

War-Time COOKERY

*to save fuel and
food value*



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LEWIS'S

MANCHESTER

NATIONAL FOOD CAMPAIGN

WAR-TIME COOKERY

To Save Fuel and Food Value

1. Keep a vegetable stock-pot with the water from celery, leeks, onions, carrots, potatoes, greens, and other vegetables.
Never throw these liquids down the sink; they contain valuable minerals and vitamins, and partly help to make up deficiency in rationed foods.
2. Use the liquid from boiled vegetables to dilute tinned soups.
3. When serving soup and vegetables at the same meal, cook the vegetables **in** the soup.
4. Steam root vegetables.
5. Cook potatoes in their jackets.
6. Save all fat from cooking meat; refine it and use it for other cooking purposes.
7. Cook meals as far as possible with one "unit" of heat, e.g. in one large steamer on a low fire or single gas-ring you may cook: a meat roll, steamed jacket potatoes, boiled or steamed suet pudding; or in one oven you may cook: baked meat, casserole of mixed vegetables, fruit pie or pastry, scones.

Introduce into the menu as often as possible the following foods:

Meat.—Tripe, cow-heel, ox-tail, liver, kidney, hearts, tongues, rabbits, calves' and sheep's heads, fresh bones.

Fats.—Olive oil, vitaminised margarine, dripping, suet, nuts, fat from boiled mutton and beef, oily fishes (such as herrings, sprats, bloaters), cheese.

Cereals.—Wheatmeal flour, semolina, barley, oatmeal, macaroni, rice.

Vegetables.—Carrots, swedes, beets, celery, parsnips, onions, leeks, turnip-tops, spring greens, tinned spinach, dried pulse vegetables, and raw salad vegetables in season.

Fruits.—Tomatoes, figs, dates, raisins, prunes, dried apricots, currants, and citrous fruits.

Fish.—Kippers, herrings, bloaters, cod and herring roes, sardines, sprats, mackerel, tinned salmon.

Recipes

MEAT DISHES

Minced Beef Roll

Make $\frac{1}{2}$ lb. suet pastry, and roll out to about $\frac{3}{8}$ inch thick.

Spread thickly with fresh minced beef mixed with a little chopped potato and onion. (*Tinned beef may be used.*)

Season ; moisten the edges, roll up, tie in a cloth and steam for two hours. May be served with brown gravy.

Curried Mutton

1 oz. dripping or margarine	1 teaspoonful flour
2 small onions	$\frac{3}{4}$ pint water or clear stock
$\frac{1}{2}$ sour apple	$\frac{1}{2}$ lb. cooked cold mutton
$1\frac{1}{2}$ oz. sultanas	Seasoning
1 dessertspoonful curry powder	Boiled rice

Fry the finely-chopped onion and apple in the fat ; move to one side, and brown the flour and curry powder.

Add the stock gradually, then the sultanas, and simmer for five minutes. Cut up the mutton into small squares and heat through in the curry sauce. Serve with a border of boiled rice.

Spiced Beef

2-3 lbs. silverside	1 large carrot
1 large onion	2 tablespoonfuls brown sugar
Cloves, peppercorns	Salt and pepper

Let the butcher put the beef in salt pickle for forty-eight hours. Before cooking, soak for one hour in cold water.

Stick the peeled onion with the cloves, and score it crossways. Place in boiling water with the meat, the carrot cut in pieces, the sugar and seasoning. Boil gently for two-and-a-half hours and leave in the liquid to cool. Press and serve cold.

(The liquid makes a good stock for onion, carrot, potato, or tomato soup.)

Meat and Macaroni Pie

Break some macaroni into short lengths and boil in salted water till tender. Make a moderately thick brown gravy with onion, flour, dripping and stock. Add a dash of Worcester or H.P. sauce. Grease an earthenware pie-dish or casserole and fill it up with alternate layers of macaroni and minced cooked meat, pouring gravy over each layer. Sprinkle a little cheese on the top layer of macaroni, and bake in the oven for fifteen to twenty minutes.

Beef and Sausage Roll

$1\frac{1}{2}$ lbs. minced beef steak	1 egg
$\frac{1}{2}$ lb. pork sausages or sausage meat	$\frac{1}{2}$ teaspoonful anchovy essence
2 ozs. bread-crumbs	Seasoning

Skin the sausages and mix thoroughly with the beef, bread-crumbs, seasoning, and beaten egg, into a smooth,

stiff mixture. Shape on a floured board into two rolls. Slice finely a small onion and fry in dripping till well brown. Remove from pan and brown the rolls all round in the fat. Remove the rolls and fry a dessert-spoonful of flour. Add gradually 1 quart stock or hot water to make a nice gravy. Colour a little if necessary. Replace the rolls in the gravy and simmer for one-and-a-half hours.

