.
2. Heat the margarine and add the eggs.
3. Gradually heat, and stir with a spoon until a creamy mixture is formed; then add salt and pepper to taste.
4. Serve the scrambled eggs on fried bread with fried bacon.

### 446. Scrambled eggs and tomatoes

Spray dried eggs ..	$4\frac{1}{2}$ lb.	Sliced bread ..	12 lb.
Margarine ..	$\frac{1}{2}$ lb.	Dripping (for frying the sliced bread) ..	3 lb.
Tomatoes ..	$12\frac{1}{2}$ lb.		
Salt and pepper			

*Method*

1. Reconstitute the eggs, blanch the tomatoes, skin, squeeze out pips, cut into squares and lightly stew in margarine. Season with salt and pepper.
2. Scramble the eggs as in Recipe No. 445, place on slices of fried bread and put a spoonful of tomato on each, or mix the tomatoes lightly with the eggs.

*Recipe No.***447. Scrambled eggs and cheese**

Spray dried eggs	.. 4½ lb.	Sliced bread	.. 12 lb.
Grated cheese	.. 2 lb.	Dripping (for frying	
Margarine	.. ½ lb.	the bread)	.. 3 lb.
Salt and pepper			

*Method*

1. Reconstitute the eggs and scramble (see Recipe No. 445).
2. Work in 1 lb. of grated cheese.
3. Fry bread in the dripping, place the scrambled eggs on the fried bread and sprinkle with the remainder of the cheese.

**EGG AND POTATO DISHES**

(Using spray dried eggs and dehydrated potato strips)

**448. Potato and egg croquettes**

Potatoes, dehydrated strips	.. 8 lb.	Flour (for thin batter)	.. 2 lb.
Spray dried eggs	.. 1 lb.	Salt	.. 2 oz.
Breadcrumbs	.. 6 lb.	Pepper and nutmeg	to taste

*Method*

1. Reconstitute the eggs.
2. Reconstitute the potatoes, cook, strain and mash.
3. Scramble the eggs, keeping the flakes as large as possible.
4. Season the mashed potatoes and add pepper and grated nutmeg to taste.
5. Add the scrambled eggs, mix thoroughly, shape into croquettes, pass through batter and breadcrumbs, and fry in deep fat until golden brown in colour.

**449. Curried potato and egg cutlets with curry sauce**

Potatoes, dehydrated strips	.. 8 lb.	Curry sauce	.. 4 pts.
Spray dried eggs	.. 1 lb.	Dripping	.. 8 oz.
Curry powder	.. 8 oz.	Flour (for thin batter)	.. 2 lb.
Onions, fresh	.. 1 lb.	Salt and pepper	
or onions, dehydrated	3 oz.		

*Method*

1. Reconstitute the eggs.
2. Reconstitute the potatoes, cook, strain and mash.
3. Scramble the eggs, keeping the flakes as large as possible.

*Recipe No.*

4. Melt the dripping, add the onions chopped finely, then the curry powder.
5. Fry to a golden brown colour, add the scrambled eggs, and the mashed potatoes, mix well, season with salt and pepper, turn out on to greased trays and allow to get cold.
6. Shape into cutlets, pass through a thin flour batter, and breadcrumbs, fry in deep fat.
7. Serve with curry sauce (*see* Recipe No. 21).

**450. Potato and egg cutlets with curry sauce**

Potato powder	.. 9 lb.	Curry sauce	.. 4 pts.
Spray dried eggs	.. 1 lb.	Dripping	.. ½ lb.
Curry powder	.. ½ lb.	Breadcrumbs	.. 6 lb.
Onions, fresh	.. 1 lb.	Flour (for thin	
or onions, dehydrated	3 oz.	batter)	.. 2 lb.
		Salt and pepper	

*Method*

1. Reconstitute the eggs, and prepare the potato powder.
2. Scramble the eggs, keeping the flakes as large as possible.
3. Melt the dripping, add the onions chopped finely; then the curry powder and fry to a golden brown colour.
4. Add the scrambled eggs, the potatoes, mix well and season with salt and pepper.
5. Turn out on to greased trays and allow to get cold.
6. Shape into cutlets, pass through a thin flour batter; then breadcrumbs and fry in deep fat.
7. Serve with curry sauce (*see* Recipe No. 21).

**451. Potato and egg croquette**

Potato powder	.. 9 lb.	Flour (for thin	
Spray dried eggs	.. 1 lb.	batter)	.. 2 lb.
Breadcrumbs	.. 6 lb.	Salt	.. 2 oz.
		Pepper and nutmeg	to taste

*Method*

1. Reconstitute the eggs, and prepare the potato powder.
2. Scramble the eggs, keeping the flakes as large as possible.
3. Season the potatoes with salt, and add pepper and grated nutmeg to taste.
4. Add the scrambled eggs, mix thoroughly, shape into croquettes and pass through batter and breadcrumbs.
5. Fry in deep fat until golden brown in colour.

## SOUPS

## SOUP POWDERS

*Recipe No.***452. Meat and vegetable soup**

Soup powder .. 6 lb.

*Method*

After reconstitution, the soup is ready for serving.

**453. Soup powder U.S.A. pack**

Prepare by adding 6 parts of water to one part of mixture.

## USING DEHYDRATED POTATO STRIPS

**454. Household**

Potatoes, dehydrated strips .. ..	2 lb.	Carrots .. ..	5 lb.
White stock .. ..	50 pts.	or dehydrated .. ..	1 lb.
Dripping .. ..	6 oz.	Lentils or split peas	3 lb.
Onions .. ..	3 lb.	Salt and pepper	
or dehydrated .. ..	9 oz.	One large faggot	
or leeks .. ..	3 lb.		

*Method*

1. Reconstitute the potatoes.
2. Cut the onions and carrots into small squares.
3. Melt the dripping, add these vegetables and stew until tender.
4. Moisten with the stock, add the seasoning and the faggot and bring to the boil.
5. Add the lentils and the potatoes, simmer until cooked, skim, remove the faggot, correct seasoning and serve.

**455. Potato and leek**

Potatoes, dehydrated strips .. ..	2 lb.	Leeks .. ..	3 lb.
White stock .. ..	50 pts.	Cornflour .. ..	1 lb.
Dripping .. ..	6 oz.	Milk .. ..	2 pts.
Onions .. ..	3 lb.	Salt	
or dehydrated .. ..	9 oz.	One large faggot	

*Method*

1. Reconstitute the potatoes.
2. Carefully clean the leeks and onions, and cut them into squares.

*Recipe No.*

3. Melt the dripping, add the onions or leeks, cover with a lid and stew gently until tender.
4. Add the stock, season with salt, and bring to the boil.
5. Add the faggot and the potatoes, skim, and simmer for 30 minutes.
6. Dilute the cornflour with cold milk, pour into the soup, stirring to prevent lumps forming; re-boil, skim again, remove the faggot, correct the seasoning and serve.

**456. Potato and turnip**

Potatoes, dehydrated strips .. ..	1½ lb.	Turnips .. ..	5 lb.
White stock .. ..	50 pts.	or dehydrated .. ..	1 lb.
Onions .. ..	3 lb.	Cabbage .. ..	2 lb.
or dehydrated .. ..	9 oz.	or dehydrated .. ..	6 oz.
or Leeks .. ..	3 lb.	Dripping .. ..	½ lb.
		Salt	
		One large faggot	

*Method*

1. Reconstitute the potatoes.
2. Cut all vegetables into small squares and stew in the dripping until a light golden colour.
3. Cover with stock, add the potatoes, and the faggot, season with salt and allow to simmer approximately one hour until tender.
4. Skim off all fat, remove the faggot, correct the seasoning and serve.

**457. Potato and watercress**

Potatoes, dehydrated strips .. ..	3 lb.	Cornflour .. ..	1 lb.
White stock .. ..	50 pts.	Milk .. ..	2 pts.
Dripping .. ..	6 oz.	Watercress .. ..	3 lb.
Onions .. ..	3 lb.	Salt	
or dehydrated .. ..	9 oz.	One large faggot	
or Leeks .. ..	3 lb.		

*Method*

1. Reconstitute the potatoes and proceed as for Recipe No. 455.
2. Pick the leaves from the watercress (retain for garnish), tie the stalks in a bunch, add the faggot, and cook them in the soup.
3. When the soup is cooked remove the watercress stalks and the faggot.

*Recipe No.*

4. Strain, re-boil, correct the seasoning and consistency.
5. Blanch the leaves of watercress by plunging them into boiling salted water for 5 minutes, refresh them in cold water, and add to the soup before serving.

**458. Potato and green pea**

Potatoes, dehydrated strips .. ..	1½ lb.	Carrots .. ..	2½ lb.
White stock .. ..	50 pts.	or dehydrated .. ..	½ lb.
Green split peas .. ..	7 lb.	One hambone	
Onions .. ..	2 lb.	Salt	
or dehydrated .. ..	6 oz.	Thyme	
or Leeks .. ..	2 lb.	Bayleaf	

*Method*

1. Reconstitute the potatoes.
2. Wash the green peas, soak over night, drain and cover with the water; add salt, bring to the boil, and skim thoroughly.
3. Add the vegetables, cut into dice, potatoes, hambone, thyme and bayleaf.
4. Simmer until cooked.
5. Remove the hambone, strain; then re-boil.
6. Skim carefully and simmer for 10 minutes; correct seasoning and consistency, and serve.

**459. Potato and lentil**

Potatoes, dehydrated strips .. ..	1½ lb.	Carrots .. ..	2½ lb.
White stock .. ..	50 pts.	or dehydrated .. ..	½ lb.
Lentils .. ..	7 lb.	One hambone	
Onions .. ..	2 lb.	Salt	
or dehydrated .. ..	6 oz.	Thyme	
or Leeks .. ..	2 lb.	Bayleaf	

*Method*

Prepare as for Recipe No. 458.

**460. Potato and mixed vegetable**

Potatoes, dehydrated strips .. ..	2 lb.	Turnips .. ..	2 lb.
White stock .. ..	50 pts.	or dehydrated .. ..	6 oz.
Carrots .. ..	5 lb.	Cabbage .. ..	3 lb.
or dehydrated .. ..	1 lb.	or dehydrated .. ..	9 oz.
Leeks .. ..	3 lb.	Dripping .. ..	½ lb.
or Onions .. ..	3 lb.	Salt	
or dehydrated .. ..	9 oz.		

*Recipe No.**Method*

1. Reconstitute the potatoes.
2. Melt the dripping, add the vegetables cut into dice, cover with a lid, allow to stew on the side of the stove until tender.
3. Moisten with the stock, add the potatoes, season with salt, bring to the boil, skim, then simmer until tender.
4. Strain, re-boil; remove the scum, correct seasoning and consistency, and serve.

**461. Potato, carrot and rice**

Potatoes, dehydrated strips .. .. 2 lb.	Onions .. .. 3 lb. or dehydrated .. 9 oz.
White stock .. .. 50 pts.	Leeks .. .. 1 lb.
Carrots .. .. 7 lb. or dehydrated .. 1½ lb.	Dripping .. .. ½ lb.
Rice (as garnish) .. 4 lb.	Salt
	Pepper
	One large faggot.

*Method*

1. Reconstitute the potatoes.
2. Melt the dripping, add the diced onions and cut the carrots into slices.
3. Cover with a lid, stew slowly until tender.
4. Add the stock and potatoes, bring to the boil, season with salt, add the faggot and simmer for one hour.
5. Strain, re-boil, skim, remove faggot, correct seasoning and consistency, then serve with garnish of boiled rice.

**462. Potato and cabbage**

Potatoes, dehydrated strips .. .. 2 lb.	Onions .. .. 2 lb. or dehydrated .. 6 oz.
White stock .. .. 50 pts.	or Leeks .. .. 2 lb.
Dripping .. .. ½ lb.	Cabbage (cleaned) 7 lb.
Bacon bones .. .. 3 lb.	or dehydrated .. 1¼ lb.
	Salt
	One large faggot

*Method*

1. Reconstitute the potatoes.
2. Melt the dripping, add the diced onions, and cook slowly for 10 minutes.

*Recipe No.*

3. Add the stock, the faggot, the potatoes, bacon bones and the cabbage cut into small squares, season with salt, bring all to the boil, and cook slowly for one hour.
4. Skim, remove the bacon bones and the faggot, correct seasoning and serve.

**DEHYDRATED FISH****463. Fish kedgereee**

Fish, dehydrated	.. 6½ lb.	Margarine ..	.. 4 oz.
Rice .. ..	.. 6½ lb.	White sauce ..	.. 4 pts.
Onion .. ..	.. 2 lb.	White stock ..	.. 8 pts.
or dehydrated	.. 6 oz.	Chopped parsley ..	.. 8 oz.
		Salt and pepper	

*Method*

1. Reconstitute the fish.
2. Chop the onions finely and stew in the margarine.
3. Add the rice which has been well washed and dried.
4. Stir and heat through, cover the rice with the white stock bring to the boil, season with salt and pepper, cover with a lid and cook in the oven for 20 minutes.
5. When cooked, remove lid and stir rice with a fork in order to separate the grains.
6. Add the fish, stir altogether and re-heat in the oven.
7. Dish up and sprinkle with chopped parsley.
8. Serve the white sauce separately (*see* Recipe No. 11).

**FISH AND POTATO DISHES**

(Using dehydrated potato strips)

**464. Fish pie**

Fish, dehydrated	.. 10 lb.	Margarine ..	.. 1½ lb.
Potatoes, dehydrated		Breadcrumbs ..	.. 1 lb.
strips .. ..	.. 4 lb.	Chopped parsley ..	.. 8 oz.
White sauce ..	.. 4 pts.	Salt and pepper	

*Method*

1. Reconstitute, cook, and mash the potatoes.
2. Reconstitute the fish.
3. Place a little white sauce (*see* Recipe No. 11) in the bottom of the dish and add the fish.



*Recipe No.*

4. Season with salt and pepper and sprinkle with chopped parsley.
5. Add the remainder of the white sauce, cover with mashed potatoes, sprinkle with breadcrumbs and melted margarine, and bake in a hot oven until golden brown in colour.

**465. Fish pie, with potato and cheese sauce in Potato pastry casing**

Potatoes, dehydrated strips .. ..	2 lb.	Cheese (grated) ..	1 lb.
Fish, dehydrated ..	1½ lb.	Potato pastry ..	16 lb.
Cheese sauce ..	4 pts.	Salt and pepper	

*Method*

1. Reconstitute, cook, and mash the potatoes.
2. Reconstitute the fish, season with salt and pepper and bind with the sauce, cover plates with potato pastry, prick the bottoms and three parts fill with prepared fish and cheese sauce (*see* Recipe No. 12), arrange cooked potatoes on top, sprinkle with a little dripping, grated cheese, and bake.

**466. Fish pie, mashed potatoes and cheese**

Potatoes, dehydrated strips .. ..	5 lb.	White sauce ..	4 pts.
Fish, dehydrated ..	6 lb.	Dripping ..	1 lb.
Salt and pepper		Breadcrumbs ..	1 lb.
		Cheese (grated) ..	1 lb.

*Method*

1. Reconstitute, cook, and mash the potatoes.
2. Reconstitute the fish.
3. Place a little white sauce (*see* Recipe No. 11) on the bottom of the pie dish, add the fish, season with salt and pepper, add the remainder of the white sauce, sprinkle with a little grated cheese, cover with mashed potatoes, sprinkle with breadcrumbs, add a little melted dripping, mark with a fork, and bake until a golden brown in a hot oven.

**467. Fish cutlets**

Potatoes, dehydrated strips .. ..	5 lb.	Parsley, chopped ..	8 oz.
Fish, dehydrated ..	6 lb.	Flour for frying batter .. ..	3 lb.
Breadcrumbs ..	4 lb.	Piquante sauce ..	8 pts.
		Salt and pepper	

*Recipe No.**Method*

1. Reconstitute, cook, and mash the potatoes.
2. Reconstitute the fish, and add it to the potatoes.
3. Add the necessary seasoning and chopped parsley; mix well, lay out on clean greased trays and allow to cool.
4. Shape into cutlets, pass through a thin flour and water batter, and then breadcrumb.
5. Reshape, fry in hot deep fat, serve with the piquante sauce (*see* Recipe No. 8).

**468. Fish cakes**

Potatoes, dehydrated strips .. ..	6 lb.	Parsley, chopped ..	8 oz.
Fish, dehydrated .. ..	6 lb.	Flour (for frying batter) .. ..	2 lb.
Breadcrumbs .. ..	4 lb.	Salt and pepper	

*Method*

1. Reconstitute, cook, and mash the potatoes.
2. Cook the fish, add potatoes, necessary seasoning and chopped parsley, mix thoroughly; then lay out on a clean table or on trays.
3. Mould into flat cakes, pass through a thin flour and water batter.
4. Pass through breadcrumbs, reshape and fry in hot deep fat.

**469. Fish and baked potato squares**

Potatoes, dehydrated strips .. ..	5 lb.	Water .. ..	9 pts.
Potato pastry .. ..	16 lb.	Parsley, chopped ..	8 oz.
Fish, dehydrated .. ..	6 lb.	Piquante sauce ..	4 pts.
		Salt and pepper	

*Method*

1. Reconstitute, cook, and mash the potatoes.
2. Line a baking tin with potato pastry, prick with a fork, add a layer of potatoes, a layer of fish, season well, sprinkle with chopped parsley, cover with more potatoes and then with potato pastry.
3. Mark out in squares, brush with milk, bake to a golden brown and serve with the piquante sauce (*see* Recipe No. 8).

## DEHYDRATED MUTTON, BEEF AND PORK

*Recipe No.*

### 470. Cottage pie

Meat, dehydrated	.. 8 lb.	Mashed potatoes	.. 50 lb.
Onions, fresh	.. 2 lb.	or dehydrated	.. 8 lb.
or dehydrated	.. 6 oz.	Breadcrumbs	.. 2 lb.
Dripping	.. .. ½ lb.	Chopped parsley	.. 8 oz.
Margarine	.. .. ½ lb.	Salt and pepper	
Thick brown sauce	.. 8 pts.		

