

Good fare in war-time / issued by the Board of Education.

Contributors

Great Britain. Board of Education

Publication/Creation

London : His Majesty's Stationery Office, 1941.

Persistent URL

<https://wellcomecollection.org/works/dx92cfxu>

License and attribution

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

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



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

GOOD FARE

IN WAR-TIME

FOOD EDUCATION MEMO No. 3

Issued by THE BOARD OF EDUCATION

Published by H.M.STATIONERY OFFICE

3^d

CONTENTS

	PAGE
I. FOREWORD	1
II. TWELVE MAIN MEALS	1
III. PACKED MEALS	2
IV. SOUPS	3
V. FISH	5
VI. MEAT	8
VII. PULSE FOODS	12
VIII. SAVOURY VEGETABLE DISHES	15
IX. OATMEAL AND ROLLED OATS	17
X. SAVOURY ROLLS, PUDDINGS AND TURNOVERS	20
XI. FRUIT PULP AND ITS USES	21
XII. PUDDINGS	23
XIII. INDEX	27

NOTE

At the time of sending to print some of the commodities suggested for use are momentarily in short supply. There is, however, ample scope for planning varied and nourishing meals from the wide selection of foods covered by the menus; variations in the ingredients used are also suggested in a number of cases. As it is difficult to replace onions and leeks for flavouring, the available supply of these vegetables should be used only for this purpose. Onion skins, green leaves of leeks and the outside sticks of celery are all useful for flavouring and should not on any account be wasted.

PUBLISHED BY HIS MAJESTY'S STATIONERY OFFICE

1941

Price 3*d.* net per copy or 1*os.* 0*d.* net for 50 copies



22503537492

GOOD FARE IN WAR-TIME

THE previous pamphlets issued in this series offered suggestions for making full use of home-produced foods for family meals, in particular of salads and vegetables. The present pamphlet is intended to help in the choice of other foods particularly suitable for conserving health.

New problems of feeding will undoubtedly arise; familiar and useful foods may be scarce from time to time when it will be most important for housewives to choose available foods which give the essentials of a satisfactory diet at a low cost, and to use a wide variety of these foods so as to avoid making too great a demand upon the stock of any particular commodity.

Salads and vegetables (both green and root) which are dealt with in Pamphlet No. 1, should be served regularly during the winter months as they give protection against colds and other ills then prevalent. Green vegetables, such as brussels sprouts, kale, broccoli, turnip tops, spinach and cabbage, and root vegetables, such as carrots, turnips, parsnips, leeks, beetroots, etc., should all be used in turn, but if the full value is to be conserved they must be steamed or cooked carefully in a very little water in a saucepan with a tightly-fitting lid. Potatoes are in good supply and may with advantage be used at least twice a day.

Amongst the recipes chosen a number of old favourites will be found which are specially adapted to war-time conditions in that they make the utmost use of home-grown foods with the minimum call upon those which come from overseas. Special value is attached to the protective, body-building and energy foods in all seasons and especially for obvious reasons in winter. Stress is therefore laid upon the use of soups and other dishes containing vegetables, herrings, tinned salmon, cheese and milk as well as meat, oatmeal and rolled oats, pulses, cereals, etc. Some of the dishes are selected for use in an emergency; they are quickly prepared with few utensils and require little attention while cooking. In some instances the dishes can be made overnight or in the less busy hours of the day and only need to be heated through before serving. To give piquancy and variety, many fresh flavourings have been suggested: grated orange and lemon rinds are especially valuable.

An example of a series of meals containing a wide variety of foods intended for the main meal of the day is included. The commodities suggested are not expensive, they are generally available and together give a large proportion of the day's requirements: other foods will, of course, be needed, but the choice of these is comparatively unimportant if care is exercised in cooking, as careless cooking detracts from the value of food. Suggestions are also made for packed meals which so many people are having to rely upon in these times of emergency; it is equally important that these should be nourishing and appetising.

The quantities given in the recipes are for four people, except in the case of joints. Reference should be made to Pamphlet No. 1, "Salads and Vegetables," for methods of cooking vegetables, for a variety of savoury vegetable dishes and for recipes for sauces.

SOME MAIN MEALS FOR THE DAY

1. Hotch Potch and Suet Dumplings; Fruit Charlotte and Custard.
2. Rabbit Hot-Pot; Potatoes; Brussels Sprouts; Fruit Turnover and Milk.
3. Savoury Beans, Carrots; Fruit Mould and Sweet Sauce.

Hotch Potch

1 lb. Neck of Mutton or Bones and Scraps of Meat.	$\frac{1}{4}$ pt. Fresh or 2 ozs. Dried Peas.
Bacon and Cheese Rinds.	$\frac{1}{4}$ pt. Broad or 2 ozs. Haricot Beans.
1 small Carrot and Turnip or Parsnip.	1 qt. Water or Pot Liquor.
1 Leek or Onion.	1 tea-sp. Salt, $\frac{1}{4}$ tea-sp. Pepper.
1 small Cauliflower with Green (if available) or outside leaves of Cabbage or Lettuce.	1 table-sp. Barley.
	$\frac{1}{2}$ tea-sp. Sugar.
	$\frac{1}{2}$ tea-sp. Mint.

METHOD.—Soak pulse overnight if used. Put meat and bones, bacon and cheese rinds into the cold water or pot liquor with the pulse (if used) and allow to boil steadily 1–1½ hours until tender. Prepare fresh vegetables, shred or grate finely and add to the soup with the salt, sugar and other seasonings. Continue to cook $\frac{1}{2}$ to $\frac{3}{4}$ hour. Remove bones and rinds, reseason and serve very hot.

Lentil Soup

Bacon Rinds or 1 table-sp. Bacon Scraps.	4 table-sp. Lentils. Bacon Bones.
1 Breakfastcup scraps of Carrot, Turnip, and outside sticks of Celery.	1½ pts. Water or Pot Liquor. 1 table-sp. Flour. $\frac{1}{2}$ pt. Milk.

METHOD.—Melt the fat, add the vegetables, grated or cut into small pieces, and the bacon bones: fry carefully without browning. Add the water or stock, bring to boiling point and simmer gently until tender, about 45 minutes. Mash vegetables against the sides of the saucepan; remove the bacon bones and rinds. Mix the flour to a smooth thin paste with some of the milk. Add with the remainder of the milk to the soup; allow to boil for 5 minutes: season carefully and serve with toast.

Oatmeal Soup

1 qt. Water or Pot Liquor.	1 Apple or
2 table-sp. Medium Oatmeal.	2 table-sp. Fruit Pulp if available.
1 large Potato.	1 dessert-sp. Curry Powder.
1 large Carrot.	$\frac{1}{2}$ pt. Milk.
$\frac{1}{2}$ Swede or 1 Turnip.	Salt, Pepper.
	2 table-sp. Parsley.

METHOD.—Sprinkle the oatmeal into the boiling water or pot liquor and allow to boil for 5 minutes, stirring all the time. Add the salt, prepared fruit and vegetables (sliced or cut into small pieces) and the curry powder mixed with 2 table-sp. water. Allow to cook steadily for $\frac{3}{4}$ to 1 hour. When cooked, add the milk and pepper and reheat. Add the finely chopped parsley, stir well and serve very hot.

NOTE.—Add a bone or bacon rinds if available to improve flavour.

Potato Soup

4–6 Potatoes.	1 table-sp. Rice.
1 small Onion or $\frac{1}{2}$ Leek.	Pepper and Salt.
2–3 sticks Celery.	1½ pt. Water or Pot Liquor.
1 table-sp. chopped Parsley.	$\frac{1}{2}$ pt. Milk.

METHOD.—Prepare vegetables and cut into rough pieces. Put all the ingredients, except the milk, into a saucepan and cook steadily for about $\frac{3}{4}$ hour to 1 hour. Mash with a wooden spoon, add the milk: reseason if necessary, bring to the boiling point; serve very hot.

NOTE:

(1) Add one pennyworth of chopped bones if available, and remove before serving.

(2) To give variety use other vegetables in season, e.g. beetroot, parsnips, artichokes, leek, spinach, turnip, etc. Allow longer time for cooking.

(3) Flavourings for soup: bacon rinds and scraps of cheese.

Quick Vegetable Soup

2 large Potatoes.	1½ pts. boiling Pot Liquor.
2 Carrots.	Seasoning.
1 small Onion.	½ pt. Milk.
1 Turnip (small).	1 tea-sp. Fat.
	1 table-sp. chopped Parsley.

METHOD.—Peel and slice or grate the vegetables, drop into 1½ pt. of boiling pot liquor and cook for 30 minutes. Mash with a wooden spoon. Add ½ pt. of hot milk, 1 tea-sp. fat and 1 table-sp. of chopped parsley. Serve very hot.

Sheep's Head Broth

1 Sheep's Head.	1 Carrot.
2 qts. Water.	1 Turnip.
2 table-sp. Pearl Barley.	Salt.
1 Leek or Onion (if available)	Chopped Parsley.