Tripe and Liver Hot-Pot

$\frac{1}{2}$ lb. tripe (prepared)	1 lb. potatoes
$\frac{1}{4}$ lb. beef	1 large onion
$\frac{1}{4}$ lb. liver	Seasoning

Cut the tripe into fairly large pieces; the beef into small pieces, and slice the liver thinly.

Place in alternate layers in a hot-pot with sliced potato and onion. Season, and add a very little stock or water. Place rounded potatoes and a few small nuts of dripping or margarine on the top. Cover with greased paper or a lid, and bake in a moderate oven for two hours.

Sausage and Tomato Pie

1 lb. sausages	Cold mashed potatoes
1 lb. tomatoes	Seasoning

Scald and skin the tomatoes and cut into halves. Drop the sausages in boiling water and simmer a quarter of an hour. Skin them and slice in half lengthways. Grease a pie-dish or casserole and place in it alternate layers of sausage and tomato. Cover thickly with mashed potatoes, and bake fifteen to twenty minutes.

(Use the fat from the sausage water for cooking other dishes.)

Curried Beef

4 ozs. fresh minced beef	$\frac{1}{2}$ oz. flour
2 large potatoes	1 teaspoonful curry powder
1 onion	Seasoning
1 oz. fat	

Fry the onion and minced beef in the fat. Stir in the flour and curry powder and seasoning. Add the potatoes diced small, cover the whole with water and simmer one-and-a-half hours. Serve with boiled rice.

Savoury Roll

$\frac{1}{2}$ lb. potato suet paste	1 oz. crumbs
4 ozs. finely-chopped cooked meat	Seasoning
	$\frac{1}{2}$ teaspoonful mixed herbs
1 teaspoonful chopped parsley	

Mix altogether, tie in a cloth, steam $1\frac{1}{2}$ hours. Serve with brown gravy.

Carbonade of Beef

$\frac{3}{4}$ lb. flank of beef	1 large onion
1 oz. dripping	Bay-leaf, cloves, seasoning

Cut the beef into four pieces, coat them in seasoned flour and brown them in the dripping. Remove meat and fry onion lightly, cut in fairly large pieces. Place meat on the onion, cover with stock, add bay-leaf and one or two cloves, and simmer for two hours. Serve with onion and gravy poured over.

Meat Substitutes, Vegetables and Soups

Beans and Cheese

Soak butter beans overnight in boiling water with a pinch of bicarbonate of soda. Rinse, and boil till tender—about one-and-a-half to two hours. Make a white sauce of pouring consistency, add grated cheese. Put beans in a casserole, pour over the sauce. Sprinkle with grated cheese and brown crumbs. Brown in the oven or under the grill.

Vegetable Marrow and Tomato

Peel marrow—remove seeds—cut in slices—parboil then sauté in hot fat until tender—peel and slice a few tomatoes—arrange on baking dish alternately with sliced marrow, and when the dish is full, season, and, if liked, sprinkle the top with grated cheese or browned crumbs. Baste with gravy, and bake in a hot oven for a few minutes.

Potato Short Bread

3 ozs. margarine	4 ozs. warm mashed potato
2 ozs. rice flour	3 ozs. flour
A pinch of salt	2 ozs. sugar
A little almond flavouring	

Cream fat and sugar, then add mashed potato, beat well, then rice flour, salt and flavouring. Take out spoon and with hands lightly press the flour (containing a little baking powder) into the mixture—roll out and bake.

Potato Cheese

Line patty-tins with pastry.

Mixture:

2 ozs. fat creamed with	Almond flavouring
2 ozs. sugar	1 oz. cornflour
2 dried eggs or 1 fresh egg	2 ozs. apples, minced and fried
$\frac{1}{2}$ lb. potato pulp	slightly in a little hot fat
$\frac{1}{2}$ pint milk	

Make milk and cornflour into a sauce, work in the eggs, creamed fat and sugar and potato. Put a little jam in bottom of pastry, put mixture on top. If liked, apples may be peeled, cored, cut into sections and placed overlapping on top. Bake about twenty minutes.

Potato Suet Paste

$\frac{1}{2}$ lb. flour—put into a bowl	$\frac{3}{4}$ teaspoonful baking powder
4 ozs. chopped suet	$\frac{1}{2}$ teaspoonful salt

Mix well, add $\frac{1}{2}$ lb. warm mashed potato, mix lightly. When thoroughly mixed squeeze together to form a

paste, probably without using any moisture. May be used for potato pie.