#### *Method*

1. Chop the onions, heat the dripping and fry lightly without taking colour.
2. Add the reconstituted meat, season with salt and pepper and cook for 45 minutes.
3. Add the parsley, bind with a little of the brown sauce (see Recipe No. 5) and bring to the boil.
4. Place in dishes, cover with mashed potatoes, smooth over, sprinkle with breadcrumbs, add melted margarine and bake to a golden brown colour in a hot oven.
5. Serve the remainder of the sauce separately.

### 471. Cornish pasty

Meat, dehydrated	.. 3 lb.	Flour	.. .. 12 lb.
Onions, fresh	.. 3 lb.	Dripping	.. .. 4 lb.
or dehydrated	.. 9 oz.	Baking powder	.. 4 oz.
Chopped parsley	.. 8 oz.	Salt and pepper	
Potatoes	.. .. 12 lb.		

#### *Method*

##### *Short pastry*

1. Mix the flour, baking powder and salt, and rub in the dripping lightly.
2. Make a bay in the centre and add sufficient water to make a dough.
3. Allow to stand for 30 minutes, then roll out the pastry ⅛ inch thick.
4. Cut out rounds with a large cutter, moisten the edges, place 3 oz. of the prepared mixture in the centre, fold over and press together.
5. Place on baking trays, wash with milk and bake for 35 minutes in a hot oven.

*Recipe No.**Filling*

1. Reconstitute the meat.
2. Add the potatoes, cut into large dice, and the onions finely chopped.
3. Add the other ingredients and season well.

**472. Galantine**

Mutton or beef de-		Fat trimmings	..	3 lb.
hydrated	.. .. 8 lb.	Bread	.. ..	3 lb.
Raw meat (beef or		Spray dried eggs	..	3 oz.
mutton)	.. .. 6 lb.	Spice		
Lean bacon	.. .. 1½ lb.	Salt and pepper		
Fat bacon	.. .. 3 lb.	Brown breadcrumbs		3 lb.

*Method*

1. Reconstitute the meat and eggs.
2. Pass the raw meat and soaked bread through the mincer and place in a large mixing bowl.
3. Add the meat and eggs.
4. Season with salt, pepper and spice to taste and pass again through a mincing machine.
5. Place six damp pudding cloths on the table, cover the centre of each cloth with thin slices of fat bacon.
6. Divide the mixture into 12 equal parts and cover the fat bacon with one part of the mixture.
7. Place strips of lean bacon down the centre and cover with the remainder of the mixture.
8. Roll, tie both ends of the cloth tightly and also tie a string loosely round the centre of each roll.
9. Cook slowly in stock for approximately 2½ hours.
10. When cooked, unroll, then re-roll tightly, press the galantines between two boards and allow to get cold.
11. When cold, remove the cloth and brush each galantine with melted dripping, finally, roll in brown breadcrumbs.

**473. Hamburg roast**

Mutton or beef, de-		Onions, fresh	..	4 lb.
hydrated	.. .. 8 lb.	or dehydrated	.. ..	12 oz.
Raw meat	.. .. 7½ lb.	Bread	.. ..	7 lb.
Carrots, fresh	.. .. 10 lb.	Dripping	.. ..	1 lb.
or dehydrated	.. .. 2 lb.	Salt and pepper		
Turnips	.. .. 5 lb.	Chopped parsley	..	8 oz.
or dehydrated	.. .. 1 lb.	Breadcrumbs	..	3 lb.

*Recipe No.**Method*

1. Reconstitute the dried meat.
2. Chop the onions and fry without taking colour.
3. Soak the bread in water and press.
4. Pass the raw meat, bread, carrots and turnips (cooked) through a mincer, add the meat and mix thoroughly.
5. Add the seasoning and then the onions and parsley.
6. Divide the mixture, each division sufficient for 12 portions, and roll into the shape of a large roll.
7. Place in greased baking tins and baste with a little melted dripping.
8. Bake in a medium oven for 1 hour, roll in breadcrumbs and colour off in the oven.
9. Slice and arrange neatly on a dish. Serve with a thick gravy or brown sauce.

**474. Meat croquettes**

Mutton or beef, de-		Mashed potatoes	.. 25 lb.
hydrated .. ..	8 lb.	or dehydrated	.. 4 lb.
Onions, fresh	.. 4 lb.	Breadcrumbs	.. 6 lb.
or dehydrated	.. 12 oz.	Thin flour batter	.. 2 pts.
Chopped parsley	.. 8 oz.	Salt and pepper	
Thick brown sauce	.. 8 pts.		

*Method*

1. Reconstitute the meat.
2. Chop the onions finely and fry to a light golden brown.
3. Add the meat and bring to the boil.
4. Cook for 30 minutes, add half the thick brown sauce (*see* Recipe No. 5).
5. Reduce the mixture to a thick consistency and allow to cool.
6. When cooled, incorporate the mashed potato.
7. Mix well, season with salt and pepper, and add the chopped parsley.
8. Mould into cutlet shapes, pass through thin batter, and breadcrumbs, re-shape and fry in shallow fat until a light golden colour on both sides.
9. Dish up, allowing two croquettes to a portion, and serve with a suitable sauce made from the remaining thick brown sauce.

*Recipe No.***475. Minced meat and savoury rice**

Mutton or beef, de- hydrated .. .. .	10 lb.	Chopped parsley ..	8 oz.
Onions, fresh ..	4 lb.	Dripping .. .. .	1 lb.
or dehydrated ..	12 oz.	Thick brown sauce	4 pts.
Rice .. .. .	5 lb.	Salt and pepper	

*Method**Minced meat*

1. Reconstitute the meat.
2. Chop 2 lb. of the onions finely and fry to a golden colour.
3. Add the meat and allow to cook slowly for about 30 minutes.
4. Season with salt and pepper, add the thick brown sauce (*see* Recipe No. 5).

*Savoury rice*

1. Chop the remaining onions, stew them in a little dripping without taking colour, add the rice and heat through.
2. Cover with twice the amount of stock as rice and bring to the boil.
3. Season with salt and pepper, cover with a lid, and cook in the oven for 20 minutes.
4. Remove and stir the rice with a fork to separate the grains.
5. Dress the meat in the centre of the dish and surround with rice.
6. Sprinkle with chopped parsley.

**476. Pork cutlets**

Pork, dehydrated ..	10 lb.	Thick brown sauce	4 pts.
Onions, fresh ..	4 lb.	Breadcrumbs ..	6 lb.
or dehydrated ..	12 oz.	Thin flour batter ..	2 pts.
Chopped parsley ..	8 oz.	Salt and pepper	
Sage .. .. .	1 oz.		

*Method*

1. Reconstitute the meat.
2. Chop the onions finely and fry to a light golden brown colour, add the meat and bring to the boil.
3. Cook for 30 minutes, add the thick brown sauce (*see* Recipe No. 5), season with salt, reduce the mixture to a thick consistency and then turn out on to greased trays.

*Recipe No.*

4. When cold, mould into cutlet shape, pass through a thin flour and water batter and breadcrumbs ; reshape and fry in shallow fat until a light golden colour on both sides.
5. Dish up, garnish with mashed or chipped potatoes, and serve with a suitable sauce or gravy.

**477. Pork galantine**

Pork, dehydrated	..	8 lb.	Spray dried eggs	..	3 oz.
Lean ham	..	6 lb.	Spice		
Lean beef	..	5 lb.	salt and pepper		
Fat bacon	..	3 lb.	Brown breadcrumbs		3 lb.
Bread	..	3 lb.			

*Method*

1. Reconstitute the meat and eggs.
2. Pass the raw meat, 4 lb. of the lean ham and the soaked bread through a mincing machine, place in a large mixing bowl, add the meat and eggs, mix well and season with salt, pepper and spice to taste.
3. Place six damp pudding cloths on the table, cover the centre of each cloth with thin slices of bacon.
4. Divide the prepared mixture into 12 equal parts.
5. Place a part on slices of bacon, put strips of lean ham down the centre utilizing the remaining 2 lb.
6. On this place the remaining part of the mixture.
7. When the 6 galantines are prepared, roll, tie both ends of the cloth tightly, and also tie a string loosely round the centre of each roll.
8. Cook slowly in stock for approximately 2½ hours.
9. When cooked, unroll, then re-roll tightly, press the galantines between two boards and allow to get cold.
10. When cold, remove the cloth and brush each galantine with melted dripping, and then roll in brown breadcrumbs.

**478. Savoury pork roll**

Pork, dehydrated	..	10 lb.	Bread	..	7 lb.
Lean ham	..	5 lb.	Sage	..	2 oz.
Beef	..	2½ lb.	Dripping	..	1 lb.
Carrots, cooked	..	10 lb.	Salt		
or dehydrated	..	2 lb.	Pepper		
Onions, fresh	..	4 lb.	Apple sauce	..	6 pts.
or dehydrated	..	12 oz.	Thickened gravy	..	8 pts.
			Breadcrumbs	..	3 lb.

*Recipe No.**Method*

1. Reconstitute the pork.
2. Chop the onion and fry without taking colour.
3. Soak the bread in water and press.
4. Pass the ham, beef, and carrots, through a mincer.
5. Add the pork and sage, and mix thoroughly.
6. Season with salt and pepper to taste, and then add the onions.
7. Divide the mixture, each division sufficient for 12 portions.
8. Roll out into the shape of a large roll, place in greased baking tins and baste with a little melted dripping.
9. Bake in a medium oven for 1 hour, roll in breadcrumbs and colour.
10. Slice and arrange neatly on dishes. Garnish with the apple sauce and thick gravy.

**479. Scotch mutton pies**

Mutton, dehydrated ..	8 lb.	Chopped parsley ..	8 oz.
Potatoes, fresh ..	12 lb.	Flour ..	16 lb.
or dehydrated ..	2 lb.	Dripping ..	6 lb.
Onions, fresh ..	4 lb.	Baking powder ..	6 oz.
or dehydrated ..	12 oz.	Salt and pepper	

*Method*

1. Reconstitute the mutton.
2. Chop the onions and parsley finely and add to the mutton.
3. Season with salt and pepper to taste, cut potatoes into dice and add to the mixture.
4. Make a short pastry with the rest of the ingredients as outlined in Recipe No. 471.
5. Line baking dishes or camp kettle lids with pastry, fill with the mixture, cover with pastry, egg wash or milk-wash and bake for 30 to 45 minutes in a moderate oven.
6. Allow to cool slightly, and then fill with gravy.
7. Serve hot or cold.

**480. Bacon and potato pie**

Potatoes, dehydrated	10 lb.	Carrots, fresh ..	10 lb.
Bacon trimmings ..	12½ lb.	or dehydrated ..	2 lb.
Chopped parsley ..	8 oz.	Dripping ..	2 lb.
Onions, fresh ..	3 lb.	Mixed herbs ..	2 pkts
or dehydrated ..	9 oz.	Breadcrumbs ..	2 lb.
		Brown gravy ..	8 pts.



*Recipe No.**Method*

1. Reconstitute the potatoes.
2. Cut the bacon into dice, blanch, and fry until tender.
3. Grease the baking dishes and place a layer of potatoes on the bottom; follow with a layer of carrots, then bacon, and sprinkle with chopped parsley and mixed herbs, then carrots, and finally a thick layer of potatoes.
4. Brush with melted dripping, sprinkle with breadcrumbs, bake to a golden brown and serve with brown gravy.

**481. Meat croquettes**

Potatoes, dehydrated	4 lb.	Chopped parsley	..	8 oz.
Onions, cooked	.. 3 lb.	Breadcrumbs	..	6 lb.
or dehydrated	.. 9 oz.	Flour (for thin		
or leeks (cooked)	.. 1½ lb.	batter)	..	2 lb.
Meat (cooked and		Piquant sauce	..	8 pts.
minced)	.. 20 lb.	Salt	..	2 oz.
		Pepper		

*Method*

1. Reconstitute, cook, and mash the potatoes.
2. Chop the onions finely and fry to golden colour.
3. Add the minced beef, heat through, add potatoes, mix well and season with salt and pepper.
4. Add chopped parsley and lay out on a greased tray to cool.
5. Mould into croquettes, pass through a thin flour and water batter, breadcrumbs, and reshape.
6. Fry, and serve with piquant sauce (*see* Recipe No. 8).

**482. Cottage pie**

Potatoes, dehydrated	10 lb.	Dripping	..	1 lb.
Meat, with bone	.. 37½ lb.	Chopped parsley	..	8 oz.
or boneless	.. 28 lb.	Brown sauce	..	8 pts.
Onions, fresh	.. 2 lb.	Breadcrumbs	..	2 lb.
or dehydrated	.. 6 oz.	Salt and pepper		

*Method*

1. Reconstitute, cook, and mash the potatoes.
2. Chop the onions finely, heat the dripping and fry lightly without taking colour; add the meat previously coarsely minced, season with salt and pepper and cook.
3. Add the parsley, bind with a little brown sauce (*see* Recipe No. 5) and bring to the boil.

*Recipe No.*

4. Place in dishes, cover with potatoes ; smooth over, mark with a fork, sprinkle with breadcrumbs and melted dripping, and bake to a golden brown in a quick oven.
5. Serve the remainder of the sauce separately.

**483. Corned beef pancakes**

Potatoes, dehydrated	4 lb.	Carrots .. ..	5 lb.
Corned beef, minced	12½ lb.	or dehydrated .. ..	1 lb.
Chopped parsley .. ..	8 oz.	Milk .. ..	2 pts.
Dripping .. ..	2 lb.	Brown sauce .. ..	8 pts.
		Salt and pepper ..	

(Camp kettle lids—16)

*Method*

1. Reconstitute, cook, and mash the potatoes.
2. Mix the beef, potatoes, chopped carrots and parsley, and season with salt and pepper.
3. Add the milk, and correct the seasoning.
4. Place 2 oz. dripping in each lid, heat until it gives off a pale blue vapour.
5. Divide the prepared mixture equally among the 16 lids, press flat and cook over a slow heat or in the oven.
6. After 20 minutes' cooking, cut up into six portions and serve with brown sauce (*see* Recipe No. 5).

**484. Cornish pasty**

Potatoes, dehydrated	4 lb.	Chopped parsley ..	8 oz.
Meat, cooked .. ..	12 lb.	Flour .. ..	12 lb.
Onions .. ..	3 lb.	Dripping .. ..	4 lb.
or dehydrated .. ..	9 oz.	Baking powder .. ..	4 oz.
or Leeks .. ..	2 lb.	Salt .. ..	2 oz.
		Pepper	

*Method*

1. Reconstitute and cook the potatoes.
2. Make a short pastry with the flour, dripping, baking powder and 1½ oz. salt, roll out ¼ inch thick and cut out rounds with a large cutter.
3. Chop the meat or pass through a mincer (coarse plate) and then mix with the onions, parsley and potatoes, and season well with salt and pepper.
4. Moisten the edges of the pastry, place about 3 oz. of the mixture in the centre, fold over towards the centre and press together.

*Recipe No.*

5. Place on a tray, wash with a little milk and bake for 35 minutes in a hot oven.

**485. Durham cutlets**

Potatoes, dehydrated	5 lb.	Chopped parsley	.. 8 oz.
Meat, cooked	.. 12½ lb.	Breadcrumbs	.. 3 lb.
Onions	.. 2 lb.	Flour (for thin	
or dehydrated	.. 6 oz.	batter)	.. 2 lb.
Dripping	.. 3 lb.	Brown sauce	.. 8 pts..
		Salt and pepper	

*Method*

1. Reconstitute, cook, and mash the potatoes.
2. Pass the meat through a mincing machine, mix with the potatoes, add the onions chopped finely and previously fried to a golden colour.
3. Add the chopped parsley, season with salt and pepper and mix well.
4. Shape into cutlets, pass through a thin flour and water batter and breadcrumbs.
5. Fry in shallow fat and serve with the brown sauce (see Recipe No. 5).

**486. Hot pot**

Potatoes, dehydrated	10 lb.	Dripping	.. 2 lb.
Meat, bone in	.. 37½ lb.	Chopped parsley	.. 8 oz.
or boneless	.. 28 lb.	Salt and pepper	
Onions	.. 6 lb.		
or dehydrated	.. 1 lb.		
or Leeks	.. 6 lb.		

*Method*

1. Reconstitute and cook the potatoes.
2. Shred the onions or leeks, grease the serving dishes or baking tins, place a layer of potatoes and onions or leeks in the bottom.
3. Cut the meat into 1 inch pieces, season with salt, add pepper and parsley, place the meat on the layer of potatoes and onions and fill up with potatoes.
4. Half fill with well seasoned stock, bring to the boil; then place in a moderate oven, cook slowly, press down occasionally with a slice.
5. When cooked, skim off all fat, correct the seasoning, sprinkle with chopped parsley, and serve.

*Recipe No.***487. Irish stew**

Potatoes, dehydrated	10 lb.	Onions .. ..	8 lb.
Mutton, bone in	.. 37½ lb.	or dehydrated	.. 1½ lb.
Leeks .. ..	.. 6 lb.	Bayleaves .. ..	4
Parsley .. ..	.. 8 oz.	Peppercorns (in a bag)	36
		Salt and pepper	

*Method*

1. Reconstitute the potatoes.
2. Cut meat into 3-inch pieces.
3. Peel and slice the onions.
4. Place the meat in a pan, cover with water, bring to the boil, skim, add salt, peppercorns, onions and 7 lb. of the potatoes.
5. Bring to the boil and skim carefully.
6. Simmer for about 1½ hours ; then add the remaining potatoes and simmer gently for 30 minutes.
7. Remove the peppercorns, correct the seasoning, skim, add coarsely chopped parsley and serve.