METHOD.—Soak the head overnight if possible. Wash thoroughly, put into a pan with sufficient cold water to cover and bring to boiling point. Remove and throw away the water. Put the head into 2 qts. cold water with pearl barley; bring to boiling point and allow to simmer for 2 to 2½ hours. Add the prepared and sliced or grated vegetables 1 hour before serving. Remove the head; reseason broth, and serve very hot.

To serve the head, remove meat from the bones, skin and slice the tongue and chop the brain. Serve in the broth or separately with parsley sauce.

FISH

Fish such as herring, kipper, mackerel, tinned salmon, sprats and fish roes are good alternatives to meat and are good value for money. Cod, haddock and other white fish are also valuable food, especially if served with a well-flavoured sauce made with a foundation of milk and fat. A good stuffing of potatoes and oatmeal or stale bread adds to the nourishment and bulk, thus proving economical when fish is expensive. The oily fish are usually baked, grilled or fried, and coated with oatmeal or breadcrumbs if baked or fried. The white fish, e.g. cod, hake, etc., on the other hand, can be steamed or stewed with white vegetables in a good sauce.

For a complete course or meal serve fish with potatoes and green vegetables.

Fresh Haddock

METHOD.—Slit the haddock and clean well. Fill with oatmeal stuffing. Sew up with a thread or fine string. Place the fish flat in a well-greased dish or dripping tin and bake for $\frac{3}{4}$ to 1 hour. Serve with a piquant, mustard or brown sauce.

Oatmeal Stuffing

2 table-sp. Medium Oatmeal.	1 table-sp. melted Fat.
1 small Leek or Onion (cooked).	Seasoning.
$\frac{1}{4}$ tea-sp. Mixed Herbs or 1 tea-sp. chopped Parsley.	

METHOD.—Mix the ingredients and bind with the melted fat and a little milk if necessary. To improve flavour, toast oatmeal in a moderate oven before use.

Herrings or Mackerel Baked and Stuffed

6 Herrings with Roes.	$\frac{1}{2}$ tea-sp. Fat.
$\frac{1}{2}$ teacup stale Bread.	Salt and Pepper.
1 tea-sp. chopped Parsley or $\frac{1}{2}$ tea-sp. Mixed Herbs.	

METHOD.—Remove the heads from the fish: clean and wash: split open, flatten with the skin upwards and remove the backbones. Mix the grated stale bread with the roes, herbs, parsley and seasoning and spread on each herring. Roll up and keep in place by tying with a coarse cotton. Put fish in a greased tin or dish: cover and bake for about 15–20 minutes. Remove the lid and allow to brown.

Mackerel or Herrings Fried in Oatmeal

4–6 medium-sized Fish.	2 table-sp. Medium Oatmeal.
$\frac{1}{4}$ tea-sp. Salt.	

METHOD.—Clean the fish: remove the heads, tails, etc. Mix the oatmeal and salt and coat each fish. Grill or fry. Turn over when cooked on one side.

Herrings or Mackerel Soused

4–6 Herrings or Mackerel.	$\frac{1}{2}$ pt. Vinegar.
$\frac{1}{2}$ tea-sp. Salt.	$\frac{1}{2}$ pt. Water.
A few Pickled Onions, or 1 Leek or Fresh Onion.	

METHOD.—Cut off the heads and tails, clean and bone the fish. Lay the fish head to tail in a deep tin. Sprinkle with the salt and finely chopped onions, etc. Pour in the vinegar and water barely to cover. Cover the dish and bake in a moderate oven for $\frac{1}{2}$ to $\frac{3}{4}$ hour. Serve cold with salad, or hot with green vegetable and baked potatoes.

Kedgeree

1 lb. cooked Fish.	1 tea-sp. chopped Parsley or
2 table-sp. Rice.	Pinch Dried Herbs or Nutmeg.
1 Egg (optional).	$\frac{1}{2}$ table-sp. Fat.
Seasoning.	1 table-sp. Chutney (optional).

METHOD.—Cook rice (*see* page 14). Remove skin and bone from fish and flake with a fork. Add the cooked rice, chopped egg, parsley, etc. Melt the fat in a saucepan, add the ingredients and stir until really hot. Serve for breakfast, dinner or supper.

NOTE.—To vary, use Herrings, Kippers, tinned Salmon, Cod or Haddock.

Fish Mould

1 lb. raw white Fish.	$\frac{1}{2}$ oz. chopped Suet.
4 table-sp. stale Bread.	Small teacup of Fish Stock or Milk.
1 Egg (if available).	$\frac{1}{2}$ tea-sp. chopped Parsley.
Pepper and Salt.	

METHOD.—Separate the bones and skin from the flesh and put into a pan with sufficient water nearly to cover. Add seasoning and bay-leaf or spice, and stew gently for 20 minutes to make fish stock. Shred the raw fish finely; grate stale bread; mix all the ingredients together, adding sufficient stock or milk to make a soft mixture. Put into a greased basin, cover with greased paper and steam gently for 1 hour. Turn out and coat with $\frac{1}{2}$ pt. of sauce.

NOTE.—Make sauce with fish stock and milk. Flavour with chopped parsley.

Roes on Toast

1 lb. Herring or other small Roes.	Slices of Toast spread with Margarine.
	Seasoning.

METHOD.—Wash the roes and drain well. Place on a greased tin, season, cover and bake in a moderate oven for 10 minutes. Place the roes on the hot toast and serve very hot.

Fried Hard Roe

1 lb. Cod's Roe.	Flour or Breadcrumbs.
	1 oz. Fat.

METHOD.—Wash the roe and drain. Wrap in a margarine paper and cook in boiling salted water 20 minutes. Cut into thick slices, toss in flour or dried crumbs and bake on a well-greased tin in a hot oven. Serve for breakfast, dinner or supper.

Salmon Pie

1 medium-sized tin of Salmon.	Salt.
$\frac{1}{2}$ pt. White Sauce.	Vinegar.
1 Hard Boiled Egg (if available).	4 Potatoes (cooked and mashed).

METHOD.—Bone and flake salmon, and slice the egg. Add to the sauce, with the seasoning and sufficient vinegar to taste. Put the mixture into a greased pie dish. Cover with mashed potatoes. Cook $\frac{1}{2}$ hr. in a moderate oven.

NOTE:

(1) To vary use white fish such as cod or hake, and chopped parsley.
 (2) For a portable meal, roll pastry to a square and dampen the edges. Place the mixture in a heap in the middle, turn the four corners of the pastry to the centre, and press the edges together firmly. Decorate with a few pastry leaves. Bake in a moderate oven $\frac{1}{2}$ – $\frac{3}{4}$ hr.

Sprats

1 lb. Sprats.	Salt, Pepper.
---------------	---------------

METHOD.—Wash the fish well, drain, and spread on a greased baking tray.

Season. Bake in a moderate oven 15 minutes; or place under a hot grill 10 minutes, turning the fish over after 5 minutes. Serve with baked potatoes or bread.

MEAT

Weight for weight of flesh all cuts of meat are of approximately equal value in body-building material, but more care in cooking is necessary to make the cheaper cuts appetising and palatable. In some cases the flesh of the cheaper cuts is coarse and contains a good deal of gristle, thus taking longer time to cook. If, however, the meat is brushed over with a little vinegar or cut in small pieces or minced (by the butcher) the time for cooking can be reduced.

Some of the cheaper cuts may lack savour, but the addition of savoury stuffings and vegetables (cooked with the meat) not only adds to the flavour but also helps to make the meat go further. Some typical recipes are given below.

CHEAPER PARTS OF MEAT

<i>Meat</i>	<i>Cut</i>	<i>Method of Cooking</i>
Beef	Brisket	.. Bake, stew or braise.
	Flank	
	Clod	
	Stick	.. Stew, hot-pots, puddings, pies and soup.
	Shin	
	Skirt	
Mutton	Breast	.. Stuff and bake.
	Neck Stew.
Pork	Pickled	.. Stew (with rabbit), oatmeal, potato and other vegetable dishes.
Veal	Breast	.. Stuff and bake.
	Neck Stew.
	Knuckle	.. Stew and soup.
	Veal Pieces	.. Stew, soup, puddings, pies.

The aitch bone, flank and brisket of beef, and the breast of mutton and veal, may be baked. For good results, place in a covered tin with a little water and fat, and cook in a really hot oven for 20 minutes. Finish cooking very slowly for a long time basting frequently. The aitch bone is economical if a large family joint of 6 lb. or more is required.

Time for cooking.—At least 30 minutes for each pound and 30 minutes over.

Baked Brisket of Beef

METHOD.—Wash the meat and put into a baking tin with $\frac{1}{2}$ teacupful of water and a little dripping; cover with another tin to prevent the escape of the steam. Cook very quickly for 20 minutes and then *very* slowly. Time allowed, 30 minutes to the lb. and 30 minutes over or even longer if the meat appears to be tough. Baste from time to time.

Serve with—

- Potatoes or Parsnips cooked in the pan with the meat.
- Yorkshire Pudding; or
- Plain Suet Dumpling which may be steamed or baked.

NOTE.—Adopt similar method for Aitch bone or Flank.