Potato Pie

Mixture: Fry 1 oz. onion, fat, and a sprinkle of flour together, add $\frac{1}{2}$ pint of water or stock, 3 ozs. cooked meat, trimmings from bones, etc., $\frac{1}{4}$ teaspoonful mixed herbs, put into pan and cook together for a few minutes, then add $\frac{1}{2}$ lb. potato cut up (cooked or uncooked), a little more water if necessary, season nicely.

Roll out half the paste, cut in two strips, line sides of dish—none at bottom—trim and decorate edges of pastry, put mixture in dish, decorate top with slices of partially cooked potato overlapping, put a little dripping on top. Bake about thirty minutes.

Potato Macaroni Pudding

In a bowl put:

$\frac{1}{2}$ lb. mashed potatoes	A little chopped parsley
2 ozs. nuts, chopped	2 ozs. suet
1 oz. fried onion	1 egg
A pinch of mixed herbs,	4 ozs. flour, containing $\frac{1}{2}$ tea-
pepper, salt and nutmeg	spoonful baking powder
1 oz. cooked chopped macaroni	

Mix very well together, do not make too moist, put into greased basin, steam for one-and-a-half to two hours. Serve with brown gravy sauce.

Onion and Cheese Pudding

1 large sliced onion	1 oz. flour
1 oz. fat	

Fry onion. Move to one side, and fry flour. Add $1\frac{1}{2}$ pints water, seasoning, and simmer till onion is tender. Sprinkle strips of bread with grated cheese. Place in layers in greased pie-dish, pour the soup over, and bake until brown.

Haricot Bean Stew

1 lb. cooked beans

1 oz. chopped onion

Put 1 oz. fat in saucepan and fry onion, then put beans on top and a little chopped parsley. Cover with stock or water, add pepper and salt and 1 teaspoonful vinegar, and simmer until tender, thicken, boil and serve. An excellent dish made with beans, peas, lentils, or macaroni.

Vegetable Stew

1 lb. carrots

1 lb. turnips

1 lb. onions

$\frac{1}{2}$ oz. salt

About 1 $\frac{1}{2}$ to 2 pints water

$\frac{1}{4}$ lb. celery

1 lb. cabbage

4 ozs. fat

1 tablespoonful Worcester

sauce

Prepare vegetables and put into pan with hot fat and salt. Mix all together, cover with lid, stirring carefully from time to time until the vegetables are nearly tender, then leave alone until lightly baked at bottom. Then add 1 tablespoonful Worcester sauce, a little pepper, and sufficient water to make gravy about 1 $\frac{1}{2}$ to 2 pints. Stew for fifteen minutes longer, then serve.

Oatmeal Sausage

Oatmeal alone, or oatmeal
and meat

$\frac{1}{2}$ pint stock

Put $\frac{1}{2}$ oz. fat into saucepan, and fry in it 1 oz. onion, then put with it 2 ozs. shredded suet, $\frac{1}{2}$ pint stock, 4 ozs. oatmeal (2 ozs. coarse and 2 ozs. fine), add a pinch of mixed herbs, pepper and salt. Mix very well with wooden spoon, and boil until like a very thick porridge (about ten or fifteen minutes), add 1 table-spoonful of Worcester sauce, put mixture on plate to cool slightly. Cut into six, roll into sausage shapes, coat with batter and fry. Fry in deep fat if possible, and serve with mashed potatoes.

Cabbage and Rice

One young cabbage—remove stalk, shred finely (about 6 ozs.); 1 oz. onion—fry in 1 oz. fat, then add the cabbage, $\frac{1}{2}$ gill of water, a little salt only, as salts are retained in the vegetable.

Bring to boil on a slow fire. When cabbage is half done, put 1 oz. uncooked rice and $\frac{3}{4}$ gill of water to cover rice, and cook for another twenty minutes slowly. Then dish.

Vegetable Pie with Mashed Potatoes

Put some mixed cooked vegetables into a dish and season. Make a brown gravy with $\frac{1}{2}$ oz. of fat, small $\frac{1}{2}$ oz. flour, $\frac{1}{4}$ pint vegetable stock, seasoning, and a very little grated nutmeg. Pour this over the vegetables. Put a thick crust of mashed potatoes on top, sprinkled with chopped cheese, and bake.