**488. Meat and potato mould**

Potatoes, dehydrated	10 lb.	Ham, chopped	
Onions .. ..	2 lb.	(cooked) .. ..	3 lb.
or dehydrated	.. 6 oz.	Chopped parsley	.. 8 oz.
Beef, cooked	.. 20 lb.	Brown sauce	.. 8 pts.
		Salt and pepper	

*Method*

1. Reconstitute and mash the potatoes.
2. Grease baking dishes, sprinkle with chopped ham, then line with potatoes.
3. Add the onions to the minced meat, and bind with approximately 2 pts. of brown sauce, fill the centre with this mixture, season with salt, pepper and chopped parsley, cover with potatoes and bake.
4. Turn out and serve with brown sauce.

**489. Meat and potato pie**

Potatoes, dehydrated	10 lb.	Onions .. ..	4 lb.
Meat, bone in	.. 37½ lb.	or dehydrated	.. 12 oz.
or boneless .. ..	.. 28 lb.	or Leeks .. ..	4 lb.
Chopped parsley	.. 8 oz.		
Salt and pepper			

*Recipe No.**Short pastry*

Flour .. .. .	16 lb.	Water for pastry	
Dripping .. .. .	6 lb.	Salt .. .. .	2 oz.
Baking powder .. .. .	8 oz.		

*Method*

1. Reconstitute the potatoes.
2. Cut the beef into 1-inch pieces, slice the onions, season with salt and add pepper and chopped parsley.
3. Fill the baking dishes with alternate layers of meat, onion and potato, barely cover with water and correct the seasoning.
4. Make a short pastry with the flour, dripping, baking powder, salt and water; cover the dishes with pastry and bake in a moderate oven for 2 to 3 hours.
5. Before serving fill with gravy if necessary.

**490. Sea pie**

Potatoes, dehydrated	8 lb.	Suet .. .. .	4 oz.
Meat, bone in .. .. .	37½ lb.	Flour .. .. .	16 lb.
or boneless .. .. .	28 lb.	Suet, chopped .. .. .	6 lb.
Chopped parsley .. .. .	8 oz.	Baking powder .. .. .	8 oz.
Onions .. .. .	4 lb.	Water for paste	
or dehydrated .. .. .	12 oz.	Salt and pepper	
or Leeks .. .. .	4 lb.		

*Method*

1. Reconstitute the potatoes.
2. Cut the meat into 1-inch pieces, slice the onions and season with salt.
3. Place layers of potatoes, onions, meat, onions and a final layer of potatoes in the baking dish, add parsley, season with salt and pepper, and three parts fill with stock.
4. Cover with suet paste made up from the flour, suet, baking powder, then cover with greaseproof paper and steam or boil slowly for 3 to 4 hours, fill up with gravy and serve.

**POTATOES****491. Baked creamed**

Potatoes, dehydrated	18 lb.	Salt	
Brown breadcrumbs .. .. .	1 lb.	Pepper	
Milk .. .. .	4 pts.	Nutmeg	
Margarine .. .. .	2 lb.		

*Recipe No.**Method*

1. Reconstitute the potatoes, cook, strain and mash.
2. Replace the potatoes in a pan and place on a warm part of stove.
3. Add salt, margarine, pepper and grated nutmeg to taste.
4. Add boiling milk and mix well to a creamy consistency.
5. Place in baking dishes, sprinkle finely with brown bread-crumbs and a little melted margarine. Brown off in top of the oven.

**492. Croquette**

Potatoes, dehydrated	18 lb.	Salt
Spray dried eggs	.. 5 oz.	Pepper
Flour for batter	.. 2 lb.	Nutmeg
Breadcrumbs	.. 6 lb.	

*Method*

1. Reconstitute the eggs.
2. Reconstitute the potatoes, cook, strain and mash.
3. Season with salt, add pepper and grated nutmeg to taste.
4. Add the eggs and mix thoroughly.
5. Allow to cool, shape into croquettes, pass through batter, breadcrumbs, and fry in deep fat until golden brown.

Care must be taken that the mixture is made as dry as possible.

**493. Macaire**

Potatoes, dehydrated	18 lb.	Dripping	.. .. 3 lb.
Margarine	.. .. 1 lb.	Salt	
Chopped parsley	.. 8 oz.	Pepper	

*Method*

1. Reconstitute and cook the potatoes.
2. Allow to dry off.
3. Add salt, pepper, margarine, and mash roughly.
4. Season, add the chopped parsley, shape into cakes and fry both sides in shallow fat until brown.
5. This method is only suitable for small messes.
6. For large numbers, cook in baking dishes and cut into portions after cooking.

*Note.*—Left-over potatoes may be used.

*Recipe No.***494. Mashed**

Potatoes, dehydrated	18 lb.	Salt	
Milk .. .. .	4 pts.	Pepper	
Margarine .. .	1 lb.	Nutmeg	

*Method*

1. Reconstitute and cook the potatoes.
2. When cooked, strain, dry off and mash well.
3. Place on a warm part of the stove; add margarine, salt, pepper, grated nutmeg and boiling milk.
4. Mix thoroughly and serve.

**495. Potato pastry**

Potatoes, dehydrated	1½ lb.	Baking powder	..	4 oz.
Flour .. .. .	8 lb.	Salt, about	..	2 oz.
Dripping .. .	4 lb.			

*Method*

1. Reconstitute the potatoes and cook as for mashed potatoes (see Recipe No. 494, paras. 1 and 2).
2. Mix baking powder and salt with the flour, rub the dripping into flour, add potatoes and mix lightly into a firm dough with water.
3. Allow to rest, then roll out for use.

**496. Savoury**

Potatoes, dehydrated	18 lb.	Dripping	..	2 lb.
Onions .. .. .	7 lb.	Stock	..	4 pts.
or dehydrated	1¼ lb.	Salt		
Chopped parsley	8 oz.	Pepper		
Grated cheese	2 lb.	Nutmeg		

*Method*

1. Reconstitute the potatoes.
2. Peel and shred the onions, mix with the potatoes, season with salt and add pepper and nutmeg to taste.
3. Place potatoes and onions in greased baking dishes, three parts cover with stock and sprinkle with grated cheese.
4. Sprinkle with chopped parsley before serving.

## SWEETS AND CAKES

(Using dehydrated potato strips)

*Recipe No.***497. Apple cake, made with potato pastry**

Potato pastry	.. 16 lb.	Cloves	.. .. 10
Apple rings	.. .. 10 lb.	Sugar	.. .. 2 lb.

*Method*

1. Line baking dishes with the pastry (*see* Recipe No. 495) and prick all over with a fork.
2. Soak the apple rings over night, cook and chop.
3. Allow the apple rings to cool then place in the pastry, sprinkle with sugar, add cloves, cover with pastry, mark out into squares, brush with milk and bake.
4. Serve with custard sauce.

**498. Baroness pudding**

Potatoes, dehydrated	1½ lb.	Milk	.. .. 8 pts.
Breadcrumbs	.. 8 lb.	Raisins, stoneless	.. 4 lb.
Flour	.. .. 4 lb.	Baking powder	.. 8 oz.
Suet	.. .. 6 lb.	Mixed spice	.. 4 oz.
Sugar	.. .. 2 lb.	Salt	.. .. 2 oz.

*Method*

1. Reconstitute the potatoes, cook, strain and mash.
2. Mix the flour and baking powder.
3. Mix all dry ingredients together, add the potatoes, and then the milk.
4. Work together into a fairly stiff paste.
5. Place the mixture into floured pudding cloths to form a roll, and steam or boil for 3 hours.
6. Serve with custard sauce.

**499. Drop scones**

Potatoes	.. .. 1 lb.	Sugar	.. .. 8 oz.
Flour	.. .. 4 lb.	Milk to moisten	
Baking powder	.. 3 oz.	Salt	

*Method*

1. Reconstitute the potatoes, cook, strain and mash.
2. Mix the potatoes, flour, baking powder, salt and sugar with sufficient water and milk to make a stiff batter.



*Recipe No.*

3. Drop the scone mixture on to a slightly greased frying pan or baking dish and cook.
4. When cooked on one side turn over and finish cooking.

**500. Hot potato cakes**

Potatoes, dehydrated	1½ lb.	Baking powder	.. 3 oz.
Flour .. .. .	2 lb.	A little flavouring	
Dripping .. .. .	1 lb.	(lemon or vanilla)	
Sugar .. .. .	1 lb.	A few breadcrumbs	
Spray dried eggs	.. 3 oz.	Syrup	
		Salt	

*Method*

1. Reconstitute the eggs.
2. Reconstitute the potatoes, cook, strain and mash.
3. Mix the potatoes, flour, baking powder, dripping, sugar and eggs, salt and flavouring according to taste.
4. Moisten with a little milk if the mixture is too stiff; then line baking dishes with dripping and breadcrumbs, three parts fill with the mixture, bake and serve with syrup.

**501. Potato cakes**

Potatoes, dehydrated	1½ lb.	Baking powder	.. 4 oz.
Dripping .. .. .	1½ lb.	Milk to moisten	
Sugar .. .. .	8 oz.	Salt	

*Method*

1. Reconstitute the potatoes, cook, strain and mash.
2. Add the sugar to the potatoes.
3. Mix the ingredients together, and add sufficient milk to make a dough.
4. Shape into scones and allow to rest for about 15 minutes; then bake in the oven.

**502. Rock cakes**

Potatoes, dehydrated	1 lb.	Spray dried eggs	.. 3 oz.
Flour .. .. .	3 lb.	Milk .. .. .	.. 2 pts.
Sugar .. .. .	1½ lb.	Dripp ng .. .. .	.. 1 lb.
Currants .. .. .	1 lb.	Baking powder	.. 3 oz.

*Method*

1. Reconstitute the eggs.
2. Reconstitute the potatoes, cook, strain and mash.

*Recipe No.*

3. Add the sugar to the potatoes.
4. Well mix the flour and baking powder, rub in the dripping, add the fruit and incorporate the dry mashed potatoes.
5. Add the milk and eggs, mix well.
6. Break off into 100 rough pieces, place on a greased baking tray, sprinkle with coarse sugar and bake.

**503. Treacle pudding**

Potatoes, dehydrated	1½ lb.	Milk	.. ..	8 pts.
Breadcrumbs	.. .. 8 lb.	Baking powder	.. ..	8 oz.
Flour .. ..	.. .. 4 lb.	Salt .. ..	.. ..	2 oz.
Sugar .. ..	.. .. 2 lb.	Treacle	.. ..	3 lb.
		Syrup	.. ..	3 lb.

*Method*

Proceed as for Recipe No. 498, diluting the syrup and serving as a sauce.

**CHEESE AND POTATO DISHES**

(Using dehydrated potato strips)

**504. Cheese and potato pie**

Potatoes, dehydrated		Potato pastry	.. ..	12 lb.
strips .. ..	5 lb.	White stock or milk	.. ..	8 pts.
Cheese .. ..	6 lb.	Salt and pepper		
Onions .. ..	3 lb.			
or dehydrated	.. .. 9 oz.			

*Method*

1. Reconstitute the potatoes.
2. Slice the onions and season with salt and pepper.
3. Arrange the potatoes and onions in alternate layers in baking dishes, sprinkle grated cheese between each layer, three parts fill with white stock, or milk, cover with potato pastry (*see* Recipe No. 495) and bake for approximately 1 hour.

**505. Cheese, potato and bacon pie**

Potatoes, dehydrated		Onions .. ..	.. ..	2 lb.
strips .. ..	4 lb.	or dehydrated	.. ..	6 oz.
Cheese .. ..	3 lb.	Potato pastry	.. ..	12 lb.
Bacon .. ..	5 lb.			

*Method*

Proceed as for Recipe No. 504 with the addition of grated cheese.

*Recipe No.***506. Cheese and potato pudding**

Potatoes, dehydrated strips .. .. 2 lb.	Flour .. .. 8 lb.
Grated cheese (utilizing all ends, and left-over pieces) .. 4 lb.	Baking powder .. 6 oz.
Onions .. .. 1 lb.	Dripping .. .. 1 lb.
or dehydrated .. 3 oz.	Cheese sauce .. 6 pts.
	Nutmeg
	Salt and pepper

*Method*

1. Reconstitute the potatoes, cook and mash.
2. Mix all the ingredients.
3. If the mixture is too stiff add a little milk, fill into greased basins, or make in the form of a roll, and steam for 2 hours.
4. Serve the pudding with the cheese sauce.

**POTATO POWDER****507. Mashed potatoes**

Potato powder .. 12 lb.	Salt and Pepper
Margarine .. .. 1 lb.	Nutmeg

*Method*

1. Prepare the potato powder and dry off.
2. Place on warm part of the stove.
3. Add margarine, salt, pepper and grated nutmeg.
4. Mix thoroughly and serve.

**508. Potato powder—uses of**

Potato powder, prepared in the manner prescribed, may be used for any of the foregoing recipes in which mashed potatoes are featured. Less potato powder will be required and two-thirds of the quantity shown for dehydrated potatoes is recommended.

**DEHYDRATED CABBAGE****509. Boiled cabbage**

Cabbage, dehydrated 5 lb.	Salt
---------------------------	------

*Method*

1. Reconstitute and cook the cabbage.



*Recipe No.***514. Buttered carrots**

Carrots, dehydrated ..	8 lb.	Chopped parsley ..	8 oz.
Margarine ..	1 lb.	Salt to taste	
Sugar ..	2 oz.		

*Method*

1. Proceed as for boiled carrots (*see* Recipe No. 513).
2. When cooked, add the margarine and sugar, allow to stand for 10 minutes.
3. Correct the seasoning and sprinkle with chopped parsley.

**515. Carrots in white sauce**

Carrots, dehydrated ..	8 lb.	Salt
White sauce ..	4 pts.	Pepper
Chopped parsley ..	8 oz.	

*Method*

1. Proceed as for boiled carrots (*see* Recipe No. 513).
2. When cooked, drain and add the white sauce (*see* Recipe No. 11).
3. Correct the seasoning and sprinkle with chopped parsley.

**DEHYDRATED TURNIPS AND SWEDES**

The method of preparation and cooking is similar to that given in Recipes No. 513 and 514.

**SECTION 28****Meat and vegetable ration and preserved tinned meats**

Preserved meat, and meat and vegetable ration, are popular, providing they are prepared and served in an appetizing manner. Whenever conditions are sufficiently static every effort should be made to produce a hot meal. A continued diet of cold tinned foods is monotonous, leads to loss of appetite, and in consequence is a cause of discontent and impaired efficiency.

The average cook is prone to treat preserved tinned meat on its face value, that is, meat which is turned out of a tin and all too often served as it is—cold.

The intelligent cook, however, will understand that tinned meat can be made into varied and numerous attractive dishes, such as stews, meat pies, meat rolls (hot and cold), Hambourg roast, Cottage pie, hashed meat, and all varieties of the "Rissolle" family.

When required for cooking, remove the lid at the wide end with an opener (not with a knife). Punch two holes in the bottom of the tin and remove the contents.

Remember that when using tinned meat for stews, make the sauce first and cook all raw ingredients *before* adding to the tinned meat. It is only necessary to warm the meat thoroughly. Lengthy stewing will result in shredded meat which is unappetizing and unrecognizable.

Care should be taken that "blown" tins or heavily rusted tins of preserved meat or meat and vegetable ration are condemned. Ptomaine poisoning might result from tinned meat showing these signs. Store tinned meat in a cool, dry place, and use in order of delivery.

The following recipes are designed to produce the type of dish which will assure a welcome change from cold foods, and are capable of being produced in the field with field equipment and improvised cooking equipment, as well as in static cookhouses.

It should be noted that cooked preserved meat *must* be consumed at one meal and *not* re-heated by using left-overs for some made-up dish.

## PRESERVED MEAT

*Recipe No*

### 516. Cottage pie

Preserved meat (12 oz. tins)	.. .. 33 tins	Onions	.. .. 3 lb.
Potatoes (cooked)	.. 25 lb.	Salt and pepper	
		Stock	.. .. 8 pts.

*Method*

1. Chop the meat finely, dice the onions, and cook slowly on the back of the stove, mix well and place in dishes or camp kettle lids, season with salt and pepper, add stock and bring to the boil.
2. Mash the potatoes, cover the dishes, and bake to a golden brown in a moderate oven.

### 517. Corned beef stew

Preserved meat (12 oz. tins)	.. .. 30 tins	Salt and pepper	
Onions	.. .. 6 lb.	Stock	.. .. 16 pts.
Mixed vegetables	.. 4 lb.	Dripping	.. .. 1½ lb.

*Method*

1. Chop the onions and vegetables and fry-on.
2. Cut the meat into small cubes.

*Recipe No.*

3. Put the stock in camp kettle lids or baking dishes and add the rest of the ingredients.
4. Stir well, bring to the boil and skim ; then simmer gently for 1 hour.

**518. Cornish pasty**

Preserved meat (12 oz. tins)	.. .. 16 tins	Flour	.. .. 12 lb.
Onions	.. .. 4 lb.	Dripping	.. .. 4 lb.
Potatoes (cooked)	.. .. 12 lb.	Baking powder	.. .. 6 oz.
		Salt and pepper	

*Method*

1. Make a pastry with the flour, salt, dripping and baking powder (*see* Recipe No. 135), roll out  $\frac{1}{8}$  inch thick and cut into rounds.
2. Cube the meat and potatoes.
3. Dice and fry-on the onions.
4. Well mix the meat, potatoes and onions, season with salt and pepper and moisten slightly with stock or water.
5. Place 3 oz. of this mixture in the centre of each round of pastry, moisten the edges, fold to the centre, press the edges and wash over with a little milk.
6. Bake in a hot oven for 35 minutes.