Brisket (Braised)

1 table-sp. Fat or Bacon Pieces.
2 lb. Brisket.*

Carrot and Turnip.
Salt and Pepper.

About $\frac{1}{2}$ pt. Water or Pot Liquor.

METHOD.—Heat the fat in a stewing-pan, add meat and brown on both sides. Remove from the pan, put in sliced vegetables and cook for 7–10 minutes. Place meat on top, cover with margarine paper, add seasoning and pot liquor and cook very slowly with lid on for about 2 hours. Serve very hot.

NOTE:

(1) Use as for Rabbit Mould on page 12.

(2) Pressed Brisket. To serve cold, lift out meat and remove bones. Press between two plates or in a pie dish until cold. Serve with salad or use for sandwiches.

Stuffed Breast of Mutton

Breast of Mutton (2 lb.).*

2 ozs. Oatmeal Stuffing.

METHOD.—Bone meat and use bones for stock or gravy. Remove surplus fat and render down. Spread meat with stuffing, roll up and tie securely. Bake for about $1\frac{1}{2}$ hours basting from time to time. Serve hot with thickened gravy and vegetables, or cold with salad.

NOTE.—Adopt the same method for veal.

Melt and Skirt Pudding

$\frac{1}{4}$ lb. Skirt.	2 Carrots (sliced).
$\frac{1}{4}$ lb. Melt (or Liver or Ox Kidney).	1 gill of Pot Liquor or Water.
1 table-sp. Seasoned Oatmeal.	Seasoning.
1 medium Parsnip (sliced).	$\frac{1}{2}$ lb. Suet Pastry (page 20).

Line basin with suet pastry; wash and cut up the meat finely and dust with seasoned oatmeal. Fill the basin with the meat, vegetables and pot liquor; cover with round of pastry, seal the edge. Cover and steam for two hours.

Seaman's Pie

$\frac{1}{2}$ Cabbage or Outside Leaves of Greens.	1 table-sp. scraps of Fat.
3 Carrots.	$\frac{1}{4}$ lb. Shin of Beef.
1 lb. Potatoes.	$\frac{1}{4}$ lb. Melt.
1 Turnip.	Seasoning.
	1 or 2 Bones.
	Pot Liquor or Water.

Suet Pastry

6 table-sp. Flour.	2 table-sp. shredded Suet.
$\frac{1}{2}$ tea-sp. Baking Powder.	2 table-sp. grated raw Potato.
Salt.	Water to mix.

METHOD.—Prepare the vegetables. Shred the cabbage and onion finely; cut the carrots, turnip and potatoes into rough pieces. Melt fat in a large pan; add the sliced turnip and fry for a few minutes without browning. Add minced beef, the prepared and sliced melt, and sufficient pot liquor nearly to cover; season, bring to boil. Add the remainder of the vegetables and more

* Sufficient for 2 or 3 meals.

pot liquor if necessary, cover with a tightly fitting lid and allow to cook for 45 minutes. Make the suet pastry. Roll to the size of the pan lid and place on top of the vegetables and meat. Replace the lid and allow to simmer for 30 to 40 minutes. Cut pastry across into number of pieces required (4). Serve very hot.

Internal Meats, Liver, Kidney, Melt, Hearts, etc.

Melt, kidney, liver, hearts and tripe contain valuable protective and body-building foods. These meats can form the basic ingredients of meals or they can be added in small quantities to other savoury dishes to give flavour and extra nourishment.

To Prepare—

1. Soak in warm salted water for 15 minutes.
2. Remove outer skin and trim if necessary.
3. Squeeze out water and dry.

NOTE.—Liver should not be over cooked: it should be added to stews, hot pots, etc., 30 minutes before the dish is to be served.

Liver Stew

$\frac{1}{2}$ lb. Liver (or Melt or Ox Kidney).	2 Carrots.
1 table-sp. Dripping.	1 table-sp. Medium Oatmeal.
1 Leek, Onion or Parsnip.	$\frac{3}{4}$ pt. Water or Pot Liquor.

METHOD.—Wash meat thoroughly and cut into thin slices or pieces. Heat the fat, fry the vegetables and oatmeal lightly, add the water and allow to boil for 30 minutes, stirring occasionally. Add the liver and simmer for half-an-hour. Serve very hot. (Allow longer for melt or kidney than for liver.)

Farced Kidney, Liver or Melt and Bacon

$\frac{1}{2}$ oz. Fat.	1 lb. tin Tomatoes (optional).
$\frac{1}{2}$ Leek, Onion or Parsnip.	$\frac{1}{2}$ lb. Liver, Melt or Kidney.
2 table-sp. stale Bread.	2 or 3 table-sp. scraps of Fat Bacon.
$\frac{1}{2}$ pt. Water or Pot Liquor.	

METHOD.—Melt the fat, grate the vegetable finely and fry slightly brown; add the grated stale bread and the tomatoes. Wash and skin the meat, cut into thin slices and place in a greased tin or fire-proof dish. Spread the vegetable mixture on top of each slice, cover with scraps of fat bacon, pour round the pot liquor, cover and bake in a moderate oven for about 30–60 minutes according to type of meat. For liver only 30–40 minutes.

Sheep's Heart Pie

2 Sheep's Hearts.	Seasoning.
2 table-sp. Bacon Scraps.	Water or Pot Liquor.
1 Carrot or Onion (chopped or grated).	4 ozs. Suet Pastry (4 ozs. Flour).

METHOD I.—Wash hearts and cleanse thoroughly: cut into slices. Arrange in a pie dish with the carrot, bacon scraps and seasoning; add water or pot liquor. Cover with the pastry, bake in a hot oven for 30 minutes, and then in a moderate oven for 1 hour.

METHOD II.—Stew the sheep's hearts with the carrot, bacon and seasoning, in sufficient water nearly to cover, for 30 minutes. Turn into a pie dish, cover with pastry, and bake in a hot oven for 30 minutes.

Stuffed Ox Heart

1 Ox Heart (1 lb.)

Savoury Stuffing (*see* page 6).

METHOD.—Soak the heart in salt and water. Wash and cleanse thoroughly; remove blood and cut off coarse fat and skin. Fill the cavities of the heart with the stuffing and tie up. Place in a covered baking tin with a little water and dripping, and bake in a really hot oven for 15 minutes: finish cooking very slowly for a long time basting frequently. Time 2–2½ hours. Serve with brown gravy.

NOTE.—Adopt a similar method for sheep's hearts. Time for cooking $\frac{3}{4}$ to 1 hour.

Tripe

1 lb. Tripe (prepared).

Salt and Pepper.

2 Leeks, Onions or Carrots.

1 table-sp. Flour.

 $\frac{1}{2}$ pt. Water. $\frac{1}{4}$ pt. Milk.

METHOD.—Cut tripe into neat pieces. Put into saucepan with the vegetables and water. Simmer slowly 1½ to 2 hours until tender. Season well. Ten minutes before serving mix the flour to a smooth paste with a little of the milk and add with the remainder of the milk to the tripe. Allow to boil for 5 minutes. Serve with toast or crisp baked bread.

Trotters

2 Pig's Feet.

1 Onion (if available).

2 pts. Water.

2 Carrots.

1 Turnip.

METHOD.—Scrape and wash pig's feet. Simmer in the water with the vegetables and seasonings until tender (about 2 hours). Remove large bones from the feet. Serve hot with pease pudding or allow to set in a mould and serve cold with salad.

NOTE:

- (1) To increase nourishment add $\frac{1}{4}$ lb. shin of beef cut into small pieces.
- (2) Adopt the same method for cow heel.

RABBITS

Full use should be made of rabbits as they are very nourishing and add variety to the diet at a time when some other foods are scarce. They may be stuffed and baked, stewed in white or brown sauce, curried or used for soups, savoury moulds, puddings, pies and sandwiches.

TO PREPARE.—Cleanse and remove heart, liver, etc., from the inside. Cut into joints and soak in cold salted water for 2–3 hours. The heart and the liver may be chopped and added to stuffing if the rabbit is to be baked or they may be included with the other ingredients if stewed.

Bacon and onions are usual accompaniments to rabbit, but as these may be in short supply from time to time, celery, leeks, parsnips, or other root vegetables should be used.

Oatmeal stuffing adds to the nourishment especially when bacon is scarce and the addition of dried herbs or fresh herbs improves the flavour.

Rabbit Mould

2 Pig's Feet (order split).
1 Leek or Onion.
2 Carrots.

Water.
1 small Rabbit.
Salt, Pepper, Spice.

METHOD.—Wash the pig's feet and put into a pan with the onion and sufficient water to cover. Simmer gently 1-1½ hours. After soaking, joint the rabbit and add to the pig's feet and cook until tender, 1-1½ hours. Add more water if necessary. Cool slightly, strain off the stock, and remove meat from the bones and cut into small pieces. Season the stock with salt, pepper and spice and bring to boiling point. Add the meat (there should be just enough liquid to cover the meat). Serve very hot with green vegetables, potatoes and crisp baked bread or put into a basin or a pie dish to set. When cold turn out and serve with a salad.

NOTE.—To vary use brisket or shin of beef instead of rabbit.