Pea Soup

(Quick method)

1 lb. leeks, onions and celery
mixed

$\frac{1}{2}$ pint cooked peas

1 oz. fat

Fry together, put in $\frac{1}{2}$ pint of cooked peas, minced, and 1 quart of water. Boil until tender, thicken with rice or potato flour, sprinkle a little chopped mint on top.

Onion and Potato Soup

1 large potato

1 large onion

$\frac{1}{2}$ oz. margarine

Chop vegetables small and sauté in fat for ten minutes. Add three teacups of water (or liquid from macaroni, potatoes, or tripe) and cook till vegetables are pulped. Sieve, add 1 teacup of milk, and bind with $\frac{1}{2}$ teaspoonful cornflour. Season, sprinkle with chopped parsley, and serve with croûtons of brown bread fried in dripping.

Butter Bean Soup

1 lb. butter beans	Slice of bacon
1 onion	1 pint milk
1 oz. margarine	Seasoning
	Chopped parsley

Soak the beans overnight and squeeze from their skins. Well cover with cold water, bring to boil and cook until quite soft, crushing with a wooden spoon.

Cut up the bacon and fry with the sliced onion in the margarine. Add the bean purée, and simmer for a few minutes. Add the milk, bring to the boil, and serve sprinkled with chopped parsley.

Tomato Soup

1 lb. tomatoes	1 tablespoonful sugar
1 small onion	Seasoning
1 small sour apple	1 oz. margarine
1 pint milk and water	1 teaspoonful cornflour
1 beef cube or teaspoonful of meat essence	

Shred the onion and apple and fry for five minutes in the margarine. Add the tomatoes cut up, and the sugar and seasoning. Sauté ten minutes. Dissolve the meat essence in the milk and water and add to tomatoes. Simmer for ten minutes, sieve, thicken with cornflour and colour with a little carmine.

Puddings and Sweet Dishes

Mixed Fruit Pudding

$\frac{1}{2}$ lb. soaked bread or crusts	6 ozs. mixed fruit, raisins,
1 oz. flour	currants, chopped figs and
4 ozs. chopped suet	dates
2 ozs. sugar	$\frac{1}{2}$ teaspoonful mixed spice
1 beaten egg	$\frac{1}{2}$ pint milk

Mix all ingredients very thoroughly and steam in a greased basin for two hours. If made a little moister, the mixture may be turned into a greased pie-dish and baked for three-quarters of an hour.

Date and Apple Pasty

Make $\frac{1}{2}$ lb. plain pastry and roll out to $\frac{1}{4}$ inch thick. Line a flat tin, place on it a thick layer of apple and stoned dates finely chopped. Cover with a thin layer of pastry, pressing the edges well down. Bake in a hot oven for a quarter of an hour to twenty minutes.

Syrup Tart

Make $\frac{1}{2}$ lb. plain pastry. Line plates with pastry a good $\frac{1}{4}$ inch thick, leaving some paste over for decorating. Fill the centre with golden syrup and sprinkle thickly with soft white crumbs. Decorate with twisted strips of paste and bake till a pale golden brown.

Date and Walnut Loaf

$\frac{1}{2}$ lb. dates	3 ozs. sugar
1 teaspoonful bicarbonate of soda	1 level teaspoonful baking powder
$\frac{1}{2}$ pint boiling water	1-2 ozs. chopped walnuts
$\frac{1}{2}$ lb. flour	1 egg
2 ozs. margarine	Salt

Stone the dates and mince or chop them small. Sprinkle with the bicarbonate of soda, pour on the boiling water, and leave to soak. Rub fat in flour, add all other dry ingredients. Add date mixture when cool, and then beaten egg. Put into two greased $\frac{1}{2}$ -lb. bread-tins, and bake for one-and-a-half hours in slow oven.

Apple Pancakes

Stew 1 lb. apples to a soft pulp without sugar. Beat two tablespoonfuls of syrup into the apple. Make batter pancakes in the ordinary way, and serve with a large spoonful of the apple mixture folded into the centre of each.

Fig Charlotte

Stew $\frac{1}{2}$ lb. figs with a little sugar until very tender and cut into pieces. Mix with 4 ozs. brown bread-crumbs, 2 ozs. finely-chopped fresh suet. Make the mixture soft with the fig syrup. Put in a greased pie-dish and bake for half an hour. Serve with custard sauce.

Pineapple Salads

Place some inner leaves of lettuce on individual plates and place a pineapple ring (drained of syrup) on each. Arrange small heaps of cream cheese on the pineapple, and decorate each with a walnut or small cheese wafer biscuit. Place in the centre a cooked prune stuffed with cream cheese.

Notes



Replica 

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