**519. Curried meat**

Preserved meat (12 oz. tins)	.. .. 25 tins	Dripping	.. .. 1 lb.
Rice	.. .. 7 lb.	Stock	.. .. 16 pts.
Flour	.. .. 2 lb.	Onions	.. .. 3 lb.
Mixed vegetables	.. .. 4 lb.	Curry powder	.. .. 10 oz.
		Salt and pepper	

*Method*

1. Cut the beef into cubes and dice the vegetables.
2. Melt the dripping in baking dishes or camp kettles, and add sufficient flour to make a stiff paste, stirring all the time.
3. Dice the onions, fry them, and add to the paste with sufficient stock to nearly fill the dishes or camp kettles.
4. Stir all together until well mixed and add the curry powder, salt and pepper.
5. Divide the cubes of meat and chopped vegetables into dishes, cover with the prepared mixture and simmer for  $1\frac{1}{2}$  hours.
6. Boil and drain the rice.
7. Place the curried meat in the centre of dishes and surround with rice.

*Recipe No.***520. Durham cutlets**

Preserved meat (12 oz. tins) .. .. 25 tins	Breadcrumbs or crushed biscuit .. 4 lb.
Potatoes (cooked) .. 25 lb.	Flour (for batter) .. 2 lb.
Onions .. .. 2 lb.	Brown sauce .. 8 pts.
Dripping .. .. 3 lb.	Salt and pepper

*Method*

1. Mash the potatoes.
2. Mince the meat.
3. Chop the onions finely and fry on.
4. Mix the meat, potatoes and onions and season.
5. Shape and pass through a thin flour and water batter.
6. Sprinkle with breadcrumbs, reshape and fry in shallow fat.
7. Serve with the hot brown sauce.

**521. Meat fritters**

Preserved meat (12 oz. tins) .. .. 33 tins	Sugar .. .. 1 oz.
Flour .. .. 7 lb.	Salt .. .. 1 oz.
Baking powder .. 1 oz.	Water as required

*Method*

1. Mix the flour, salt, baking powder and sugar and work into a smooth batter with water. The batter should be thick enough to well coat the back of a spoon.
2. Cut the meat into 2-oz. slices (6 slices from each tin of meat), pass through flour and batter and fry in hot fat until brown.
3. If baking powder is not available, make a smooth batter with flour and water only, prepare some breadcrumbs and pass the slices of meat first through the batter and then the breadcrumbs.

**522. Hot pot**

Preserved meat (12 oz. tins) .. .. 25 tins	Salt
Potatoes .. .. 50 lb.	Stock .. .. 8 pts.
Onions .. .. 10 lb.	Pepper

*Method*

1. Partly boil the potatoes and when cold slice them  $\frac{1}{4}$  inch thick.



*Recipe No.*

2. Dice the onions and meat, and season with salt and pepper.
3. Grease baking dishes or camp kettle lids and place a layer of potatoes and onions in the bottom.
4. Add the meat and the remainder of the onions.
5. Fill up with potatoes, arranged in layers.
6. Half fill with stock and bring to the boil.
7. Place in a moderate oven, press down with a knife at intervals, and bake until potatoes are cooked. Remove excess fat and correct seasoning before serving.
8. Add more stock if necessary.

**523. Minced meat**

Preserved meat (12 oz. tins)	.. .. 25 tins	Onions	.. .. 3 lb.
Pepper	.. .. 1 oz.	Stock	.. .. 4 pts.

*Method*

1. Chop the onions and fry on lightly.
2. Mince the meat, add onions and pepper, and mix.
3. Moisten with the stock and heat through slowly over a low heat.

**524. Meat and vegetable roast**

Preserved meat (12 oz. tins)	.. .. 25 tins	Dry mashed potatoes	6 lb.
Mixed vegetables	.. 20 lb.	Mixed herbs	.. 2 oz.
Onions	.. .. 3 lb.	Dripping	.. .. 1 lb.
		Salt and pepper	

*Method*

1. Cut the onions and vegetables in small dice and fry them in the dripping without taking colour.
2. Allow to get cold.
3. Mince the meat, or pass through a mincer, add the cooked vegetables and dry mashed potatoes. It is important that all ingredients are cold before mixing.
4. Season well with salt and pepper, add the herbs and mix thoroughly.
5. Divide into portions sufficient for 12 persons and make into large rolls.
6. Place in greased dishes or pans and baste with a little dripping.
7. Bake in a moderate oven for about 1 hour.
8. Roll in breadcrumbs or oatmeal, colour off in the oven; then allow to stand for 10 minutes.
9. Slice, and arrange neatly for service. Serve with brown sauce or thickened gravy.

*Recipe No.***525. Meat pie**

Preserved meat (12 oz. tins) .. ..	33 tins	Salt and pepper	
Onions .. ..	4 lb.	Stock .. ..	8 pts.

*Pastry*

Flour .. ..	12 lb.	Baking powder ..	6 oz.
Dripping .. ..	4 lb.	Water	
		Salt .. ..	1 oz.

*Method*

1. Chop the onions and fry to a brown colour.
2. Remove the meat from the tins and cut into small cubes.
3. Mix the flour, salt and baking powder, rub in the dripping, and work into a stiff dough with water and roll out.
4. Arrange the meat in dishes or camp kettle lids, add the stock and onions, season well, cover with the pastry, wash over with milk, and bake until golden brown.

**526. Meat roll**

Preserved meat (12 oz. tins) .. ..	14 tins	Flour .. ..	10 lb.
Potatoes (cooked) ..	10 lb.	Dripping .. ..	3 $\frac{3}{4}$ lb.
Onions .. ..	2 lb.	Salt .. ..	1 oz.
		Baking powder ..	5 oz.

*Method*

1. Mince the meat, mash the potatoes, and finely chop the onions.
2. Mix the potatoes and meat, season and add the onions.
3. Make a short pastry with the flour, salt, dripping and baking powder, roll out and cut into eight pieces.
4. Divide the minced meat mixture (each sufficient for 12 portions) and place the portions on to the centre of each piece of pastry.
5. Moisten one edge of the pastry and fold over.
6. Milk wash and bake.

**527. Rissoles**

Preserved meat (12 oz. tins) .. ..	20 tins	Pepper .. ..	1 oz.
Biscuits .. ..	5 lb.	Onions .. ..	2 lb.
		Water .. ..	6 pts.

*Recipe No.**Method*

1. Chop the onions, then fry on and allow to cool.
2. Mince the beef.
3. Powder the biscuits.
4. Mix all together with water, add the pepper.
5. Form the mixture into 100 balls or flat cakes and fry, or bake, sufficiently to cover.

**Meat and vegetable ration**

This ration requires the utmost care in preparation and in serving. The correct method is to place the tins into boiling water, utilizing for this purpose, camp kettles, soyer stoves, six-gallon containers or steam jacketed pans. The tins may also be heated in wet steaming ovens. After heating (allow 30 minutes) drain off the water and open with a tin opener. Use a cloth as the tins will be very hot. Turn out the contents into baking dishes, camp kettles or other receptacles and serve boiling hot. The practice of opening the tins and emptying them into boilers to heat, spoils the final appearance and causes unequal distribution when serving.

The weight of a tin is 16 oz., and the approximate contents of a tin is as follows :—

Meat (of which not more than 1 oz. is in the form of loose fat) .. .. .	6 OZ.
Potatoes .. .. .	3½ OZ.
Carrots .. .. .	¾ OZ.
Peas, butter or haricot beans.. .. .	1½ OZ.
Onions .. .. .	¼ OZ.
Stock .. .. .	2 OZ.
Salt and spice .. .. .	¼ OZ.

Meat and vegetable ration, after draining off the liquor, lends itself to incorporation in a variety of hot dishes. A suitable selection is given below, for the preparation of which recipes for preserved meat dishes should be followed.

	<i>Recipe No.</i>
Meat and vegetable pie .. .. .	526
Curried meat and vegetables .. .. .	519
Meat and vegetable roll .. .. .	527
Cottage pie .. .. .	516
Cornish pasties .. .. .	518
Hot pot .. .. .	522
Durham cutlets .. .. .	520

## SECTION 29

NOTES AND RECIPES DEALING WITH TINNED  
COMMODITIES

## Field service ration scale

Recipes are not given for simple everyday dishes such as fried bacon and sausage, fried bacon and potatoes, etc.

The main *tinned commodities* dealt with are :—

Salmon	Preserved meat
Sausages	Bacon
Potatoes	Vegetables
Cheese	Margarine

Crushed biscuit is used for paste for making pies, pasties, etc. The standard recipe is given below.

A small quantity of dripping can usually be obtained from tinned sausages and tinned bacon. This should be reserved for frying. The margarine issue should be found adequate for all other purposes.

## RECIPES

*Recipe No.*

## 528. Bacon roll

Bacon	.. .. .	22 tins	Salt and pepper
Potatoes	.. .. .	10 lb.	Biscuit pastry
Mixed vegetables	.. .. .	10 lb.	(see Recipe No. 543)

*Method*

1. Roll out the pastry and divide into 8 pieces.
2. Cook and dice the potatoes and mixed vegetables, and season.
3. On each piece of pastry place slices of bacon (enough for 12 men's rations), then a layer of potatoes and vegetables.
4. Damp the edges of the pastry and fold over.
5. Place into greased pans or camp kettle lids and bake for 1 hour.

## 529. Bacon pasties

Bacon	.. .. .	18 tins	Biscuit pastry
Potatoes (cooked)	.. .. .	6 lb.	(see Recipe No. 543)

*Method*

1. Prepare the pastry and cut into 6-inch rounds.
2. Dice the potatoes and bacon.

*Recipe No.*

3. Season the potatoes and mix with the bacon and place a portion on each round of pastry.
4. Damp the edges of the pastry, fold over, and bake in a moderate oven for 35 minutes.

**530. Bacon and potato pie**

Bacon .. .. .	22 tins	Margarine .. .. .	2 lb.
Potatoes .. .. .	15 lb.	Crushed biscuit .. .. .	2 lb.
Mixed vegetables .. .. .	10 lb.		

*Method*

1. Rasher the bacon.
2. Grease trays and place in a layer of sliced seasoned potatoes, follow with a layer of diced vegetables, then a layer of bacon, then a layer of vegetables, and finally a layer of potatoes.
3. Half fill the trays with water and bring to the boil.
4. Brush with melted margarine, sprinkle with biscuit, and bake until potatoes and vegetables are cooked and the pie surface is coloured (approximately 1 hour).

**531. Bacon cakes**

Bacon .. .. .	22 tins	Salt and pepper	
Crushed biscuit .. .. .	15 lb.	Dripping .. .. .	2 lb.

*Method*

1. Finely chop or mince the bacon.
2. Mix with the crushed biscuit, season, and mould into flat cakes.
3. Fry off both sides in shallow dripping.

**532. Baked biscuit pudding (jam sauce)**

Crushed biscuit .. .. .	16 lb.	<i>Jam sauce</i>	
Sugar .. .. .	2 lb.	Jam .. .. .	4 lb.
Dripping .. .. .	4 lb.	Water .. .. .	8 pts.
Water .. .. .	8 pts.		
Salt .. .. .	$\frac{1}{2}$ oz.		

*Method*

1. Mix all the dry ingredients; then add sufficient water to make a stiff dough.
2. Put into greased trays and bake in a moderate oven for 40 minutes.
3. Boil up the jam with the water, stirring continually; pour over the portions of pudding when serving.

*Recipe No.***533. Cornish pasties**

Preserved meat	.. 13 tins	Salt and pepper
Potatoes (cooked and diced)	.. .. 12 lb.	

*Method*

1. Make a biscuit pastry (*see* Recipe No. 543), roll out  $\frac{1}{8}$  inch thick, cut into rounds and damp the edges.
2. Dice the meat, mix with the potatoes, and season.
3. Place 3 oz. of mixture on the paste rounds, fold over, press together, and wash with a little milk.
4. Bake for 35 minutes in a hot oven.

**534. Cottage pie**

Preserved meat	.. 25 tins	Margarine	.. .. 1 lb.
Potatoes	.. .. 20 lb.	Crushed biscuit	.. 2 lb.
Mixed vegetables (cooked)	.. .. 5 lb.	Seasoning	

*Method*

1. Mince or chop the meat and vegetables.
2. Place in trays, season, and add sufficient water to cover.
3. Cook potatoes, chop finely or pass through mincer, and cover the trays.
4. Sprinkle the top with biscuit and melted margarine and bake in a quick oven.

**535. Cheese savouries**

Cheese	.. .. 8 lb.	Salt and pepper	
Dripping	.. .. 1 lb.	Crushed biscuit	.. 4 lb.

*Method*

1. Cream the cheese with the dripping.
2. Add the biscuit, pepper and salt and sufficient water to make a stiff paste.
3. Divide into 2-lb. pieces, roll out and cut into rounds.
4. Place into camp kettle lids or trays and bake in a hot oven for 30 minutes.

**536. Cheese and potato pie**

Cheese	.. .. 6 lb.	Salt and pepper
Potatoes	.. .. 15 lb.	Biscuit pastry
Milk	.. .. 8 pts.	( <i>see</i> Recipe No. 543)

*Recipe No.**Method*

1. Make a biscuit pastry.
2. Boil and slice the potatoes.
3. Chop the cheese.
4. Fill camp kettle lids (or trays) with alternate layers of sliced seasoned potatoes and cheese.
5. Fill the trays three parts full with milk, cover with biscuit pastry and bake for approximately 45 minutes.

**537. Fish cakes**

Salmon .. ..	18 tins	Pepper .. ..	2 oz.
Crushed biscuit ..	8 lb.	Powdered biscuit ..	1 lb.
Cooked and diced potatoes .. ..	4 lb.		

*Method*

1. Drain the salmon and mix with the potatoes.
2. Add the biscuit.
3. Thoroughly mix all ingredients and season.
4. Mould into cakes, roll in the powdered biscuit, reshape and fry in hot, shallow fat.

**538. Jam or syrup roll**

Crushed biscuit ..	16 lb.	Water .. ..	10 pts.
Dripping or margarine	4 lb.	Milk .. ..	6 tins
Syrup or jam ..	6 lb.	Salt .. ..	$\frac{1}{2}$ oz.

*Method*

1. Add the dripping (or margarine) and salt to the biscuit, mix in the reconstituted milk to form a dough.
2. Roll out, spread with jam or syrup, fold into rolls and divide into 8 pieces.
3. Tie up securely in wet cloths.
4. Place in boiling water and boil for 30 minutes. When cooked allow to remain in the cloth for 10 minutes then turn out.
5. Make a sauce with the remainder of the syrup or jam.
6. Cut the rolls into portions and pour sauce over before serving.





## Recipe No.

*Method*

1. Chop the mixed vegetables, fry in dripping without taking colour and allow to cool.
2. Finely chop, or pass the meat through a mincer.
3. Cook and finely chop the potatoes and *allow to cool*.
4. Mix all together, season, and divide into portions sufficient for 12 persons.
5. Shape into large rolls, place into greased trays and baste with a little dripping.
6. Bake in a moderate oven for about 1 hour.
7. Roll in the powdered biscuit and colour off in the oven.
8. Slice and serve.

## 543. Pastry for tarts, pies, dumplings, etc., (ingredients for)

Crushed biscuit	.. 12 lb.	Salt .. .. .	.. ½ oz.
Fat (or margarine)	.. 3 lb.	Water .. .. .	.. 12 pts.

Allow the pastry to rest and dry off for 30 minutes before using.

## 544. Preserved meat sausages

Preserved meat	.. 13 tins	Soaked biscuit	.. 2 lb.
Potatoes (cooked)	.. 7 lb.	Dripping (bacon)	.. 1 lb.
Mixed vegetables (cooked) .. .	.. 2 lb.	Powdered biscuit	.. 1 lb.
		Seasoning	

*Method*

1. Squeeze out surplus moisture from soaked biscuit.
2. Finely chop all ingredients or pass through a mincer and mix thoroughly.
3. Divide into 2-oz portions and roll out into sausage shape.
4. Roll in powdered biscuit and fry slowly. Avoid sharp application of heat.

## 545. Preserved meat hot pot

Preserved meat	.. 25 tins	Mixed vegetables	.. 10 lb.
Potatoes	.. 15 lb.	Salt and pepper	

*Method*

1. Partly boil potatoes, allow to cool; then slice  $\frac{1}{2}$  inch thick and season.
2. Slice the meat.

*Recipe No.*

3. Grease trays and place a layer of potatoes, then a layer of vegetables, then a layer of meat. Continue until the trays are full and finish with a layer of potatoes.
4. Half fill trays with water and bring to the boil, then place into a moderate oven until potatoes and vegetables are cooked and surface coloured golden brown; time approximately 1 hour. (Press down with a knife at intervals.)

**546. Preserved meat pancakes**

Preserved meat	.. 13 tins	Dripping	.. .. 2 lb.
Potatoes	.. .. 25 lb.	Salt and pepper	

*Method*

1. Cook and finely chop the potatoes.
2. Chop or mince the meat.
3. Well mix the meat and potatoes and season with salt and pepper.
4. Divide the mixture of beef and potatoes evenly.
5. Place 2 oz. of dripping in a camp kettle lid and heat until it gives off a blue vapour.
6. Add the mixture, press flat and cook to a golden brown over a slow heat or in an oven.

**547. Preserved meat stew (with dumplings)**

Preserved meat	.. 25 tins	Water	.. .. 2 gals.
Powdered biscuit	.. 2 lb.	Salt and pepper	
Mixed vegetables	.. 4 lb.	Biscuit paste for	
Dripping	.. .. 1½ lb.	dumplings	(see
		Recipe No. 543)	12 lb.

*Method*

1. Cut the meat into cubes.
2. Melt the dripping in a pan.
3. Add diced vegetables and fry off.
4. Add biscuit dust to form a roux, stirring continually over the fire to colour.
5. Gradually add water and stir together, simmer for 30 minutes, then season with salt and pepper.
6. Place meat into trays or camp kettles, cover with the prepared sauce and bring to the boil slowly.
7. Prepare the dumplings, place on top of the stew, cover trays or camp kettles with lids and gently simmer for 10 minutes before serving.