Rabbit Pie

1 small Rabbit.
Bacon Rinds.

Salt, Pepper, Pinch of Herbs.
Water.
2 Carrots.

METHOD I.—Soak rabbit, prepare and joint. Stew until tender with the bacon rinds and seasonings. Strain off the stock and allow meat to cool. Place in a pie dish with the sliced carrots and sufficient stock nearly to cover. Cover with a short crust pastry made with dripping (*see* page 26) and bake in a moderate oven 30-40 minutes to cook the crust.

METHOD II.—Place the jointed raw rabbit, vegetables, seasonings and stock in a pie dish. Cover with pastry. Bake in a hot oven for 30 minutes and then in a moderate oven for 1-1½ hours.

NOTE.—The flavour is improved by this method.

Rabbit Hot-pot

Bacon Rinds or 1 tea-sp. Fat.
.2 large Carrots.
3 or 4 Potatoes.

3 or 4 sticks Celery (optional).
Cup of Water.
1 small Rabbit.

METHOD.—Melt the fat or frizzle the bacon rinds in a saucepan. Add the prepared celery and fry without browning. Add the remainder of the prepared vegetables, the water and the seasoning. Cut the prepared rabbit into joints and put on top of the vegetables. Cover with a well fitting lid and allow to stew 1-1½ hours according to the size of the rabbit. Sprinkle with chopped parsley and serve very hot.

NOTE.—Adopt this method for cooking tripe, brisket, ox cheek, clod and other cheap parts of meat.

PULSE FOODS

Pulse foods (dried beans, peas and lentils) are good alternatives to meat, especially if served with a variety of fresh vegetables: they lack fat, however, and should be cooked with small scraps of fat meat or bacon, or served with fat meat, e.g., pork and bacon. If well flavoured and savoury the pulses

may form the basis of a large variety of satisfying and nourishing meals. Haricot and butter beans are the most valuable, but all pulses contain minerals and body building material; they are relatively cheap, they keep well and occupy little storage space.

PREPARATION

Soak beans and peas overnight in boiled water: do not add salt. Lentils need not be soaked as they cook quickly.

COOKING

Cook soaked beans and peas in boiling water until tender before adding other ingredients (exception: pease pudding). Time varies with the kind of pulse: beans dried whilst young will soften in 1 hour, others may require 2-3 hours.

FLAVOURINGS

1. Boil with bacon rind or bones and cheese rinds.
2. Add parsley or other fresh herbs, fried leeks, onions, or root vegetables.
3. Cook in meat stock and add scraps of meat.

Pulse Foods may be served alone with a savoury sauce, i.e. White, Parsley, Mustard (*see* Pamphlet No. 1, Salads and Vegetables), or they may be used as the foundation for Soups (page 3), Savoury Roasts and Vegetable Dishes (page 15), Hot-pots (pages 15 and 16), Vegetable Pies (page 16), Au Gratin Dishes (page 15), Curries (page 14).

NOTE.—Beans, Peas or Lentils may be used in the following recipes, but the time for cooking will vary according to the pulse used.

Savoury Butter Beans

- | | |
|---------------------------------|-------------------------------------|
| 6 ozs. Haricot or Butter Beans. | 1 table-sp. grated Cheese <i>or</i> |
| 2 Turnips <i>or</i> | 1 table-sp. chopped Parsley. |
| 1 Swede. | Seasoning. |

METHOD.—Soak the beans overnight in boiled water. Cook slowly in boiling water for about $1\frac{1}{2}$ hours. Add the turnips (cleaned and sliced) $\frac{1}{2}$ hour before beans are cooked. Strain, put into a fire-proof dish and cover with a savoury sauce (parsley, brown or mustard) made with bean liquor. Sprinkle with grated cheese and grated stale bread and brown under the griller or in the oven.

Pulse Savoury

- | | |
|--|--------------------------------------|
| $\frac{1}{2}$ lb. Peas, Beans or Lentils. | 2 or 3 Carrots. |
| 2 ozs. Rice or Macaroni. | Seasoning. |
| 1 Onion. | $\frac{1}{2}$ tea-sp. Powdered Sage. |
| 1 Apple or 2 table-sp. Apple Pulp. | 1 tea-sp. Fat. |
| $\frac{1}{2}$ pt. Brown, White or Parsley Sauce. | |

METHOD.—Soak the pulse overnight. Cover well with water and allow to cook for 15 minutes to 2 hours according to the pulse. Add the macaroni or rice 20 minutes before the pulse is cooked, and allow to cook until soft and the water is absorbed. Mix the finely sliced onion and apple and the grated carrot with the sage and seasoning. Melt the fat in a deep tin or pie dish and arrange the vegetables, macaroni and pulse in the tin. Cover with the sauce. Sprinkle with grated stale bread and a little grated cheese and bake for 30 minutes.

Lentil and Potato Pie

$\frac{1}{2}$ lb. Lentils.	Seasoning.
2 Parsnips or Onions.	6-8 Potatoes.
$\frac{1}{4}$ lb. minced fresh Meat or Bacon Scraps.	

METHOD.—Soak lentils overnight, add chopped onion and cook with lentils in sufficient water nearly to cover till both are soft. Mash well and season. Steam, mash and season potatoes. Spread layer of lentils and onions and minced meat in a deep baking tin or pie dish. Cover with a thick layer of mashed potatoes and dot with small pieces of dripping. Bake for 1 hour till brown. Serve with good brown gravy and greens.

Haricot Hot-pot

$\frac{1}{2}$ lb. Haricot Beans.	2 Carrots or Onions.
$\frac{1}{4}$ lb. fresh minced Meat.	Water or Pot Liquor.
	Seasoning.

METHOD.—Wash haricots and soak overnight. Cook in soaking water till quite soft so that they will mash easily. Season well. Spread alternate layers of mince and grated vegetables and haricots in a tin or pie dish leaving a layer of haricots on top. Add water or pot liquor to fill tin $\frac{1}{2}$ full. Bake for $\frac{3}{4}$ to 1 hour to cook meat and carrots and to brown haricots. Serve with brown sauce, greens and potatoes.

Curried Lentils (or other pulse)

$\frac{1}{2}$ lb. Lentils.	1 tea-sp. Flour.
1 tea-sp. Fat (preferably Bacon).	1 tea-sp. Curry Powder.
1 small Leek, Onion or Carrot.	1 table-sp. Vinegar.
1 Apple.	1 teacup Water.
2 table-sp. Sultanas.	2 table-sp. Rice.

METHOD.—Soak lentils overnight in boiled water. Melt fat, add chopped vegetable and fry lightly. Add chopped apple, sultanas, flour, curry powder, vinegar and water and allow to boil. Add lentils and allow to cook steadily until soft (about $\frac{1}{2}$ hour). Season and serve with hot boiled rice.

NOTE:

(1) *To vary, use beans or peas.* Soak overnight and cook in the usual way. Add to the curry sauce and heat through for about 20 minutes.

(2) *Adopt this method for serving—*

- (a) Hard-boiled eggs.
- (b) Potatoes (whole or in large pieces), artichokes, beetroot, parsnips, etc.
- (c) Cooked meat or fish.

These mixtures may also be heated in mustard or brown sauce and served with boiled rice or macaroni.

(3) *Curried Meat.*—For raw meat cut into convenient sized pieces and fry in the fat before making the sauce; return to the sauce and cook for 1-1 $\frac{1}{2}$ hours according to the meat used.

To cook Rice.—Rice 2 ozs. Water 1 quart. Wash rice and sprinkle into boiling salted water. Boil fast for 10 to 15 minutes (stirring occasionally) until soft. Strain and keep in a hot place until ready for use. Reserve rice water for soup.

Pulse Au Gratin

$\frac{1}{4}$ lb. cooked Peas, Beans or Lentils.	1 tea-sp. Fat.
$\frac{1}{4}$ lb. mashed Potatoes.	$\frac{1}{2}$ pt. of White, Brown or Tomato Sauce.
Seasoning.	1 table-sp. grated Cheese.

METHOD.—Cook the pulse and mash with a fork. Mix with the potatoes, seasoning and fat and spread in a pie dish or deep baking tin. Cover with sauce. Sprinkle with cheese and grated stale bread, and brown in the oven or under the griller.

Lentil Roast

$\frac{1}{2}$ lb. Lentils.	1 teacup Milk.
2 large Carrots.	1 teacup stale Bread.
4-6 Potatoes.	Pepper and Salt.
	Pinch of Sage.

METHOD.—Boil lentils and sliced carrots in a *little* water until tender. Add the grated raw potatoes, and bread, soaked in the heated milk, seasoning, etc. Mix well and pack mixture about 2 in. thick into a baking tin. Bake in a moderate oven for $\frac{1}{2}$ hour. Cut into squares and serve with a good gravy.

Pease Pudding

$\frac{1}{2}$ lb. Split Peas.	$\frac{1}{4}$ tea-sp. Salt.
1 tea-sp. Dripping.	$\frac{1}{4}$ tea-sp. Pepper.
	$\frac{1}{4}$ tea-sp. Fresh or Dried Mint.