*Recipe No.***548. Preserved meat rissoles**

Preserved meat	.. 25 tins	Pepper	
Crushed biscuit	.. 6 lb.	Dripping	.. .. 2 lb.
Salt			

*Method*

1. Finely chop (or mince) the meat.
2. Mix the meat, biscuit, and add salt and pepper to taste.
3. Mould into round shapes with a little of the biscuit.
4. Fry off in hot dripping ; then cook in the oven to a golden brown.

**549. Sausage hot pot**

Sausages	.. .. 15 tins	Dripping	.. .. 1 lb.
Mixed vegetables	.. 7 lb.	Salt and pepper	
Potatoes	.. .. 15 lb.		

*Method*

1. Fry off the vegetables.
2. Slice the potatoes and season with salt and pepper.
3. Fill the bottom of trays with a layer of potatoes, followed with sausage, then vegetables, until the dish is full. Finish with a layer of potatoes.
4. Half fill each tray with water, bring to the boil, and bake in a moderate oven until the potatoes are cooked and the surface coloured.
5. Press down with a knife at intervals.

**550. Sausage rolls**

Sausages	.. .. 15 tins	Biscuit pastry	
		(see Recipe No. 543)	

*Method*

1. Make a biscuit pastry, roll out  $\frac{1}{4}$  inch thick and cut into strips approximately 4 inches wide and 6 inches in length.
2. Place the sausages on the paste, wet the edges, fold, then wash over with milk.
3. Bake in a quick oven for 35 minutes.

**551. Scones**

Crushed biscuit	.. 16 lb.	Sugar	.. .. 4 lb.
Dripping	.. .. 4 lb.	Milk	.. .. 2 tins

*Recipe No.**Method*

1. Add the sugar to the biscuit.
2. Rub in the dripping and mix well.
3. Add sufficient reconstituted milk to make a pliable paste and break into 2-lb. pieces.
4. Roll out, cut into 4-oz. round scones and place on greased trays.
5. Bake in a moderate oven for 20 minutes and serve with jam.

**552. Welsh rarebit**

Cheese	..	..	8 lb.	Mustard, dry	..	3 oz.
Biscuits	..	..	4 lb.	Milk	..	1 tin

*Method*

1. Cream cheese, mustard and milk, and warm slightly.
2. Place a little of the mixture on each biscuit, place on trays or camp kettle lids and pass through a hot oven to heat through (approximately 5 to 6 minutes).

**SECTION 30****The brine tub—method of salting beef—cooking and pressing**

The type of tub used must be wooden and free of metal fittings.

The brine tub can be used to great advantage particularly during the summer months, as a means of varying the diet, enabling pressed salt beef to be served for the dinner meal occasionally instead of the usual hot meat dish, and to provide pressed beef as a variant to other meat dishes, and an appetizing filling for sandwiches on any occasion.

**Ingredients**

Water	..	..	8 gals.	Common salt	..	14 lb.
Saltpetre	..	..	8 oz.	Sugar	..	8 oz.
Bayleaves	..	..	6	Peppercorns (in a bag)	..	60

*Method*

1. In order to maintain correct strengths on no account must the scale of quantities be altered.
2. Boil the water, and when boiling add the salt and saltpetre.
3. Simmer for 20 minutes, adding the bayleaves and peppercorns, stirring with a wooden spatula to blend the ingredients.
4. Strain off the solution.

### **To test strength of brine**

Place in a raw potato or a raw egg ; if either floats, the brine is ready for use; if not, add more salt until potato or egg floats.

Minimum period for pickling—5 days.

During thundery weather, the brine should be changed before it turns.

Saltpetre is added to give the meat an attractive pink colour, but an excess will harden the meat. The brine will take a short time to mature (change to a rich red colour). Souring of the brine is caused by organisms, and a daily skim to remove the surface scum will lengthen the life of the brine. A brine can be used over and over again providing it is boiled and the coagulated meat substances removed by straining. When meat is taken from the brine, salt is also extracted ; as a rough guide, 1 gallon of brine should weigh approximately 12 lb., and salt should be added to give this weight. Brine should be kept in a clean container, preferably in a circulation of cool air. As the exclusion of air is an important aspect of preservation, a wooden float will help to keep the meat below the surface of the brine.

### **Meat for salting**

Before placing meat in brine, make sure that it is fresh, sound and free from blood, and any excessive fat. It should be placed in clean, cold, running water for approximately 15 minutes to remove surface organisms. This will also tend to open the texture of the flesh, thus making it more receptive to the penetration of the brine. No amount of salting will make bad meat sound. If scrubbing slightly tainted meat with a weak solution of vinegar and water does not have the desired effect, the meat should not be used. Tainted meat will sour the brine, and affect any other meat that happens to be in it. Secure the joints with string so that they can be removed without immersing hands in the brine.

### **Containers**

Containers should be periodically cleaned by scrubbing with hot soda water, and subsequently rinsed with cold water. If barrels are employed, particular attention should be given to crevices between the staves, as they frequently harbour a slime-forming organism.

### **Briskets**

The skirt should be carefully trimmed out with a sharp boning knife, and the breast-bone and small cartilages removed. Trim away the hard fat on the exterior of the brisket, as no amount of cooking will make it tender. The portions of the rib bones may be left in. For average-sized briskets, about five days in brine should be sufficient.

## Silversides

The marrow bone should be removed, and the kernel trimmed out. About six days in brine should produce a good article with an attractive colour.

## Cooking and pressing of salt beef

After removing the salted joints from the brine tub, wash well in clean, cold water, simmer and cook until tender (allowing 20 minutes for each lb.). Remove the cooked beef from the liquor and press; screw down (not too tightly at first), and after a period of about 1 hour screw down firmly. Allow to stand for not less than 12 hours; the pressed beef can then be removed, and is ready for carving.

When meat presses are not available, an improvised method can be adopted with the aid of a baking dish and cutting board, a weight being placed over the latter when the meat is in the dish.

The serving of hot boiled salted beef, carrots and dumplings during the winter months makes a welcome change in the bill of fare.

## SECTION 31

### Culinary terms, and description of herbs, etc., used in Cooking

#### A. *Aromates*

Herbs used for flavouring, such as thyme, bayleaves, taragon, chevril, peppercorns, allspice cloves, coriander seeds, etc.

#### B. *Bain-Marie*

An open vessel (usually heated by, and situated at the end of, a stove) half filled with hot water, in which soups, gravies, sauces, etc., are kept so that they shall not burn, or become reduced, by the greater heat of the range top.

#### *Baking*

Is cooking by dry heat. Applied in a general sense when food is cooked in an oven or a similar closed structure in which moisture in the form of steam, arising from the foods being cooked, modifies the action of dry heat.

#### *Baking powder*

A raising agent used in puddings and pastry.

#### *Bard*

To cover breasts of game or poultry with thin slices of bacon fat.

*Baste*

The action of pouring liquid fat over meat during a cooking process in order to prevent the outsides from becoming dry.

*Bayleaf*

Leaf of the bay tree. Used for flavouring.

*Bind*

To make a mixture and moisten it, so that it will hold together.

*Blanch*

To put meat or vegetables in cold water and heat until boiling ; then drain and plunge into cold water.

*Boiling*

Cooking by moist heat, by means of water or stock.

*Braising*

A combination of roasting, and stewing in stock in a closely covered vessel. Meat so cooked retains not only its own juices, but also those of the commodities added for flavouring, such as vegetables, bacon, and stock.

*Brine*

A composition used for pickling and preservation of meats and tongues, and to impart certain aromatic flavours.

*Broth*

An unclarified and unstrained gravy soup.

C. *Carraway seed*

The dried fruit of the carraway plant. Used as a flavouring.

*Carcase*

The body of an animal. The bones or skeleton of poultry or game.

*Chervil*

Leaves of a plant used to flavour soups, sauces, etc.

*Chine*

That part of an animal containing the spine and the meat surrounding it. Usually associated with the loin.

*Chives*

A species of onion, the leaves of which are used in salads, etc.

*Chutney*

An Indian condiment made from fruits, vegetables, sugar, spices and vinegar.

*Cinnamon*

The inner bark of a species of laurel. Used for flavouring.

*Clarification*

To filter or render clear, stocks, soups, cooking fats, etc.

*Cloves*

The flower buds of a certain shrub, smoked over a fire and dried in the sun. Used to flavour puddings and other sweets.

*Cochineal*

A deep red colouring matter made from the bodies of South American insects.

*Condiments*

Highly flavoured seasonings, spices, peppers, salt, etc.

*Core*

To remove the heart of an apple or pear.

*Cream*

(a) The fatty or oily part of milk.

(b) To beat butter, margarine or other fats to the consistency of cream.

*Croquettes*

Cork shaped.

*Cutlet*

Small pieces of meat with the bone attached, cut from the neck or best end. Shape into the form of a cutlet.

*Curd*

That part of the milk which becomes semi-solid, either by souring or by the use of rennet, and is used for making cheese.

*Cure*

The drying or smoking of salted meat or fish.

*Curry*

The powdered leaf of the Kari plant. Can be used as a condiment. A stew of meat, fish or fowl to which the powder is added, or served with accompanying dishes of which the powder is an ingredient.



D. *Devilled*

The addition to a dish, usually fish or meat, of very hot condiments, and sometimes a highly seasoned and spiced sauce.

*Dehydration*

A process of extracting the moisture content from foodstuffs

*Dress*

To pare, clean or trim. To present a dish attractively.

*Dripping*

The fat of meat which exudes while it is being roasted.

Animal fat prepared for consumption or for culinary use.

*Dutch oven*

A roasting or toasting utensil provided with hooks to be attached to the bars of a grate.

F. *Faggot*

(a) A small bundle of herbs, such as parsley stalks, thyme and bayleaves, tied in a bunch to facilitate their removal after use. Used in stews, stocks, broth, sauces, braised dishes, etc., to impart a rich flavour.

(b) A name given (due to its savoury nature) to a preparation of pigs' liver, fat pork, onions, breadcrumbs, herbs, etc., covered with pigs' caul and baked.

*Fillet*

The under-cut of a loin of beef, mutton, veal, or pork. Boned breasts of poultry or game and sides of fish.

*Firm*

To secure the lid of a cooking vessel in order to prevent the evaporation of liquid.

*Flan*

An open tart, cooked in a metal ring.

*Flapjack*

A kind of oatcake.

*Forcemeat*

A stuffing of minced meats, or bread, fat, herbs, etc.

*Fry*

Cooking by complete immersion in boiling fat; or cooking both sides of a preparation in shallow fat, until done.

The heart, liver, lights and other interior parts of a pig.

*Fry-on*

To fry in a small quantity of fat, meat, vegetables, etc., in order to seal or colour them as a basis for certain dishes.

G. *Garlic*

Resembling an onion. Very pungent flavour and aroma.

*Garnish*

The accompaniment or decoration of a dish.

*Gratin*

To brown the surface of the contents of a dish.

*Ginger*

The root of a plant, whole, powdered or crystallized and used as a flavouring.

*Gravy*

Juice obtained from meat in cooking.

H. *Hash*

A method of re-dressing cooked meat.

J. *Jugged*

- (a) A dish consisting of steak, hare, or game.
- (b) Stewed in a jar or jug.

L. *Lard*

- (a) Refined pork fat.
- (b) To pass a larding needle with small strips of bacon or bacon fat through a piece of meat, game or poultry.

M. *Marinade*

Brine in which fish or meat is soured or pickled.

*Marrow bones*

The large bones of animals which contains a fatty substance called marrow.

*Mask*

To cover or coat cooked meat or fish with gravy, sauce, etc., before serving.

*Mess*

- A dish of food.
- A number of persons who eat together.

*Mint*

An aromatic green leaved herb used in a sauce or jelly, or to flavour peas and potatoes.

*Mustard*

The powdered seeds of the mustard plant. Used as a condiment.

N. *Nutmeg*

The kernel of a certain oriental fruit.

P. *Paprika*

A red pepper.

*Parsley*

A green garden herb, used for flavouring and garnishing.

*Pass*

To put through a strainer or mincing machine.

*Pepper*

(Black or white.) The powdered seed of an Indian shrub.

*Piping*

To use a piping bag or paper cornet in decoration. To decorate with icing, creamed butters, etc., using a piping bag.

*Piquante*

Sharp, spicy flavour.

*Pluck*

(a) The heart, liver and lights of an animal.

(b) To remove the feathers from a bird.

*Prove*

A term used in dough making, indicating double volume.

R. *Reduction*

The result of boiling liquid until the required strength or consistency is obtained.

*Roux*

A preparation of fat and flour used for thickening certain dishes, soups and sauces. There are three kinds of roux—white, fawn and brown.

*Refresh*

The action of placing food in running cold water after blanching.

*Reconstitute*

The action of replacing the moisture contents of dehydrated foods before cooking.

*Rennet*

Used to curdle milk in making junket.

*Render*

The action of heating fats to abstract the maximum quantity of dripping.

S. *Sage*

The dried leaves of a garden plant. Used as a seasoning.

*Sauce*

A liquid served with foods to give flavour. To cover with a sauce.

*Sauté*

Dry frying with a little fat in a shallow pan.

*Scald*

The action of bringing milk nearly to the boil.

In the case of livers, plunging into nearly boiling water to seal.

*Score*

To make incisions crossways on the surface of meat, vegetables or fish.

*Seal*

To close the pores of meat, vegetables, etc., by the application of dry heat, *i.e.*, boiling water, hot fats, etc.

*Season*

Addition of condiments, etc., to a prepared dish.

*Shred*

To cut into very thin slices or strips.

*Simmer*

To cook by slow heat in liquid which never attains boiling point.

*Singe*

To burn off the down of a plucked bird by passing over a flame.

*Skim*

To remove any scum or fat from liquid.

*Scallop*

A shellfish. Resembling an oyster, but much larger.  
Cut or form into scallop shape.

*Souse*

To steep or soak, in a special pickle, usually fish or meat.

*Spatula*

A flat wooden spoon or knife.

*Spice*

A mixture of various seeds and plants, powdered and used as a flavouring.

*Steak*

A slice of meat (generally beef) or cod or salmon which is boiled, grilled, stewed or fried.

*Steaming*

Cooking by means of steam, generated by a boiler, and passed into a closed chamber.

*Stew*

A method of cooking in very little liquid in a covered pan.

*Stock*

The liquid in which bones, meat, fish, poultry, game, vegetables, etc., have been boiled.

T. *Tripe*

The inner lining of the stomach of an ox or a cow.

*Truss*

To tie a bird with string ready for the oven, so as to retain its shape while cooking.

*Turn*

To turn foods during a cooking process.

To trim or pare potatoes or vegetables into different shapes.

V. *Vitamins*

Vital elements in food.

W. *Wash*

To brush over with a preparation of beaten egg or milk before cooking.

Y. *Yeast*

A minute vegetable organism possessing the qualities capable of producing fermentation and in consequence a gas which imparts the necessary rising element in doughs. A chemical change is caused to a liquid by the addition of yeast.

## SECTION 32

## Cooking in hot climates

## 1. General

Under static or semi-static conditions, the actual preparation work and cooking does not differ in any marked degree from those methods practised in temperate climates.

## 2. Storage

Food which is not stored in sealed airtight containers is subject to rapid deteriorating effects of damp heat.

Be especially watchful that storage areas and rooms are dry and airy and that food is not allowed to spoil.

All food must be kept covered and free from infestation by flies. Discarded food, tins, etc., must be buried immediately and never left lying about, even for a short time.

Meat, bread, butter, milk, cheese, etc., must be kept in a refrigerator or ice box, or in a flyproof safe.

Fresh milk must be strained and boiled before use.

Keep all vegetables and fruit separate, in a well ventilated store, laid out on racks.

Foods of all kinds must be stored off the ground.

During storage and issue, protection must be provided against rats, flies and dust. Flyproof covers where not on normal issue must be improvised.

## 3. Rations

The type and quality of the various foods included in the ration scale may perhaps be more varied, but this is largely governed by the issue of locally grown products and locally bred cattle, poultry, etc. Such issues are, of course, restricted to availability and are in the main confined to vegetables and fruits. The following are but a few of the varieties of vegetables and fruits likely to be issued or purchased (not normally issued in temperate climates) by units in hot climates.

## Vegetables

Paw paw  
Sweet potatoes  
Yams

Pumpkin  
Garden eggs  
Groundnuts

## Fruits

Pineapples  
Bananas  
Oranges

Limes  
Melons  
Medlars

Tangerines  
Almonds  
Clementines  
Figs  
Coconuts  
Lemons

Peaches  
Grapes  
Dates  
Nectarines  
Paw paw  
Mangoes

#### 4. Vegetable recipes

##### Paw paw

Paw paw is the size of a small melon, deep green in colour which becomes red as it ripens. It contains a soft, sweet, yellow pulp, and numerous black seeds.

The paw paw is cooked as a vegetable only when green, when ripe it is eaten as a fruit. When eaten as a fruit, cut into slices and sprinkle with lime or lemon juice. Mashed with the addition of a little sugar and lemon juice, it is an excellent substitute for apple sauce.

##### Paw paw and tomatoes

Paw paw	..	..	30 lb.	Onions	..	..	3 lb.
Tomatoes	..	..	12 lb.	Cooking fat	..	..	1 lb.

##### *Method*

1. Peel the paw paw, cut into strips, remove the seeds, and blanch.
2. Heat a little cooking fat in a pan or dish, add the paw paw, fry lightly until a golden brown.
3. Finely chop the onions and fry in shallow fat without taking colour.
4. Add finely cooked fresh tomatoes or chopped peeled tomatoes and cook for few minutes only.
5. Add the onions and tomatoes to the paw paw, correct the seasoning, and serve.

##### Paw paw and white sauce

Paw paw	..	..	30 lb.	White sauce	..	..	4 pts.
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##### *Method*

1. Peel the paw paw, cut into portions and remove the seeds.
2. Cook in boiling salted water, drain and lay out in dishes.
3. Heat the white sauce, pour it over the paw paw, correct the seasoning and serve.

##### Paw paw with cheese

Paw paw	..	..	30 lb.	Grated cheese	..	..	1 lb.
Margarine	..	..	1 lb.	Breadcrumbs	..	..	1 lb.
				Salt	..	..	4 ozs.

*Method*

1. Peel and cut paw paw into portions, remove pith and seeds, cook in boiling salted water and drain well.
2. Place into greased baking dishes. Sprinkle with grated cheese, breadcrumbs, and a little margarine.
3. Pass through a hot oven to brown slightly.

**Stuffed paw paw**

Paw paw .. ..	30 lb.	Brown sauce .. ..	6 pts.
Mixed herbs .. ..	1 pkt.	Onions .. ..	2 lb.
Breadcrumbs .. ..	6 lb.	Margarine .. ..	1 lb.
Sausage meat .. ..	2 lb.	Seasoning	

*Method*

1. Peel the paw paw, cut in half, scoop out the centre with a spoon and boil in salted water until half cooked ; then drain and allow to cool.
2. Finely chop the onions and mix them with breadcrumbs, herbs, chopped meat and seasoning and bind with a little of the sauce.
3. Stuff the paw paw with the mixture and place them in greased baking dishes.
4. Sprinkle with breadcrumbs and melted margarine.
5. Bake until stuffing and paw paw are cooked.
6. Serve masked with remainder of brown sauce.
7. As an alternative pour the brown sauce over the paw paw while still cooking.

**Paw paw soup**

Paw paw .. ..	10 lb.	Stock .. ..	50 pts.
Onions .. ..	4 lb.	Rice (as garnish) .. ..	2 lb.
Yams or potatoes (cleaned) .. ..	10 lb.	Margarine .. ..	8 oz.
		Seasoning	

*Method*

1. Peel and chop the onions.
2. Melt the margarine and add the chopped onions and allow to cook on the side of the stove.
3. Cut the paw paw and potatoes or yams into cubes, and add to the onions, cover with stock, season, bring to the boil ; then simmer until tender.
4. Strain, reboil, correct the seasoning and consistency, add plain boiled rice and serve.



**Fried paw paw**

Paw paw	..	..	30 lb.	Seasoning
Cooking fat	..	..	1 lb.	

*Method*

1. Peel the paw paw and cut in half, remove pips and pith and cut into portions.
2. Half cook in boiling salted water, drain and allow to cool.
3. Heat the fat in a pan, add the paw paw, toss until a golden brown, season and serve.

**Sweet potatoes**

Sweet potatoes are tubular and shaped like a parsnip. They are sweet, starchy, highly nutritious, and can be cooked and served similarly to fresh potatoes, but owing to bad discoloration when plain boiled or mashed, they are more popular when roasted or fried.

**Yams**

Yams are similar to sweet potatoes, but are much larger and less sweet. They are also treated similarly to, and make an excellent substitute for, fresh potatoes.

They may be served plain boiled or baked, but owing to a tendency to rapid discoloration, and their fibrous texture, these methods are not recommended. They mash and cream well and are popular in fried forms.

**Yam cake**

Yams	..	..	30 lb.	Grated rinds of 4 lemons
Margarine	..	..	1 lb.	Eggs (for binding) .. 4
Parsley	..	..	4 oz.	Salt .. .. 2 oz.
Nutmeg (to taste)				Breadcrumbs .. 4 lb.
				Eggs (for coating) .. 4

*Method*

1. Cook the yams in boiling salted water and drain.
2. Mash well and blend in the margarine, chopped parsley, nutmeg, grated lemon rind, eggs and seasoning.
3. Heat a little then turn out to cool.
4. Divide into portions and shape into rounds on a floured board.
5. Coat with egg and breadcrumbs and fry in deep fat.

**5. Fruit recipes**

These fruits can be eaten in all dishes one would normally make in temperate climates, *i.e.*, stewed, in various puddings, pies, tarts, fruit salads, etc.

## Mango

This is not a popular fruit and is seldom served whole. It is usually cut up and used in fruit salads or as an ingredient in preserves.

It is plum-shaped, like an apricot in colour, and about the size of a small apple. It cuts like an apple but is more juicy.

### *Method of obtaining mango pulp*

1. Wash the mango well and cut the skin in two or three places.
2. Boil in plenty of water and cook until tender.
3. Remove the fruit from the water and pass through a sieve to obtain pulp.

It should be remembered that mango pulp alone is insipid, but with the addition of other fruits the flavouring of the latter will predominate.

## Groundnuts

The groundnut can be used in various ways in soups, stews, and other meat dishes. Owing to the hot climate it is debatable whether at first it is a popular dish, but after a while it gains popularity. The most popular dish in which the groundnut forms an ingredient is groundnut chop.

Devilled, roasted, or salted groundnuts are served separately at all times as required at mess tables. They also make a good substitute for almonds in cakes, puddings, etc.

### Groundnut chop

Groundnuts .. ..	12 lb.	Tomatoes .. ..	2 lb.
Coconut milk .. ..	4 pts.	Eggs .. ..	24
Chickens .. ..	24	Rice .. ..	6 lb.
Onions .. ..	2 lb.	Roux	
Water .. ..	12 pts.	Flour .. ..	1 lb.
		Margarine .. ..	$\frac{3}{4}$ lb.

### *Method*

1. Lightly roast the groundnuts, and rub between the hands to remove the skins.
2. Grind or pound groundnuts, and mix with hot water gradually into a smooth paste.
3. Simmer for two hours.
4. Strain off the liquor.
5. Add the milk to the liquor.
6. Prepare the chicken and cut it into small portions.
7. Fry on the portions of chicken, add onions and fry together ; add diced tomatoes and the nuts.
8. Hard boil the eggs.

9. Simmer the chicken in the liquor until tender, and season.
10. Strain off the liquor and thicken it with a roux ; boil up, season, and pass through a strainer.
11. Put the chicken and eggs (cut into large dice) in a deep dish, pour over the sauce and serve the plain boiled rice and all side dishes separately.

### Side dishes

Roasted groundnuts  
 Fried onion rings  
 Sliced raw onions sprinkled with sugar and vinegar  
 Sliced bananas or plantain (fried or raw)  
 Freshly grated coconut (raw, or browned in the oven)  
 Boiled okroes  
 Fried sliced garden eggs  
 Diced ripe paw paw  
 Orange slices  
 Sliced green peppers  
 Ground peppers  
 Small balls of cassava fufu  
 Sliced fried tomatoes  
 Diced Avocado pears  
 Diced fried bread.

## 6. WEST AFRICA

### 6. Local beef

Due to the proportionately high bone content and the correspondingly low quantity of fat in carcasses, the meat is apt to be fibrous and somewhat tasteless. It follows, therefore, that joints must be used for their correct purpose, and more than usual care taken in preparation and cooking. To serve a rich and tasty gravy or a brown sauce is an essential.

#### *Preparation and carving*

Deliveries are made in hindquarters and forequarters soon after slaughtering. The hindquarters must be cut through where the rib bones join the rump, cutting as close to the backbone as possible ; then carefully chop through the joint in the backbone. The loin (after removing the fillet) should be boned out, by cutting close to the bone to remove all the flesh in one piece.

Owing to the smallness of the carcass and since the thick part of

the leg is slashed down to the bone at the time of slaughtering, it is not practical to cut out, conforming to the recognized cuts for home-killed and frozen beef. Meat must therefore be separated into joints at the seams between the muscles, by pulling them apart and easing them with a sharp knife. The silvery covering of skin must always be removed.

Roasting is not a success owing to the absence of fat. It is advisable, therefore, to braise whole, or to fry in steaks, those joints normally used for roasting. The remainder of the cuts should be used for stews, meat pies and puddings, mince, etc.

As stock is of primary importance in the preparation of all the dishes mentioned, the care and treatment of bones should be strictly observed. If stock is required for the following day they should either be blanched or lightly roasted in a hot oven, then kept in a refrigerator or ice box until actually required.

Correct carving is an essential with all types of meat, but more so with native beef, in order to obtain an appetizing appearance when served.

## 7.—INDIA

Certain varieties of fruit and vegetables are indigenous to types of country where jungle abounds. It is not the intention to give here a full and comprehensive list of the many edible fruits and vegetables, but only those which the cook, in his every-day work, may be called upon to prepare and cook.

### Vegetables

*Beans (Bodi).* Are country french beans.

*Beans (Suna).* Have large flat, sword-shaped pods. When young they can be sliced and boiled like ordinary french beans, and should be placed into boiling salted water and cooked until tender. Cook the seed in the same manner as for broad beans.

*Cucumber.* English types are grown in India, but they are not so firm to the touch. They should be cut in halves lengthways, the seeds removed, then sliced lengthways, seasoned and fried.

*Patol.* These are a species of cucumber, like a gherkin in shape and may be cooked as a vegetable. They should be cut in half, boiled, then passed through dhal paste or batter and fried in deep fat. They must be served very hot.

*Parol.* Another species of cucumber. They should be scraped and peeled thinly, cut into slices lengthways or cubed, and then cooked in boiling salted water. After boiling, fry in a similar manner to Patol.

*Brinjal (Baingan) or Egg Plant.* There are two kinds—the long purple cucumber shape, and the large purple egg shape.

*Gourd (Kaddu) or Pumpkin.* There are several types, and are used principally for soups and stews. Weights will vary considerably, one type weighing as much as 80–100 lb. They should be washed, peeled, cut into quarters and the seeds removed; then cut into pieces about  $\frac{3}{4}$  inch thick and placed into slightly salted water, cooked until tender, and may be mashed after cooking, if desired.

*Lal Kaddu (Red Pumpkin).* This is a blunt shape ribbed gourd, very large when full grown, and may weigh up to 30 lb. It is a glossy green in appearance, but will change to reddish brown when mature.

*Chal Kumra (White Gourd).* This gourd usually grows to a weight of between 10 and 12 lb. Remove the rind, the seeds and the soft pith, cut into thick slices and boil for about an hour in salted water.

*Chicingra (Snake Gourd).* This is a long gourd resembling a snake in shape, and may grow to 6 feet in length. These should be washed, scraped or peeled thickly, the centre portion removed and the gourd cut into strips, then placed into slightly salted boiling water, and cooked until tender.

*Dhundul (Club Gourd).* Similar in shape to a cucumber. Has sharp ridges running lengthways and thickens towards the end. It may grow to a length of between 12 and 20 inches. It should be prepared and cooked in a similar manner to Snake Gourd. This type is extensively grown and eaten by coolies.

*Jhinga (Sponge Gourd).* Similar in shape to the Club Gourd, but smaller. It is cooked in a similar manner to Snake Gourd, and the half grown fruit is used for curry.

*Bandah or Bhindee.* These are known locally as “Ladies Fingers” or Okra. There are several ways of cooking this vegetable. The most popular is to place into slightly salted boiling water, and cook until tender. It must not, however, be allowed to become too soft. Alternative ways are baking and frying.

*Spinach (Sag).* There are two varieties: (a) The Lal Sag or Red Indian Spinach which is often substituted for Asparagus; (b) The Palang Sag, a sweet variety, is first boiled and used in a similar manner to the English variety.

<i>Peas (Mutter)</i>	} Similar to, and cooked in the same manner as, English varieties.
<i>Marrow (Paitha)</i>	
<i>Turnips (Shalghan)</i>	
<i>Carrots (Gojar)</i>	
<i>Cauliflowers (Phool Gobi)</i>	
<i>Onions (Piaz)</i>	
<i>Potatoes</i>	

## Fruit

*Melon.* Several English varieties are grown in India, and they are more extensive than the Indian. The Indian varieties are as follows :—

*Musk Melon.* This has a delicious flavour when ripe.

*Phonteen Melon.* Is very refreshing, and has an excellent flavour when young and green.

*Sarda Lucknow Melon.* Is the most popular of all, and is chiefly eaten as a dessert fruit.

*Tarmuj-water Melon.* Is a very large fruit of good flavour.

*Guava.* This is an extremely popular fruit. It resembles, but is inferior in flavour and texture to, the apple. It is used for making Guava jelly.

*Papaya.* When ripe it is an excellent fruit. It is shaped like a large pear, and has a smooth green skin.

*Pomelo.* It resembles an orange, but is about three times larger. It is very refreshing.

*Sherefa (Custard Apple).* This fruit must be served as fresh as possible. The skin is composed of numerous scales which are broken open and the contents eaten with a spoon.

*Naspati (Indian Pear).* Very similar to the English variety.

*Mango.* Large plum-shaped fruit. It has a large seed which is surrounded with a juicy yellow flesh.

*Leechi.* Shaped like a walnut. The shell is fairly hard and contains a reddish pulp.

## Salads

To eliminate the risk of incurring tropical diseases, salads are liable to be forbidden by the medical authorities at certain times of the year, but whenever permitted they should form an item in dietary.

The types of salad foods available are similar to English varieties, such as, beetroots, cucumbers, lettuces, potatoes, onions, radishes and tomatoes.

## Corn or Pulse

*Atta.* Unrefined crushed whole corn. Use in preparations where wheat flour would normally be used.

## Dals

*Chenna.*—A corn issued either whole, or with the husk removed and crushed. Chenna flour is largely used in the preparation of sweet meats.

*Moong.* Similar grain to wheat, but is dark green in colour.

*Urd.* A grain slightly larger than wheat. It is black in colour, with a small white spot on the surface of the grain. Most valued of all dals, as it is believed to be the best substitute for meat by non-meat eaters.

*Arhar.* A grain similar in shape and colour to Moong.

*Masur.* A reddish brown grain, round in shape, and smaller than wheat in size.

Dals issued to British troops in lieu of the more usual pulses, such as peas, beans and lentils, are unground, and it is necessary to germinate them in a similar manner to peas, beans and lentils before cooking.

#### *Method for germination*

Soak in water for several hours ; the time necessary depends on the temperature, 24 hours at 50° Fahr., and 12 hours or less at 90° Fahr.

The water must then be drained away, and the pulse allowed to remain in the moist condition with exposure to air. They will then germinate. Germination should take 48 hours at 50° Fahr. and 12 to 24 hours at 90° Fahr.

It is important that germinated pulses should be cooked and eaten as soon as possible. They should not be allowed to dry again, as the anti-scorbutic properties, acquired during the process of germination will be destroyed. The pulses should not be cooked longer than is strictly necessary, and in no case for a longer period than 15 minutes.

## TYPES OF INDIAN VEGETABLES WITH METHODS OF PREPARATION AND COOKING

### **Beans, French (Bakla)**

Beans .. .. 40 lb.

#### *Method*

1. Cut off the ends and strings from each side, cut into thin strips and rinse in cold water.
2. Place the strips into rapidly boiling water to which a little salt has been added.
3. Boil rapidly, with the lid off, until the beans are tender and have sunk to the bottom of the water.
4. Strain and serve.

### **Beetroot (Chuguandar)**

Beetroot .. .. 40 lb.

*Method*

1. Cut away the leaves to within 2 inches of the crown of the vegetable.
2. Place the beetroot into boiling water and cook for two hours.
3. When cooked, remove the skin by rubbing with a clean cloth.

**Brinjals (Baingan)***(1) Brinjals, stuffed*

Brinjals	..	..	20 lb.	Meat (cooked)	..	12½ lb.
Dripping	..	..	3 lb.	Onions	..	3 lb.
Salt	..	..	2 oz.	Pepper	..	1 oz.
Breadcrumbs		..	1 lb.			

*Method*

1. Wash, dry and cut into halves (lengthways).
2. Remove the centre portion from the shells and pass through a mincer, together with the meat and onions.
3. Season this mixture with pepper and salt and replace into the shells of the brinjals and sprinkle the mixture with breadcrumbs.
4. Place the stuffed brinjals into greased baking dishes and bake in a moderately heated oven for about one hour.

*(2) Brinjal Savoury*

Brinjals	..	..	20 lb.	Onions	..	..	3 lb.
Tomatoes	..	..	20 lb.	Sugar	..	..	$\frac{3}{4}$ lb.
Pepper	..	..	1 oz.	Cheese	..	..	$\frac{1}{4}$ lb.
Bay leaves*				Salt and pepper			
Nutmeg*							
Cloves*							

*Method*

1. Peel the brinjals, cut in thick slices and cover with cold salt water for 10 minutes; then drain, put in a cooking utensil and pour boiling water over them and cook slowly until tender.
2. Drain and let stand to dry thoroughly.
3. Skin, quarter and cook the tomatoes in a small amount of water.
4. Add bay leaves, chopped onion, a few gratings of nutmeg, cloves, sugar and pepper, and cook slowly to a thick smooth sauce.



5. Remove cloves and bay leaves, add salt and pepper to taste and arrange in a baking dish.
6. Pour tomato sauce over them and a thin film of cheese.
7. Bake in a slow oven.

\*These are not essential but improve the flavour of the sauce.

### Brinjals, Spanish

Brinjals	.. ..	20 lb.	Rice	.. ..	3 lb.
Onions	.. ..	2½ lb.	Tomato sauce	.. ..	2½ pts.
Eggs	.. ..	25	(prepare the sauce as in the savoury brinjals)		
Oil					
Salt	.. ..	2 oz.	Fresh tomato (garnish)	.. ..	2 lb.
Pepper	.. ..	1 oz.			

#### *Method*

1. Cut the brinjals lengthwise in halves and fry in deep fat or oil for 10 minutes.
2. Drain well, scoop out the inside and mince it.
3. Put the oil in a frying pan and when hot add the onion finely minced and cook for 5 minutes.
4. Add the well-washed, dried and uncooked rice; turn and cook in the oil for 5 minutes.
5. Add the minced brinjal, tomato sauce, salt and pepper.
6. Bake for 40 minutes; then beat into the stuffing the yolks of the eggs.
7. Heap the filling into the shells.
8. The surface of the stuffed brinjal shells should not be flattened but kept rough; scatter either buttered breadcrumbs or grated cheese over them.
9. Bake until the crumbs are a deep gold in colour and serve with a garnish of tomatoes.