METHOD.—Soak peas overnight. Tie loosely in a pudding cloth and cook in a pan of boiling water in soup or with boiled bacon (time about $2\frac{1}{2}$ hours). Hold cloth with the peas over the pan to drain off the water. Turn peas into a basin and mash with a fork and add the other ingredients. Reheat and serve with vegetables and a good gravy or with bacon hock.

SAVOURY VEGETABLE DISHES

The value of green and root vegetables has already been referred to in the opening paragraph. Meat, fish, bacon, or cheese or pulse (peas, beans or lentils) cooked with green and root vegetables can form together savoury and nourishing meals or parts of meals. Here are some recipes.

Carrot and Rice Hot-pot

1 small Cabbage.	2 pts. Pot Liquor or Water.
1 tea-sp. Fat.	Seasoning.
4 large Carrots.	Fresh or Dried Herbs.
1-2 Bones.	1 small teacup Rice.

METHOD.—Shred the cabbage finely and fry in the dripping without browning. Add the carrots cut into thick slices, the bones, liquid, seasoning and herbs. Simmer for about $\frac{1}{2}$ hour and add the washed rice and stew until tender: add more liquid if necessary. Sprinkle with chopped parsley and serve very hot (time $\frac{3}{4}$ to 1 hour).

Carrot and Potato Hot-pot

1 table-sp. Fat.	2 table-sp. Medium Oatmeal or Rolled Oats.
1 Leek or Onion (optional).	1 tea-sp. Salt.
1½ lb. Potatoes.	¼ tea-sp. Pepper.
1 large Carrot.	¾ pt. Milk and Water.

METHOD.—Grease a deep tin with the fat. Prepare and slice vegetables. Arrange all the ingredients in the tin. Cover and bake 1-1½ hours. Remove cover for the last 10 minutes and allow to brown.

NOTE.—Use other vegetable, i.e. parsnips, turnips, etc., to give variety.

Savoury Potato Pie

A few scraps of Fat.	1½ lb. Potatoes mashed with Milk.
1 Leek, Parsnip or Onion.	2 or 3 Tomatoes (if available).
½ lb. minced cooked Meat.	Seasoning.

METHOD.—Melt the fat and fry the leek or onion but do not brown. Add the meat, mashed potato and tomatoes. Season well: put into a pie dish, cover with a good gravy or dot with fat and sprinkle with grated stale bread. Reheat under the griller or in the oven.

Turnip Pie

4 medium Turnips.	½ teacup stale Bread.
4 Tomatoes (optional).	Grated Cheese from rinds.
Seasoning.	1 tea-sp. Fat.
	1 teacup Milk.

METHOD.—Prepare and slice the turnips and cook in sufficient water to cover the bottom of the pan for about 15 minutes. Arrange in a "Yorkshire" tin or casserole in layers with the sliced tomato and seasoning. Add the milk: sprinkle with grated bread and cheese: dot with fat and brown off in the oven or under the griller.

Vegetable Pie—I

Remains of cooked Vegetables Root and Green.	4 table-sp. cooked Haricot Beans or other Pulse.
½ pt. Mustard Sauce or Gravy.	2 table-sp. stale Breadcrumbs.
1 table-sp. Bacon Scraps or other Fat.	Salt and Pepper.

METHOD.—Cut the vegetables into convenient sized pieces and add to the gravy with the haricot beans. Heat the bacon scraps or fat in a "Yorkshire" tin: add the vegetables: sprinkle with grated stale bread, and heat through in a moderate oven for about 20 minutes. Serve crisp and very hot.

Vegetable Pie—II

1 breakcup cooked Haricot Beans.	3 or 4 Mushrooms (if in season).
2 Tomatoes (optional).	1 table-sp. Fat.
½ Cauliflower.	Seasoning.
1 small Leek or Onion (optional).	½ pt. Pot Liquor.
4 Potatoes.	1 Hard-Boiled Egg (if avail- able).
2 medium Carrots.	6 ozs. Short Crust Pastry.

METHOD.—Prepare and slice vegetables. Stew until tender with the pot liquor, fat and seasoning, omitting tomatoes. Place vegetables in a pie dish with the sliced, raw tomatoes on top and sufficient liquor nearly to cover. When cool, cover with oatmeal pastry and bake for 30–40 minutes in a moderate oven.

OATMEAL AND ROLLED OATS

Oatmeal and rolled oats are valuable foods. They are home produced, plentiful and reasonable in price. They are used for porridge, oatcakes, and biscuits, and for haggis and other savoury dishes to which scraps of meat and vegetables may be added. Flavouring and seasoning are important when oats are blended with other ingredients. Oatmeal is especially useful for coating fish before baking or frying.

Breakfast Dish

4 level table-sp. Rolled Oats.	4 table-sp. chopped Nuts (optional).
$\frac{1}{4}$ pt. Water.	2 table-sp. Syrup.
1 Apple or other fruit.	

METHOD.—Soak the oats overnight in the water. Add the chopped apple, nuts and syrup. Mix thoroughly and serve cold at once.

Baked Savoury Pudding

1 breakcup stale Bread.	2–3 Carrots.
$\frac{1}{2}$ pt. Milk.	1 tea-sp. Dried Sage.
2 table-sp. Oatmeal.	Salt and Pepper.
1 table-sp. Suet or other hard Fat.	1 Egg (optional).
1 Leek, Onion or Parsnip.	Bacon Rinds.

METHOD.—Soak the bread in hot milk. Beat with a wooden spoon. Add the oatmeal, chopped suet, grated vegetables, sage and seasoning. Frizzle the bacon rinds in a "Yorkshire" tin, add the mixture and spread evenly. Bake until set and brown on top in a moderate oven for $\frac{3}{4}$ –1 hour. Cut into squares and serve with a good sauce, e.g., brown or mustard.

Crunch

1 table-sp. Margarine.	2 cups Rolled Oats.
1 table-sp. Golden Syrup.	$\frac{1}{2}$ table-sp. Coconut or other chopped
$\frac{1}{4}$ tea-sp. Salt.	Nuts (optional).

METHOD.—Beat the margarine until soft and creamy. Add the syrup and work together. Mix the rolled oats, coconut and salt, and work gradually into the margarine. Spread on a shallow greased tin and bake in a moderate oven for about 20 minutes until brown. Mark off in squares and cut through when cold.

Fruit and Oatmeal Mould. See page 24.

Gingerbread

2 teacups Flour.	Pinch of Salt.
1 teacup fine Oatmeal.	$\frac{1}{2}$ tea-sp. Mixed Spice.
1 table-sp. Fat.	1 tea-sp. Bicarbonate of Soda.
$\frac{1}{2}$ teacup Sugar.	3 table-sp. Treacle or Syrup.
1 tea-sp. Ground Ginger.	1 Egg.
	Milk if needed.

METHOD.—Mix flour and meal, rub in fat and add the dry ingredients. Melt the treacle in a small pan and add to the dry ingredients with a beaten egg and a little milk if necessary to make a stiff consistency. Turn into a well-greased "Yorkshire" tin, bake in a fairly hot oven for 15 minutes and then in a moderate oven for 30 to 40 minutes.

Hasty Pudding

6 table-sp. Oatmeal (medium).	3 table-sp. chopped Suet.
1 Onion or Parsnip.	1 pint cold Water.
Pepper and Salt.	

METHOD.—Chop onion, add the oatmeal, suet and seasoning. Mix with cold water and put into a greased basin to steam (3 hours). Turn out and serve with gravy.

NOTE.—For a sweet pudding omit onion and add 2-3 table-sp. dried fruit and 1 table-sp. syrup.

Mock Haggis

2 teacups Oatmeal.	1 tea-sp. Salt.
$\frac{1}{2}$ teacup Bacon Ends or	$\frac{1}{4}$ tea-sp. Pepper.
Hard Fat.	$\frac{1}{2}$ tea-sp. Bicarbonate of Soda.
1 Leek or Onion.	Milk or Pot Liquor.

METHOD.—Mix all the ingredients evenly and add sufficient milk or pot liquor to make a moderately stiff consistency. Put into a well-greased bowl or deep tin and steam for about $2\frac{1}{2}$ hours. Serve with a good gravy, green vegetables and potatoes.

NOTE.—To vary and increase nourishment add $\frac{1}{4}$ lb. raw minced meat, or 2 ozs. liver, melt, ox kidney or lights.

Meat and Oatmeal Savoury

1 teacup stale Bread.	4 table-sp. Medium Oatmeal.
1 tea-sp. Fat.	$\frac{1}{2}$ tea-sp. Salt.
$\frac{1}{2}$ Leek or Onion (chopped).	$\frac{1}{4}$ tea-sp. Pepper.
1 pt. Pot Liquor.	Scraps of raw minced Meat or
2 Carrots.	Bacon.

METHOD.—Melt the fat in a pan, add the chopped leek and fry for about five minutes. Add the pot liquor, bring to boiling point, sprinkle in the oatmeal and cook for 15-20 minutes, stirring occasionally. Add the bread, grated carrot, seasoning, and meat and a little extra liquor if necessary to form a firm dough. Press into a well-greased "Yorkshire" tin using bacon fat if possible. Mark in squares and bake in a quick oven for about $\frac{3}{4}$ to 1 hour. Serve with a good gravy and vegetables.