### Brinjal fritters

Brinjals	.. ..	20 lb.	Flour	.. ..	8 lb.
Eggs	.. ..	26	Milk	.. ..	2 pts.
			Salt	.. ..	2 oz.

#### *Method*

1. Boil as in savoury brinjals.
2. When dry, dip in batter and fry in deep fat.
3. Lay on brown paper to drain thoroughly and serve at once.

*Note.*—A fritter must be cooked and served quickly. A batter which will serve for almost any vegetable is as follows :—

1. Mix flour, yolks of eggs, milk and salt.
2. Beat well together and add the stiffly beaten whites of the eggs immediately before cooking.

### Brinjals, salted

Brinjals	..	..	20 lb.	Flour	..	..	4 lb.
Salt	..	..	2 oz.	Pepper	..	..	
Cooking fat	..	..	3 lb.				

#### *Method*

1. Prepare in slices as for savoury brinjals.
2. When dry, salt and pepper the slices, dredge in a small amount of flour and then put at once into a large frying pan in which a small amount of cooking fat has been made hot.
3. Cook over a quick high flame for 5 minutes, turning carefully.
4. Lift out with a slice and serve at once.
5. Great care must be taken not to have too much cooking fat, otherwise the absorption will cause indigestion.

### Brinjals, scalloped

Brinjals	..	..	20 lb.	Cheese	..	..	6 lb.
Tomatoes	..	..	20 lb.	Onions	..	..	16 lb.
Salt	..	..	2 oz.	Pepper	..	..	

#### *Method*

1. Peel and slice the brinjals, and prepare as for savoury brinjals.
2. Peel and slice the tomatoes and onions.
3. Grate the cheese, fry on the brinjals in oil; then carefully transfer the juice of the paste to a baking dish and lay in it layers of brinjals, then tomatoes, salt and pepper and a thick layer of cheese.
4. Bake for 20 minutes in a moderate oven.

### Brinjals, fried

Brinjals	..	..	20 lb.	Salt	..	..	2 oz.
Dripping	..	..	3 lb.	Pepper	..	..	1 oz.

#### *Method*

1. Peel the brinjals and cut them into slices (lengthways).
2. Score both sides of each slice with a knife, sprinkle salt and pepper over the slices and allow them to remain untouched for about 30 minutes.

3. Place the dripping into a frying pan and bring it to the boil.
4. Fry the slices of brinjal in the boiling fat until they are a light brown colour. Time—about 10 minutes.

### Brinjals, buttered

Brinjals	..	..	20 lb.	Salt	..	..	2 oz.
Flour	..	..	8 lb.	Pepper	..	..	1 oz.
Dripping	..	..	3 lb.				

#### Method

1. Peel the brinjals and cut them into rings.
2. Make a batter with the flour, pepper, salt and cold water.
3. Place the pieces of brinjals into the batter and ensure that each piece is coated.
4. Place the dripping into a frying pan and bring it to the boil.
5. Fry the prepared brinjals in boiling fat until they are a light brown colour. Time—about 10 to 15 minutes.

### Cucumber (Kakri)

#### *Cucumber (kakri) with parsley sauce*

Cucumber	..	..	50 lb.	Parsley sauce	..	4 pts.
				Salt and pepper		

#### Method

1. Peel the cucumber, place them whole into boiling salted water, and boil for about 10 minutes, or until tender.
2. Drain well, cut into pieces about 1 inch in thickness, season with a little pepper and salt, and pour the parsley sauce over.

### Cucumber salad

Cucumber	..	..	12½ lb.	Vinegar	..	..	2 pts.
				Salt and pepper			

#### Method

1. Peel the cucumber, slice thinly and season with pepper and salt.
2. Pour on the vinegar.
3. Allow the salad to stand a short time before serving.

### Cucumber, stuffed

Cucumber	..	..	50 lb.	Brown stock	..	4 pts.
Cold meat (minced)	..	..	25 lb.	Onions	..	3 lb.
(mutton, beef, meat fat)				Salt	..	2 oz.
				Pepper	..	1 oz.

*Method*

1. Peel the cucumbers and press out the seed with a wooden stick.
2. Stuff with a mixture of remnants of cold meats, minced finely and flavoured with onion, salt, pepper and a dash of Worcestershire sauce.
3. Put the meat fat in a baking dish and add the brown stock ; place the stuffed cucumbers in this, cover, and cook for 15 minutes in a moderate oven.

**Cucumbers, stewed**

Cucumber	.. ..	25 lb.	Onions	.. ..	3 lb.
Butter	.. ..	2 lb.	Meat stock		
Salt	.. ..	2 oz.	Pepper	.. ..	1 oz.

*Method*

1. Peel, quarter and remove seeds from cucumber.
2. Slice the onions and cook in butter for 5 minutes.
3. Add the cucumber and cook for 5 minutes, turning repeatedly.
4. Add the meat stock, salt and pepper.
5. Cover and cook slowly for 10 minutes.
6. Remove the cucumber.
7. Reduce the stock to an essence and sauce over.

**Ladies' fingers (Bhindi)****Ladies' fingers, fried**

Ladies' fingers	.. ..	33 lb.	Salt	.. ..	2 oz.
Eggs	.. ..	10	Pepper	.. ..	1 oz.
Frying fat			Breadcrumbs	.. ..	6 lb.
Bacon	.. ..	12½ lb.			

Select such pods as are young and tender. There are two varieties, one white and the other green. When broken in two they should snap lightly apart, like a crisp French bean.

*Method*

1. Wash well and trim off the stem ends, but be careful not to cut off too much or the juice will be lost.
2. Cover with boiling salted water and cook over a slow flame until tender ; then drain well.
3. Season with salt and pepper, roll in lightly beaten eggs, add breadcrumbs, and fry in deep hot fat.
4. Drain and serve with rolls of crisply fried bacon.

**Marrow (safadh kaddu)****Marrow pudding**

Marrow (unprepared)	50 lb.	Milk	.. .. 18 pts.
Flour .. .. .	8 lb.	Eggs	.. .. 25
Butter .. .. .	3 lb.	Pepper and salt	

*Method*

1. Peel and cut the marrow in cubes and boil in a small amount of boiling salt water, until tender, then mash to a smooth pulp.
2. Mix flour, butter, milk and cook to a creamy sauce.
3. Add the yolks of eggs, the marrow, and pepper and salt to taste; stir well together, put in buttered baking dishes and grate cheese over, or sprinkle with buttered breadcrumbs and bake for 15 minutes in a moderate oven.

**Stuffed vegetable marrow**

Vegetable marrow	.. 50 lb.	Turkey stuffing	
Brown sauce .. ..	6 pts.	Minced meat	.. ½ lb.
Breadcrumbs	.. 6 lb.	Onions	.. .. 4 lb.

*Method*

1. Peel marrows, cut in half lengthways and make an incision crossways with point of knife on the cut side, and fry in deep fat until tender without taking colour.
2. Remove from fat, drain and scoop out the centre pith with a spoon.
3. Place into greased baking dishes, add finely chopped onions, minced meat, stuffing, and stew together.
4. Bind with a little brown sauce.
5. Stuff the marrows, sprinkle with breadcrumbs and mark with the back of a fork.
6. Sprinkle with a little melted dripping and bake in an oven until stuffing and marrows are cooked.
7. When cooked cut into slices and surround with brown sauce.

**Vegetable marrow with cheese**

Marrow	.. .. 60 lb.	Margarine	.. .. 1 lb.
Grated cheese	.. .. 1 lb.	Salt	.. .. 4 oz.
Breadcrumbs	.. .. 1 lb.		

*Method*

1. Peel and cut marrow into even pieces, remove pith and seeds.
2. Cook in boiling salted water and drain thoroughly.

3. Place into greased baking dishes, sprinkle with grated cheese, breadcrumbs and melted margarine.
4. Place in a hot oven and allow moisture to evaporate.

### Vegetable marrow boiled

Marrow .. .. 60 lb.

#### *Method*

1. Wash, peel, cut into section and remove the seeds.
2. Place the marrow into boiling water to which a little salt has been added, and boil until tender.

### ONIONS (PIAZ)

#### Fried onion rings

Onions	..	..	33 lb.	Salt ..	..	..	2 oz.
Milk	..	..	1 pt.	Frying fat	..	..	
Flour	..	..	2 lb.				

#### *Method*

1. Peel and cut onions into  $\frac{1}{4}$  inch rings and separate.
2. Place rings into milk, drain and place in flour.
3. Shake off surplus flour, and fry in hot deep fat until crisp and brown.
4. Drain thoroughly, sprinkle with salt and serve.

### Stuffed onions

Onions	..	..	33 lb.	Salt ..	..	..	2 oz.
Minced meat	..	..	7 $\frac{1}{2}$ lb.	Pepper	..	..	1 oz.
Breadcrumbs..	..	..	6 lb.	Butter	..	..	1 $\frac{1}{2}$ oz.
Stock ..	..	..	4 pts.				

#### *Method*

1. Take large onions, remove the skins and partly boil for 10 minutes in boiling water.
2. Drain ; allow to cool, and then press out the centres.
3. Make a stuffing of equal parts of minced meat, the onion hearts minced, and buttered breadcrumbs.
4. Season the stuffing with salt and pepper, soften to a paste with melted butter, then fill the onions heaping full ; sprinkle more large buttered bread crumbs over the top and lay in baking dishes.
5. Moisten with stock and bake in a moderate oven for  $\frac{1}{2}$  hour, until onions are soft.

**Braised onions**

Onions .. ..	33 lb.	Sugar .. ..	4 oz.
Brown sauce .. ..	3 pts.	Salt .. ..	1 oz.
Brown stock .. ..	2 pts.	Stockpot fat .. ..	4 lb.

*Method*

1. Select onions of an even size and peel carefully.
2. Place a little fat in baking dishes to get hot, add onions and fry to a light golden colour.
3. Season, bring to boil and place in the oven.
4. Strain the stock, remove fat, reduce the stock and add to brown sauce and serve the onions masked with sauce.

**Pumpkin (Kaddu)**

Red pumpkin .. ..	50 lb.	Margarine .. ..	3 lb.
Sugar .. ..	6 oz.	Salt .. ..	2 oz.
Pepper .. ..	1 oz.	Milk .. ..	5 pts.

*Method*

1. Peel pumpkins, slice, cut into cubes and wash well.
2. Place in boiling salted water to cook until tender.
3. Put through a fine sieve, or mash, to remove any fibrous strings.
4. Beat into a puree with the margarine, sugar, salt, pepper and milk, mashed potatoes, and turn into a serving dish. Send to the table and serve with steaks or mutton chops.

*Second method*

1. Wash, peel and cut the pumpkins into quarters and remove the seeds.
2. Slice into pieces about  $\frac{3}{4}$  inch thick.
3. Place into boiling water to which a little salt has been added and boil until tender.

**PEAS (MUTTER)****Peas—French style**

Peas (soaked overnight) .. ..	10 lb.	Margarine .. ..	1 lb.
Onions .. ..	1 lb.	Salt .. ..	2 oz.
Bacon trimmings .. ..	1 lb.	Sugar .. ..	2 oz.
		Flour .. ..	2 oz.

*Method*

1. Soak peas overnight in plenty of cold water.

2. Wash well, place into saucepan and add onions, bacon trimmings, water, salt and sugar.
3. Bring to the boil, skim and allow to boil steadily until cooked ; then remove the garnish.
4. Mix margarine and flour together and add to the peas, a little at a time, to thicken the liquor slightly.
5. Mix well and serve.

### **SPINACH (PALAK)**

Spinach      ..      .. 50 lb.

#### *Method*

1. Pick the spinach over to remove all dead and discoloured leaves.
2. Wash in several changes of clean cold water and place into cold salted water for 2 hours.
3. Rinse thoroughly in running cold water.
4. Place into a small quantity of boiling salted water and cook until tender.
5. Strain well, press between plates, cut into portions and serve.

### **SWISS CHARD**

#### **Leaves**

##### *Method*

1. Strip the leaves from the centre stem.
2. Wash in several changes of clean cold water and place into cold salt water for about 1 hour.
3. Rinse thoroughly in running cold water.
4. Place into rapidly boiling water to which a little salt has been added and boil with the lid off until the leaves are tender (about 20 minutes).
5. Remove scum at frequent intervals.
6. When the leaves are cooked remove from the stove, thoroughly squeeze out all the water, mash and add salt and pepper.

#### **Stalks**

##### *Method*

1. Strip the leaves from the centre stem.
2. Cut the centre stem into suitable lengths (about 6 inches long).



3. Wash in several changes of clean cold water and place into cold salt water for 1 hour.
4. Rinse thoroughly in running cold water.
5. Place in boiling salted water and cook until tender.

## TURNIPS (SHALGHAN)

Turnips may be used in certain kinds of stews, for flavouring soups, or may be served separately as a vegetable. If included in the ingredients for stews they should be washed, peeled, re-washed and cut into small pieces. If for flavouring soup small pieces should be used or pulped before being added. When turnips are to be served as a separate vegetable, the method of preparation is as follows:—

Turnips           ..           .. 50 lb.       Salt ..       ..       .. 2 oz.

### *Method*

1. Wash, peel, re-wash and cut into small pieces.
2. Place into boiling salted water and boil until tender.
3. They may then be seasoned with a little pepper, or be mashed with a little dripping, pepper and salt.

## 8. Jungle

### **Living on the country**

It is sometimes necessary to do this when normal supplies are running short or local crops fail. The jungle can be depended upon to provide, with the addition of a small basic ration, nourishment for a considerable period.

A suitable basic ration should consist of salt, tea, sugar and rice. Salt is essential, as sweating takes salt as well as moisture from the body, and to maintain energy both must be replaced.

### *Vegetables*

Many jungle vegetables boiled with a little salt are edible, and all that is required is sufficient knowledge to identify the palatable kinds and the ability to cook them. The margins of jungle clearings along tracks or beside streams are the best places to search for food plants.

It is fairly safe to eat anything the wild pigs and monkeys eat, such as the roots of certain creepers which resemble potatoes. These may be boiled or roasted.

### *Fruit*

Generally obtainable only in the hot weather and during the early rains. Many berries are poisonous, and a local guide is necessary in order to discriminate between them.

### *Poisonous plants*

Avoid unknown fruits, tubers, toadstools and mushrooms. Some

plants and fruits, especially plants similar to the wild lily (taro), are intensely irritating, and, if eaten, may cause several hours of extreme discomfort.

Fruits similar in appearance to tomatoes should be avoided, even though they may have a pleasant odour and are attractive in appearance. In general, *red* means *danger* in the jungle.

### *Meat*

In forests, birds and squirrels are the main sources of meat, but in more open country buffaloes, pig, deer and sambhar are found.

### *Fish*

Fish is plentiful in the streams and lakes.

### *Water*

Running water is usually purer than still water. Small clear streams which flow from inhabited areas are the best sources of drinking water. Water before use must be boiled or sterilized.

Water vines and coconuts yield sterile water which need not be boiled or chlorinated. Do not suck water direct from water vines as the bark may irritate the lips.

### *Cooking*

Good cooking is important, the tastier the food, the more efficiently is it absorbed. Dishes can be made savoury by the addition of suitable leaves, shoots and roots, such as ginger, turmeric and lily bulbs. A tin of curry and a few flavouring herbs are easily carried.

Fires should be lit at the base of a leafy tree whose foliage will disperse the smoke; and should be confined to the hours of daylight.

Cooking must be limited to baking, roasting and boiling.

In the absence of more suitable utensils for boiling, select a large bamboo and peel off the outer skin until only about an  $\frac{1}{8}$  inch of wood remains. Fill the bamboo with water and stuff a few leaves in the top. Lean the bamboo across the fire, supporting it by a forked stick.

For baking, wrap the food in sufficient leaves to keep it clean, plaster the packet with mud about  $\frac{1}{2}$  inch thick to prevent burning, and place it inside glowing embers completely covering it.

For roasting, a spit of hard wood which will not readily burn is all that is required.

It is of paramount importance that utensils be kept clean. Even a *small* amount of food left on a knife, spoon, fork or mess tin may be the cause of ptomaine poisoning or dysentery.

The following rules must be adhered to :—

Keep hands, food and utensils clean.

Wash the hands before eating, using soap, if possible.

If there is no water available for washing, use the hands as seldom as possible while eating, keeping the fingers off the parts of the food placed in the mouth.

When possible, disinfect drinking and cooking utensils before use with a disinfectant solution, or by boiling.

Clean and disinfect when possible, the top of every tin and tin opener (or knife blade used as an opener) before opening.

Keep flies and other insects away from food and utensils.

Cook all meat thoroughly.

Cook only sufficient for one meal, as cooked food spoils and quickly develops a fungoid growth.

Peel all fruits (the top of bananas should be removed before eating). The contaminated top piece of the banana should be broken or cut off, and *never* bitten off.

A hot meal should be prepared at least once a day, preferably at sundown.

Rice can be cooked in sticks in the following manner for consumption on the march. Cut a section of small thin-walled bamboo, fill with rice and water and set to boil. The surplus water is steamed off and the rice swells and fills the entire cavity of the bamboo. After cooking, the bamboo can be split open and the boiled rice will emerge as a stick of rice, covered with a film of white inner bamboo skin. It can be carried either in this state or in the bamboo for additional protection.

Nature of Food	Description	Preparation
FISH	<p style="text-align: center;">A. COASTAL AREAS</p> <p>Hook and line bottom fishing. Small octopus or pieces of shell fish or small fish for bait. Small rock pools may be baled out. Eels may be found in holes at low water.</p>	
SHELL FISH, OYSTERS, MUSSELS	Found on the rocks.	Do not require cooking.
CRABS	Abound along the shores; quite large ones are found in mangrove swamps.	Both small and large crabs are edible; boil the bodies after pulling off the legs.