Oatmeal Dumplings

2 table-sp. Medium Oatmeal.	$\frac{1}{2}$ tea-sp. Baking Powder.
4 table-sp. Flour.	$\frac{1}{2}$ tea-sp. Salt.
2 table-sp. grated Suet or other	Water to mix.
hard Fat.	

METHOD.—Mix the oatmeal, fat, flour, baking powder and salt. Mix to a dough with water. Form into small balls and simmer gently in soup or stews for 20 minutes.

Oatmeal Mince

- | | |
|-----------------------------|--|
| 1 pt. Water or Pot Liquor. | 1 Onion or Leek (optional). |
| 2 table-sp. Medium Oatmeal. | $\frac{1}{2}$ lb. Shin of Beef (minced). |
| 2 Carrots. | Seasoning. |

METHOD.—Sprinkle oatmeal into the boiling liquid and allow to boil, stirring all the time, for 5 minutes. Add the meat, the grated carrot, onion and salt and mix well. Allow to cook steadily for $\frac{3}{4}$ to 1 hour. Reseason. Serve very hot with crisp bread, potatoes and greens.

Oatmeal and Carrot Porridge

- | | |
|-------------------------------|-------------------------------------|
| 4 table-sp. Oatmeal (medium). | 1 large Carrot. |
| 1 tea-sp. Salt. | $1\frac{1}{2}$ pints boiling water. |

METHOD.—Sprinkle the oatmeal into the boiling salted water. Stir for about 5 minutes. Add the grated carrot and cook very slowly with the lid on for 45 minutes, stirring from time to time to prevent burning. Serve hot with milk or pour into a wet mould, turn out when cold, and serve with jam or treacle for a pudding.

Oatcake Biscuit

- | | |
|--|------------------------------------|
| 4 ozs. Wholemeal Flour. | 2 table-sp. Margarine or Dripping. |
| 4 ozs. Medium Oatmeal. | Pinch of Salt. |
| $\frac{1}{2}$ tea-sp. Bicarbonate of Soda. | |

METHOD.—Mix dry ingredients thoroughly. Add sufficient milk to form a stiff dough. Roll out about $\frac{1}{8}$ inch thick, cut into squares and prick. Bake in a moderate oven about 15 minutes.

Parkins

- | | |
|--|--|
| 4 table-sp. Flour. | $\frac{1}{4}$ tea-sp. Ground Cinnamon. |
| 4 table-sp. Fine Oatmeal. | $\frac{1}{4}$ tea-sp. Ground Ginger. |
| 1 table-sp. Fat. | Pinch Mixed Spice. |
| $\frac{1}{2}$ tea-sp. Salt. | 1 Egg. |
| $\frac{1}{2}$ tea-sp. Bicarbonate of Soda. | 1 large table-sp. Syrup. |

METHOD.—Rub fat in flour. Add all the dry ingredients and mix to a firm dough with the egg and heated syrup. Divide into pieces, form into balls and flatten into biscuits. Bake in a moderate oven for about 20 minutes.

Rolled Oats Pudding

- | | |
|---|--------------------|
| 4 table-sp. Rolled Oats. | 1 table-sp. Syrup. |
| 2 table-sp. Sultanas, Raisins, Chopped Dates, Figs, Jam or Marmalade. | 1 pt. Milk. |

METHOD I.—Heat the milk in a saucepan, sprinkle in the oats and cook until soft (time depends on the type of oats). Add the sugar and fruit and serve hot with custard or sauce.

METHOD II.—Cook the oats as for Method I. Place the fruit in the bottom of a greased pie-dish. Pour the oats mixture over and bake until crisp in a moderate oven about 10–15 minutes.

METHOD III.—Cook as for Method I. Turn into a wet mould; when set turn out and serve with custard.

Sweet Haggis

2 teacups Oatmeal.
 $\frac{1}{2}$ teacup chopped Suet or
 Dripping.
 $\frac{1}{2}$ teacup chopped Figs or
 Raisins or other Dried Fruit.

1 Leek or Onion (grated).
 Seasoning.
 $\frac{1}{2}$ tea-sp. Curry Powder.
 Milk or Pot Liquor to mix.

METHOD.—Mix all the dry ingredients together. Add sufficient liquid to make a moderately stiff consistency. Put into a well-greased bowl, cover and steam for about $2\frac{1}{2}$ hours. Serve as for mock haggis.

SAVOURY ROLLS, PUDDINGS AND TURNOVERS

Steamed or baked savoury rolls with substantial and nourishing fillings are especially appetising in cold weather. Suet pastry makes an excellent crust and with a variety of fillings, nourishing and savoury additions to packed meals may be made.

Meat, fish, pulse, vegetables or a mixture of these ingredients are all suitable for fillings.

Suet Pastry

(1)	or	(2)	or	(3)
8 table-sp. Flour.		4 table-sp. Flour.		4 table-sp. Flour.
$\frac{1}{2}$ tea-sp. B.P.		4 table-sp. grated raw		2 table-sp. Oatmeal.
Pinch of Salt.		Potatoes.		$\frac{1}{2}$ tea-sp. B.P.
3 ozs. of Suet or hard		$\frac{1}{2}$ tea-sp. B.P.		Pinch of Salt.
Fat.		Pinch of Salt.		2 ozs. Suet or hard Fat.
Water to mix.		2 ozs. Suet or hard Fat.		Water to mix.
		Water to mix.		

METHOD.—Mix dry ingredients thoroughly, add the grated fat. Mix to a stiff dough with water and use as required for rolls, puddings and turnovers, etc.

I. *Rolls*.—Roll pastry to an oblong shape about $\frac{1}{4}$ inch thick. Spread filling to within one inch of the sides, dampen edges and roll up tightly. Secure in a margarine paper and steam 1 to $1\frac{1}{2}$ hours according to the filling used—raw meat $1\frac{1}{2}$ hours, cooked meat, vegetables and fish, etc., 1 hour. To vary, bake $\frac{3}{4}$ to 1 hour according to filling.

II. *Plate Tarts*.—Divide pastry into two portions, roll each $\frac{1}{4}$ inch thick and to a size a little larger than the plate. Cover the plate with one portion, pressing the pastry well round the edges without stretching. Place filling in the centre, dampen edges, cover with the second piece of pastry and press the edges firmly together with a fork or the end of a spoon. Bake $\frac{3}{4}$ to 1 hour according to the filling.

III. *Envelope Tarts*.—Roll pastry to a square $\frac{1}{4}$ inch thick. Place filling in the centre and dampen the edges. Draw the corners of the pastry to the centre and press the edges together firmly. Decorate the centre with pastry leaves and bake $\frac{3}{4}$ to 1 hour according to filling.

NOTE.—For individual tarts prepare pastry as above and divide into the number of pieces required. Make in patty tins or saucers or cut into squares or rounds for pasties as preferred. Bake in a moderate oven for 15 to 30 minutes according to the filling used.

Savoury Fillings

1. 2 ozs. cooked Liver (chopped or minced). 2 tea-sp. Chutney (optional).
2 table-sp. scraps of Bacon. Seasoning.
2 Carrots (grated). A little Pot Liquor or Gravy.
2. $\frac{1}{4}$ lb. raw minced Beef or Veal. 1 tea-sp. chopped Parsley.
2 Carrots (grated). Seasoning.
Gravy to bind.
3. $\frac{1}{2}$ lb. Sausage Meat. 1 small Leek (grated).
1 Carrot (grated). Seasoning.
Gravy to bind.
4. 2 table-sp. minced Meat, Kidney, $\frac{1}{4}$ tea-sp. Mixed Herbs.
Pluck or Fry. 1 tea-sp. chopped Parsley.
4 table-sp. cooked Pulse. Seasoning.
Gravy to bind.
5. 1 lb. grated Swedes and Carrots 1 table-sp. grated Cheese.
(cooked). Seasoning.
Gravy to bind.
6. $\frac{1}{4}$ lb. lean Mutton. 1 Carrot (grated).
1 small Leek (grated). 2 tea-sp. chopped Parsley.
Gravy to moisten.
7. 1 lb. cooked boned Herrings *or* 2 tea-sp. chopped Parsley.
1 small tin Salmon. Seasoning.
Fish Liquor or Sauce to moisten.
8. $\frac{1}{2}$ lb. cooked and flaked Cod or 2 tea-sp. chopped Gherkins or
Hake. Parsley.
1 hard-boiled Egg. Sauce to moisten.
Seasoning.

NOTES ON SAVOURY ROLLS, ETC.

- (1) Serve hot with a good gravy and vegetables or cold with salad.
- (2) For carried or emergency meals make into individual pies.

FRUIT PULP

During the winter months fruit pulp preserved during the summer will no doubt be used for making jam, chutney, and many different kinds of turnovers, roly-polys, pancakes, fruit charlottes, bread and other puddings, jellies and trifles and for savoury and sweet sandwich fillings.