Nature of Food	Description	Preparation
COCOANUT	<p>Look for old nuts at foot of trees. Nuts on trees are found in various stages—the middle sized nuts are the best.</p> <p>To assist in climbing the tree, tie the feet together with a length of strong rope or a belt about a foot long. Additional assistance is given by a loop of strong rope passed across the shoulders and around the tree trunk.</p>	<p>Remove husks by jabbing stick in pointed end. Inside consists of a ball of coagulated milk which is very nutritious.</p>
EDIBLE BIRDS' NESTS	<p>The nests are those of birds resembling swifts. They are found in caves along the foreshore.</p>	<p>Wash the nest and boil down into soup. It is very nutritious.</p>
ROOTS	<p><b>B. TROPICAL FOREST AREAS</b></p>	
	<p>The roots of most creepers are edible and the best method of approach is to dig out the roots and choose those that look and taste suitable. Descriptions of certain of them are, however, given below as a guide :—</p>	
	<p>(i) Ulsi</p> <p>(ii) Halander</p>	

Nature of Food	Description	Preparation
(iii) Lundi	The vine is similar to (i) and (ii) but is recognized by the clusters of seeds and berries growing on it. The tuber is 5-12 inches long.	As above.
(iv) Taro	The wild lily. Has big bulbous roots usually a mottled purple.	Roast in fire and boil tops as cabbage.
(v) Sweet potato	Tops look like potato. Tubers have purple skin with yellow flesh or brown skin with white flesh.	Roast.
The Plantain trees:		
(i) Flower	Discard the hard leaves and the hard fibrous parts of the flower.	Boil the floral part with condiments.
(ii) Main stem	Take out the centre and cut into fine slices.	Fry lightly, mix with seasoning, and a little rice, flour or atta, wrap in a leaf and boil for an hour.
(iii) Roots	Select the young and juicy ones.	Boil or roast.
Carepalm and Bamboo shoots	Select the young shoots. These are, however, only available during the early rains, <i>i.e.</i> , March to June.	Boiled with plenty of salt. They resemble asparagus.
MEAT SUBSTITUTES <i>i.e.</i> , foods containing proteins	(a) Grubs of bees and wasps, ants' eggs, white ant queens.  (b) Leguminous seeds, <i>e.g.</i> , dhal, moong, peas, beans.	First scald and then fry in a little fat. They are quite palatable and provide the proteins normally obtained in meat.  Soak the grain and pound it up into a paste. Add sufficient rice powder or atta to bind it, season to taste, wrap in a leaf and boil for half an hour. This will keep only for a week or so.

FRUITS AND BERRIES.—A description of some of the many types is given below as a general guide. It must be remembered, however, that they are only available at certain seasons, viz., during the early rains, and that as some berries are poisonous it is safer to rely, if possible, on a local guide. As an alternative, eat only those you notice monkeys eating.

Nature of Food	Description	Preparation
<b>FRUITS</b>		
(i) Wild fig	Tree somewhat similar to the crab apple; trunk and limbs gnarled and twisted. Leaf, dark green. Fruit grows in clusters, has colour of ripe peach and is soft to the touch when ripe.	Can be eaten raw or stewed for half an hour in enough water to cover the fruit.
(ii) Wild cherry	Tree similar to mango tree; dark leaf. Fruit red or yellow, ripens March to April, very juicy.	
(iii) Almond tree	Tree 15-20 feet high and branches spread flatly from crown umbrella-like. Fruit similar to peach in colour, size and shape, ripens April to May.	Fruit useful as a purgative — boil in water and drink resultant liquid. Nut inside the stone is oily and edible.
(iv) Owli	An egg-shaped fruit, smooth and light brown.	Can be stewed or eaten raw.
(v) Avala	A round, yellow to reddish fruit. Tree has light feathery, fern-like leaves set on a strong central stem.	The fruit is acid to taste, but if water is taken after eating, the acidity turns to sweetness.
<b>BERRIES</b>		
(i) Jambul	A large, black berry, which grows in clusters on a long leafed creeper. Ripens May to June.	Can be eaten raw or stewed. Is very refreshing and thirst quenching when eaten raw.
(ii) Karawand	A soft, blue-black berry, which grows in clusters on an evergreen thorny with wide spreading branches.	Very refreshing raw, and excellent stewed.
(iii) Turan	A white berry which grows in large clusters on a low thorny tree. Unripe berries are red and are <i>not</i> recommended as they dry the mouth.	Can be eaten raw or stewed, preferably with other berries or fruits.

*Uses for bamboos.* (Plate 8).

Cup.

Plate.

Spoon.

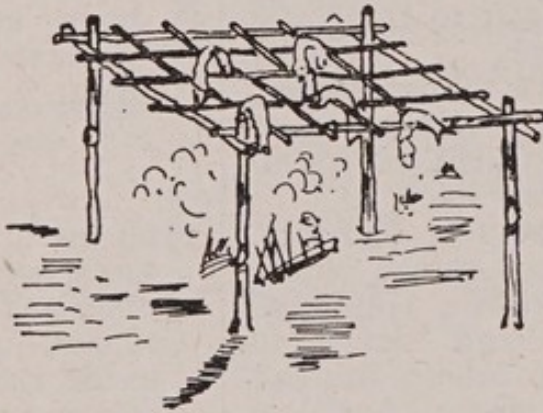
Cooking container.

Frame for drying meat.

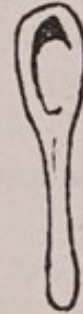
Water container.—Cut a section of bamboo and pierce a hole in the top.

After filling, close the hole with leaves. Use a strip of the outer bark as a loop for easy carriage.

PLATE 8  
**USES FOR BAMBOOS**



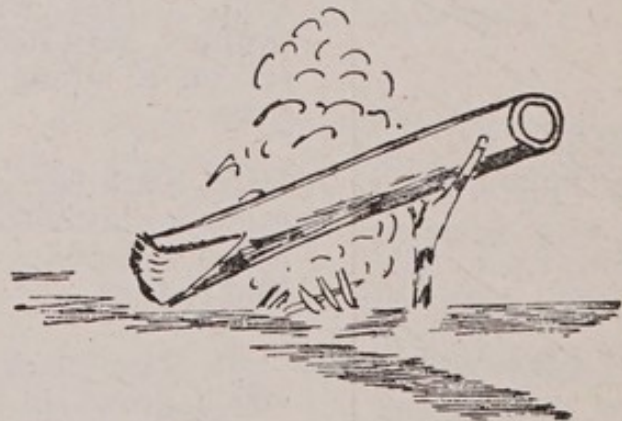
MEAT DRYING FRAME.



SPOON.



WATER CONTAINER.



COOKING CONTAINER.



CUP.

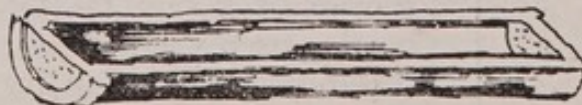


PLATE.

*Firemaking*

Cut a length of dry bamboo about 18 inches long and split lengthwise. Make a V-shaped cut on the rounded surface of one half, extending the cut just a fraction into the hollow side. Scrape some of the fine inner skin of the bamboo, roll it into a tight ball and place it directly under the cut to act as tinder. Keep the rounded side of the bamboo uppermost, flat on the ground, holding it with the feet. Shape a length of dry bamboo to fit the cut, place in the cut, grasp both ends firmly, and, applying firm pressure, rub it backwards and forwards through the cut as fast as possible. The tinder under the cut will soon catch fire and can then be blown into a flame.

**SECTION 33****HINTS TO COOKS****(Points Worth Remembering)****I. Temperatures for cooking**

The temperature of an oven can be fairly accurately judged by inserting the hand in the oven. The required heat is expressed in the following terms: gentle, slack or slow; moderate or normal; fast, quick or hot. The surest method of ascertaining the correct temperature required is by means of a small portable oven thermometer, the use of which will largely prevent spoilt dishes, cakes, etc. Many ovens are very uneven in temperature. While the top shelf may register 500°, the bottom or centre shelves may vary by as much as 200° below this.

The equivalent readings of a thermometer to show the approximate heat of an oven, together with corresponding hand tests, are:—

<i>Oven</i>	<i>Temperature</i>	<i>Hand test</i>
Gentle, slow or slack	250° to 300° Fahr.	10 seconds
Moderate	300° to 400° Fahr.	7 seconds
Quick, hot or fast	400° to 500° Fahr.	5 seconds

The temperature of cooking fats for deep frying can be tested as follows:—

Take an inch cube of bread and place in the hot fat—it will brown according to these temperatures:

350° Fahr.	.. .. .	Over 1 minute
360° Fahr.	.. .. .	1 minute
370° Fahr.	.. .. .	40 seconds

When fat bubbles it does not mean that it is boiling, but that it contains moisture which must evaporate before the right degree of



heat can be obtained. The fat must be absolutely still with a faint blue smoke beginning to rise before using it. *Should the smoke become too thick the fat is burning.*

No food cooked in deep fat needs a higher temperature than 380°.

#### *Guide to boiling and simmering*

<i>Boiling</i>	212° Fahr.	Bubbles all over the surface of the liquid.
<i>Simmering</i>	205° to 210° Fahr.	A few small bubbles on the surface only.
<i>Slow simmering</i>	180° to 190° Fahr.	An occasional small bubble rises to the surface.

## 2. Serving meals

Cooking should be so timed that food can be served immediately it is cooked. Get into the habit of timing backwards. For instance, if the meat should be ready to take out of the oven at 12.30 hours, and it takes 2½ hours to cook, then the joints must go into the oven at 1000 hours. Vegetables which should be ready at the same time should start cooking at 1200 hours, and so on. Cooking too far ahead of the meal time destroys much of the nutritive values of food, besides making it unpalatable and unattractive. The saving of fuel, labour and the smooth running of the cookhouse and service of the meal largely depend on this.

See that plates are warmed when hot meals are served, and keep windows and doors closed.

## 3. Care of tools

Tools must be in good condition to do a good job of cutting, so keep knives, choppers and saws sharp.

When washing or cleaning, keep the handles out of hot water, otherwise the wood will expand. Later they will dry out and shrink and cause the rivets and handles to loosen.

Do not throw knives in a heap into a drawer or box, as this will dull the cutting edges. Keep them in a special rack or holder where the edges can be protected.

Keep knife handles dry and free from grease and so ensure a good grip when using in preparation or carving.

## 4. Safety rules

Do not grab a falling knife, missing the handle means grabbing the blade. Step out of the way, or the point of the blade may hit your legs or feet.

Never cover a knife with food. It is possible to forget the knife is there when picking the food up.

Do not reach into soapy water for a knife, you may grasp the cutting edge.

When using a meat chopper keep your free hand clear. Chopping action is difficult to control.

Do not crowd working space, it reduces efficiency and is likely to cause accidents.

Use the wooden ram when feeding a mincing machine. Missing fingers cannot be replaced.

Keep the floors clean—fat, grease, and wet trimmings are as dangerous as banana skins.

Do not neglect bone scratches or knife cuts. They are very liable to infection and may cause a bad case of blood poisoning.

When carrying a knife in the hand, across a room, keep the point downwards.

### 5. Rules for cleanliness

Do not use an apron for wiping the hands—they are provided to protect your clothes.

Wash the hands as often as possible, in water—not on a towel.

Keep finger nails short and free from dirt.

Wear clean clothes “underneath” as well as on “top.”

Scour and scald cooking utensils after each use; do not let them lie about as an invitation to flies.

Wash or scrub all preparation tables after use and do not forget to rinse them.

Keep mincing machines scrupulously clean and sweet. When not in use disconnect all working parts and lay out on a clean sheet of paper, or hang up on a board.

Wash, boil and air dry all cloths daily.

Be on your guard and report at once the presence of flies, cockroaches, beetles, mice and rats.

Keep all utensils and small equipment off the floor.

Try to keep knives, equipment and utensils clean directly after use; in other words “clean up as you go.”

A triangle is easier to scrub than a table.

When hot grease is spilled on a table, pour cold water on it at once. The grease will then coagulate and can then be scraped off, instead of allowing it to soak into the wood.

Keep windows clean. They were designed not so much to see out of, as to let the light in.

Do not smoke yourself, or allow others to do so, in cookhouse, larder or preparation rooms.

Do not use cooking utensils for any other purpose but cooking.

## 6. Cooking

If white sauce is not available, or time does not permit the making of it, add a small quantity of dry mashed potatoes to a welsh rarebit mixture to prevent running when being browned in the oven.

The use of cracklings in many "made up" meat dishes, improves them. The cracklings must be properly treated, they should never be over-cooked and should either be steamed, or simmered in stock before using, to render them glutinous.

Butter has a tendency to absorb strong odours, so keep it well away from anything likely to taint it.

Keep clean unserviceable meat wrappers (hessian) for straining fat.

Find something to put skimmings in before you start skimming.

Do not serve anything which is not sufficiently cooked.

In food preparation, in cooking and in the serving of food—do not leave anything "until the last moment."

Taste the results of your cooking before trying it on others.

Never attempt to remove dishes from the ovens with a wet cloth.

Do not start to prepare any dish, unless you have the correct ingredients ready to hand.

The importance of weighing and measuring all ingredients before preparation cannot be overstressed. Do not guess. The success of the dish often depends on it. Bear in mind, that every recipe you work from has been tried and tested by experts and the weights of the different ingredients are so balanced and the method of cooking agreed, that if they are followed correctly the results are assured.

Plan ahead in all things—by using your head you will save yourself much unnecessary labour and fatigue.

Soot smuts on top of water in Soyer stoves can be removed by placing a clean piece of wood in the water as it comes to the boil.

Do not use knives and metal spoons in the feeder of a mincing machine. A wooden rammer is issued for the purpose.

Do not leave till to-morrow any preparation work that can reasonably be carried out to-day.

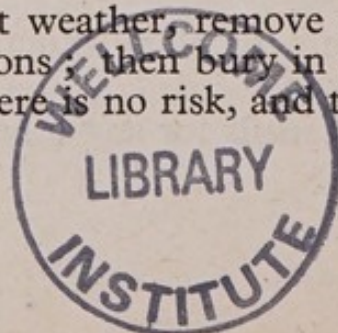
If the insides of ovens are rusty use whitewash to remove it.

Oven gas taps must be turned off with the hands—not the feet.

Close oven doors gently. Slamming will force a cool draught of air on to the foods cooking—often with dire results.

If you leave a very hot dish or pan about, sprinkle a little flour on the handle or side to warn others.

To preserve suet in hot weather, remove all glands, kernels, skin and any discoloured portions; then bury in flour. As suet does not impart flavour to flour, there is no risk, and the flour can be used for any purpose.



**7. Improvised measures which will be found useful to cooks when no other methods of weighing ingredients are available.**

Ladle Cooks G.S. (levelled) or a 1 pt. mug (flat) holds approximately :—

Liquid	..	..	1 pt.	Fruit dried (small)	..	1 lb.
Flour	..	..	$\frac{3}{4}$ lb.	Oatmeal	..	14 oz.
Tea	..	..	6 oz.	Sugar	..	1 lb. 3 oz.
Pulse or rice	..	..	$1\frac{1}{4}$ lb.			

A Bowl hand (levelled) holds approximately :—

Liquid	..	..	4 pts.	Dried fruit (small)	..	4 lb.
Flour	..	..	$3\frac{1}{4}$ lb.	Sugar	..	4 lb. 10 oz.
Tea	..	..	2 lb. 2 oz.	Oatmeal	..	3 lb. 10 oz.
Pulse or rice	..	..	5 lb.			

A mess tin (smaller half) (levelled) holds approximately :—

Liquid	..	..	2 pts.	Fruit dried (small)	..	2 lb
Flour	..	..	1 lb. 5 oz.	Oats	..	1 lb. 9 oz.
Tea	..	..	12 oz.	Sugar	..	2 lb. 6 oz.
Pulse or rice	..	..	$2\frac{1}{2}$ lb.			

A dessertspoon (issue to troops) holds approximately :—

Heaped (light commodities)	}	$\frac{1}{2}$ oz.		
Flat (heavy commodities)				
A hen's egg	=	2 oz.	Three pennies	= 1 oz.

A serving spoon (levelled) holds approximately :—

Flour	..	..	$1\frac{1}{4}$ oz.	Pulse	..	$1\frac{3}{4}$ oz.
Tea	..	..	$\frac{3}{4}$ oz.	Rice	..	$1\frac{1}{2}$ oz.
Sugar	..	..	$1\frac{1}{2}$ oz.	Oats	..	1 oz.

4 level serving spoonsful of liquid is equal to  $\frac{1}{4}$  pt.

Herring tin (standard size) (levelled) holds approximately :—

Flour	..	..	9 oz.	Pulse	..	1 lb.
Rice	..	..	1 lb.	Sugar	..	1 lb. 1 oz.
Oats	..	..	10 oz.	Tea	..	6 oz.

Sardine tin ( $3\frac{1}{2}$  oz. size) (levelled) holds approximately :—

Flour	..	..	3 oz.	Pulse	..	6 oz.
Rice	..	..	$5\frac{1}{2}$ oz.	Sugar	..	$5\frac{1}{2}$ oz.
Oats	..	..	$3\frac{1}{2}$ oz.	Tea	..	$1\frac{3}{4}$ oz.

Milk tin (B and D) (levelled) holds approximately :—

Flour	..	..	$8\frac{1}{2}$ oz.	Pulse	..	14 oz.
Rice	..	..	14 oz.	Sugar	..	$14\frac{1}{2}$ oz.
Oats	..	..	9 oz.	Tea	..	$4\frac{1}{4}$ oz.

Milk tin (U.S.A.) (levelled) holds approximately :—

Flour	..	..	$7\frac{3}{4}$ oz.	Pulse	..	13 oz.
Rice	..	..	13 oz.	Sugar	..	13 oz.
Oats	..	..	$8\frac{1}{2}$ oz.	Tea	..	4 oz.