To sweeten Fruit Pulp

To a 1-lb. jar of fruit pulp add any of the following sweetening agents:—

- | | |
|---|----------------|
| 1. 2 ozs. Sugar and 1 Pinch of Bicarbonate of Soda. | Bring to boil. |
| 2. 3 table-sp. Syrup. | " " " |
| 3. 4 ozs. Chopped Figs or Dates or Raisins. | " " " |
| 4. 3 ozs. Honey. | " " " |
| 5. 6 tablets Saccharine. | " " " |
| 6. 3 tablets Saccharine and 1 oz. Sugar. | " " " |

NOTE.—These quantities are approximate and will vary with the kind of fruit. To give variety add spices or grated orange or lemon rind to taste. In adding spices it should be remembered that children are often suspicious of unfamiliar flavours.

To use Fruit Pulp

Baked Apples

Allow 1 large or 2 small apples per person. Wipe, core and fill the centre of the apple with fruit pulp mixed with a little honey or syrup and a few raisins or sultanas. Place apples in a tin with a very little water, bake in a moderate oven until cooked.

Eve's Pudding

6 ozs. Flour *or* 3 ozs. Flour and 2 ozs. Fine Oatmeal or Mashed Potato. 3 ozs. Fat. $2\frac{1}{2}$ ozs. Sugar. $\frac{1}{4}$ – $\frac{1}{2}$ pt. Milk. 1 Egg (dried or fresh). 1 tea-sp. B.P. $\frac{1}{2}$ lb. Sweetened Fruit Pulp.

METHOD.—Cream the fat and sugar thoroughly. Add the egg, milk and flour alternately, beating all the time. Add the baking powder with the last of the flour. Place the fruit pulp at the bottom of the pie dish, cover with the cake mixture and bake in a moderate oven 30–40 minutes.

Fruit Charlotte

1 lb. Sweetened Fruit Pulp. 1 breakcup Stale Bread. 1 table-sp. Fat.

METHOD.—Heat and sweeten fruit pulp. Fill greased pie dish or deep tin with alternate layers of grated bread and pulp, finishing with bread on top. Dot with small pieces of fat. Bake in a moderate oven until hot and crisp.

Fruit and Oatmeal Pudding

1 breakcup Cold Porridge. $\frac{1}{2}$ pt. Sweetened Fruit Pulp. 1 Egg (optional). 1 oz. Melted Fat.

METHOD.—Mix all ingredients together (if a fresh egg is used the white may be separated, whisked and folded in to give a lighter texture). Bake in a moderate oven 10–15 minutes until heated through and crisp and brown on top.

Fruit Salad

1. Sweeten pulp and thin down to consistency of stewed fruit.
2. Add an equal quantity of available prepared fresh fruits or half quantity of dried fruits.
3. Serve with junket or custard.

Jellies

1 lb. Fruit Pulp (sweetened).
1 pt. Water.

1 pt. packet suitably flavoured
Jelly.

METHOD.—Dissolve jelly in water. Add pulp and mix well. Allow to cool. Turn into a wet mould. When set turn out and serve with or without custard.

Stewed Fruit

1. Sweeten pulp.
2. Thin down with water to consistency of stewed fruit, if necessary.
3. Bring to boil and serve hot or cold.

Sweet Pancakes

Batter $\frac{1}{2}$ pt. Filling 8 table-sp. Fruit Pulp. 1 table-sp. Dried Fruit.
Pinch of Spice.

METHOD.—Heat the fruit pulp. Add dried fruit and extra sweetening if necessary. Make the pancakes in the usual way. Spread each with the pulp mixture, roll up and serve very hot.

PUDDINGS

A variety of attractive puddings may be made by adding different flavourings and fruit to a foundation recipe. The nourishment of all puddings is increased by the addition of eggs and milk, and if served with junket or sauce made with a foundation of milk, i.e., vanilla, custard or chocolate sauce.

FOUNDATION RECIPE FOR STEAMED PUDDINGS

6 table-sp. Flour <i>or</i>	1 Carrot (grated).
{ 4 table-sp. Flour and 2 table-sp. Raw Potato <i>or</i> Fine Oat- meal.	1 table-sp. Sugar.
	Pinch of Salt.
	$\frac{1}{2}$ tea-sp. Bicarbonate of Soda.
2 ozs. chopped Suet <i>or</i> hard Fat.	Milk to mix.

To vary, add the following mixtures as desired:—

1. *Chocolate Pudding*.—1 table-sp. Cocoa and a little extra Sugar.
2. *Eccles Pudding*.—1 chopped Apple, 6 or 8 stoned Dates or Figs or other Dried Fruit.
3. *Fruit Pudding*.—3 table-sp. Dried Fruit—chopped Figs, Dates or Prunes, Currants, Raisins or Sultanas or a mixture of two or three.
4. *Jam Pudding*.—2 table-sp. Jam or sweetened Fruit Pulp.
5. *Marmalade*.—4 table-sp. Marmalade.
6. *Treacle Pudding*.—2 table-sp. Treacle or Syrup, $\frac{1}{2}$ tea-sp. Ground Ginger.

NOTE.—Add pinch of spice, cinnamon or nutmeg or 2 tea-sp. grated orange or lemon rind.

METHOD.—Mix all the dry ingredients thoroughly: dissolve bicarbonate of soda in a little warm milk and add to the ingredients with the remainder of the milk, mixing to a dropping consistency. Pour into a well-greased bowl and steam $1\frac{1}{2}$ to 2 hours.

NOTE—

- (1) Mixtures containing dried fruits should be slightly firmer than others.
 (2) These mixtures may, if liked, be baked in tins of the "Yorkshire" pudding type. Time 1 to 1½ hours.

MORE RECIPES FOR PUDDINGS

Bread Pudding

1 breakcup stale Bread.	2 table-sp. mixed Dried Fruit.
¼ pt. Milk.	½ tea-sp. Mixed Spice.
1 table-sp. Fat.	1 tea-sp. Black Treacle or Syrup.
1 table-sp. Sugar.	½ tea-sp. Bicarbonate of Soda.

METHOD.—Soak the bread in hot milk for 10 to 15 minutes. Flake with a fork. Add the other ingredients and mix well. Grease and sugar a "Yorkshire" tin, add the mixture and bake ¾–1 hour in a moderate oven, or steam in a covered basin for 1½ hours.

Chocolate Pudding

4 table-sp. Flour.	1 table-sp. Cocoa.
4 table-sp. grated raw Potatoes.	1½ table-sp. Syrup or Sugar.
½ tea-sp. B.P.	1 Egg.
1 table-sp. Fat.	Milk and Water.

METHOD.—Mix in the usual way. Steam in a greased bowl for 1½ hours or bake in a greased "Yorkshire" tin for 1–1½ hours.

Economical Apple Pudding

4 table-sp. Flour.	2 table-sp. Dates or Prunes.
4 table-sp. raw grated Potato or Fine Oatmeal.	1 tea-sp. B.P.
1 table-sp. Fat.	1–2 Cloves.
1 Apple.	Pinch of Salt.
	Milk and Water to mix.

METHOD.—Rub the fat into the flour. Add the dry ingredients, the chopped apple and the fruit, etc., and mix to a dropping consistency with milk and water. Place in a well-greased tin and bake for about 1 hour. A few minutes before serving, dust with ½ table-sp. sugar and allow to brown.

Fig Charlotte

6 ozs. Figs.	1 table-sp. Suet or hard Fat.
1 breakcup. stale Bread.	1 table-sp. Syrup.
	4 table-sp. Water.

METHOD.—Soak figs overnight and stew with the syrup and water. Remove figs and chop. Soak the bread in the fig liquor, mash well with a fork, add the shredded suet and figs and mix well. Pour into a greased "Yorkshire" tin and bake in a moderate oven ½–¾ hour.

Fruit and Oatmeal Mould

2 table-sp. Medium or Fine Oatmeal.	½ level tea-sp. Bicarbonate of Soda.
½ pt. Water.	2 table-sp. Sugar.
1 lb. Fruit Pulp or stewed stoned Prunes.	

METHOD.—Sprinkle oatmeal into boiling salted water, stir for 5 minutes' cover, allow to cook steadily for 30 minutes. Add the fruit pulp, sugar and bicarbonate of soda 10–15 minutes before the oatmeal is cooked. Stir well. Turn into a wet mould. When set turn out; serve with a suitable sauce or custard.

Ginger Pudding

4 table-sp. Flour.	1 table-sp. Fat.
2 table-sp. Fine Oatmeal.	$\frac{1}{2}$ tea-sp. Ground Ginger.
1 medium Carrot (minced).	2 table-sp. Treacle or Golden Syrup.
$\frac{1}{2}$ tea-sp. Bicarbonate of Soda.	Milk to mix.

METHOD.—Prepare as on page 23, steam or bake and serve with custard.

Patriotic Pudding

4 table-sp. Flour.	$\frac{1}{2}$ tea-sp. Bicarbonate of Soda.
4 table-sp. grated raw Potato or Fine Oatmeal.	Pinch of Salt.
1 table-sp. Fat.	2 table-sp. grated Orange or Lemon Rind (if available).
2 table-sp. Jam, Treacle or Syrup.	Milk and Water to mix.

METHOD I.—Rub the fat into the flour, add the rest of the dry ingredients and mix well. Add the jam or syrup, heated in four table-sp. of milk and mix to a soft mixture adding more milk or water if necessary. Turn into a well-greased bowl, cover and steam for 1 hour.

METHOD II.—Place jam or treacle in the bottom of a well-greased bowl, make the mixture as above, mixing the dry ingredients with the milk only.

Sweet Surprise

4 table-sp. Flour.	1 table-sp. Suet or hard Fat.
2 table-sp. grated raw Potato.	2 table-sp. Sultanas or other Dried Fruit (optional).
1 medium grated raw Carrot.	1 tea-sp. Syrup.
$\frac{1}{2}$ tea-sp. Bicarbonate of Soda.	Salt.
$\frac{1}{2}$ tea-sp. Spice.	Milk to mix.

METHOD.—Mix all the dry ingredients thoroughly. Add milk and mix to a dropping consistency. Put into a greased basin, steam for 2 hours. Serve with a chocolate sauce.

Treacle Pudding

3 table-sp. Flour.	$\frac{1}{2}$ tea-sp. Bicarbonate of Soda.
3 table-sp. medium Oatmeal.	2 table-sp. Dried Fruit.
1 table-sp. Margarine.	1 tea-sp. Treacle.
1 table-sp. Syrup or Sugar.	$\frac{1}{2}$ tea-sp. Ground Ginger or Spice.
$\frac{1}{4}$ – $\frac{1}{2}$ pt. Milk and Water.	

METHOD.—Rub the fat into the flour. Add oatmeal, sugar, soda and fruit and mix *well*. Bind together with treacle heated in the milk. Turn into a greased mould or basin and steam for $1\frac{1}{2}$ –2 hours. Turn out and serve with a sweet sauce or custard.

SOME "ODD" RECIPES

New Pot Pie (North-Country Dish)—Filling

2 table-sp. minced raw Meat.	1 large Carrot (grated).
2 table-sp. medium Oatmeal (steeped overnight).	Seasoning.

METHOD.—Mix these ingredients together, adding more water if necessary, to make a soft mixture. Prepare a soft suet crust (see page 20) in the basin to be used for cooking the "pot pie." Remove a tablespoonful of pastry for the top. Spread the rest of the pastry round the basin with a knife. Drop the mixture in quickly and cover with the spare piece of pastry. Steam for $1\frac{1}{2}$ –2 hours. Serve with a good gravy and a green vegetable.

Mince and Oatmeal Pudding

4 table-sp. Flour.	1 large Carrot (grated).
2 table-sp. medium Oatmeal (steeped overnight).	1 oz. Suet or other hard Fat.
3 oz. minced raw Meat.	$\frac{1}{2}$ tea-sp. Baking Powder.
	Seasoning.
	Water.

METHOD.—Mix all ingredients thoroughly, adding water if necessary to make a soft mixture. Steam for $1\frac{1}{2}$ –2 hours. Serve with a green vegetable.

Carrot Honey

2 medium Carrots.	$\frac{1}{2}$ oz. Sugar.
1 Orange or Lemon.	1 table-sp. Water.

METHOD.—Grate the carrots finely and add to the water with the rind and juice of the orange or lemon. Allow to simmer gently 15–20 minutes. Add the sugar and re-cook 5–10 minutes. Serve as marmalade.

NOTE.—This mixture will not keep for any length of time.

Short Pastry

(1)	or	(2)	or	(3)
8 table-sp. Flour.		4 table-sp. Flour.		4 table-sp. Flour.
$\frac{1}{2}$ tea-sp. B.P.		4 table-sp. Mashed Potato.		2 table-sp. Fine Oatmeal.
Pinch of Salt.		$\frac{1}{2}$ tea-sp. B.P.		$\frac{1}{2}$ tea-sp. B.P.
3 ozs. Fat.		Pinch of Salt.		Pinch of Salt.
Water to mix.		3 ozs. Fat.		3 ozs. Fat.
		Water to mix.		Water to mix.

METHOD.—Mix the dry ingredients thoroughly, rub in the fat until like fine breadcrumbs. Add sufficient water to mix to a stiff dough and use as required for pies, plate tarts and turnovers.

INDEX

	PAGE		PAGE
Soups		Pastry	
General Proportions	3	Short	26
Carrot Soup	3	Suet	20
Hotch Potch	4		
Lentil Soup	4	Savoury Rolls, Puddings and Tarts	
Oatmeal Soup	4	Envelope Tarts	20
Potato Soup	4	Plate Tarts	20
Quick Vegetable Soup	5	Rolls	20
Sheep's Head Broth	5		
		Savoury Fillings	
Fish		1. Beef	21
Fish Mould	7	2. Fish	21
Fried Hard Roe	7	3. Herring	21
Haddock (fresh)	5	4. Kidney	21
Herrings or Mackerel—		5. Liver	21
Baked and Stuffed	6	6. Mutton	21
Fried in Oatmeal	6	7. Sausage	21
Soused	6	8. Veal	21
Kedgerree	6	9. Vegetable	21
Roes on Toast	7		
Salmon Pie	7	Oatmeal and Rolled Oats	
Sprats	7	Baked Savoury Pudding	17
		Breakfast Dish	17
Meals		Crunch	17
12 Main Meals for the day	1	Gingerbread	17
		Hasty Pudding	18
Meat		Meat and Oatmeal Savoury	18
Brisket of Beef (baked)	8	Mock Haggis	18
Brisket of Beef (braised)	9	Oatcake Biscuit	19
Farced Kidney, Liver, or Melt and Bacon	10	Oatmeal and Carrot Porridge	19
Liver Stew	10	Oatmeal Dumplings	18
Melt and Skirt Pudding	9	Oatmeal Mince	26 and 19
New Pot Pie	26	Oatmeal Stuffing	6
Rabbit Hot-pot	12	Parkins	19
Rabbit Mould	12	Rolled Oats Pudding	19
Rabbit Pie	12	Sweet Haggis	20
Seaman's Pie	9		
Sheep's Heart Pie	10	Fruit Pulp	
Stuffed Breast of Mutton	9	Baked Apples	22
Stuffed Breast of Veal	9	Eve's Pudding	22
Stuffed Ox Heart	11	Fruit Charlotte	22
Tripe	11	Fruit and Oatmeal Pudding	22
Trotters or Cow Heels	11	Fruit Salad	22
		Jellies	23
		Stewed Fruit	23
		Sweet Pancakes	23
Pulse Foods		Puddings	
Curried Lentils (or other pulse)	14	Foundation Recipe for Steamed Puddings	23
Haricot Hot-pot	14	1. Chocolate	23
Lentil and Potato Pie	14	2. Eccles	23
Lentil Roast	15	3. Fruit	23
Pease Pudding	15	4. Jam	23
Pulse au Gratin	15	5. Marmalade	23
Pulse Savoury	13	6. Treacle	23
Savoury Butter Beans	13	Bread Pudding	24
		Chocolate Pudding	24
Savoury Vegetable Dishes		Economical Apple Pudding	24
Carrot and Potato Hot-pot	16	Fig Charlotte	24
Carrot and Rice Hot-pot	15	Fruit and Oatmeal Mould	24
Savoury Potato Pie	16	Ginger Pudding	25
Turnip Pie	16	Patriotic Pudding	25
Vegetable Pie	16	Sweet Surprise	25
		Treacle Pudding	25

NOTES



16/392

BOARD OF EDUCATION

Schools in War-time Memoranda

No. 3. Canteen Meals for School Children. 3d. (4d.)

No. 19. Food. 3d. (4d.)

A guide to teachers in their important work in connection with the Food Education Campaign. Surveys foodstuffs in the light of war-time conditions and ends with some suggestions for wise economy

Food Education Memoranda

No. 1. Salads and Vegetables. 3d. (4d.)

Attractive methods of using home-produced foods

No. 2. Milk. 1d. (2d.)

Ways of using Nature's best Food

MINISTRY OF AGRICULTURE AND FISHERIES

Growmore Bulletins

No. 1. Food from the Garden. 3d. (4d.); 50 for 10s. (10s. 8d.)

Specially written to meet the needs of the half million new allotment holders, and the many thousands of gardeners who will be turning their attentions from flowers to food

No. 2. Pests and Diseases in the Vegetable Garden. 6d. (8d.); 100 for 40s. (41s. 1d.)

A guide to the identification and control of the common troubles of allotments and vegetable gardens

No. 3. Preserves from the Garden. 4d. (5d.); 100 for 27s. 6d. (28s. 7d.)

Economical methods of jam-making and of bottling fruit and vegetables

All prices are net Those in brackets include postage

HIS MAJESTY'S STATIONERY OFFICE

LONDON, W.C.2.: York House, Kingsway
EDINBURGH 2: 120 George Street
BELFAST: 80 Chichester Street

MANCHESTER 1: 26 York Street
CARDIFF: 1 St. Andrew's Crescent
or through any bookseller