

1965

Everyday Cookery : a Recipe Supplement to Woman's Hour Talks

Freda Cowell

Fanny Cradock [et al.]

Follow this and additional works at: <https://arrow.tudublin.ie/culhisgam>



Part of the [Other Food Science Commons](#)

Recommended Citation

Cowell, Freda and Cradock, Fanny [et al.], "Everyday Cookery : a Recipe Supplement to Woman's Hour Talks" (1965). *Pamphlets*. 13.

<https://arrow.tudublin.ie/culhisgam/13>

This Other is brought to you for free and open access by the Publications at ARROW@TU Dublin. It has been accepted for inclusion in Pamphlets by an authorized administrator of ARROW@TU Dublin. For more information, please contact arrow.admin@tudublin.ie, aisling.coyne@tudublin.ie, vera.kilshaw@tudublin.ie.

64.1

Culinary History Pamphlets

D.T. CATHAL BRUGHIA STREET LIBR

Everyday Cookery

a recipe supplement to
WOMAN'S HOUR
talks

FREDA COWELL
FANNY CRADOCK
MURIEL DOWNES
PAULINE CHAMONT
RUTH MORGAN
KATIE STEWART



BBC PUBLICATIONS

ONE SHILLING

MEAT

Casseroles

by Freda Cowell, *Principal of Good Housekeeping Institute*

CASSEROLED BEEF AND TOMATOES

You will need: 1½ lb. stewing or braising steak; salt; pepper; 2 level tablespoons plain flour; 1½ lb. tomatoes; 2 sticks of celery; 1 medium onion; 1 oz. lard or dripping; 1 tablespoon Worcestershire sauce; ½ pint stock (make with bouillon cube if wished).

Method: Set oven to moderate heat (350 deg. F., Mark 4). Wipe and trim steak, cut into even-sized pieces about 1½ in. square and season with salt and pepper. Toss pieces in the flour.

Peel tomatoes by immersing in boiling water, then in cold, when the skins can be slipped off easily. Chop the celery. Slice onion finely.

Melt fat in a frying pan and fry onion until golden. Add meat to pan and brown all together. Add the Worcestershire sauce and stock and bring to the boil, stirring all the time. Place in a casserole and add the tomatoes and the chopped celery.

Cover and cook in the centre of the oven for 2 hours.

Makes 4 servings.

OXTAIL CASSEROLE

You will need: 1 oxtail, jointed by the butcher; salt; pepper; 2 level tablespoons plain flour; 2 oz. lard or dripping; 2 onions; 4 tomatoes; ½ lb. carrots; 2 medium potatoes; 1 level teaspoon mixed dried herbs; ¾ pint stock (make with bouillon cube if wished) or water.

Method: Set oven to slow (325 deg. F., Mark 2). Wash oxtail, season with salt and pepper, then toss pieces in the flour. Melt fat in a frying pan and fry meat until golden brown. Place in a casserole.

Slice onions and tomatoes, dice carrots and potatoes. Add the onions to the frying pan and sauté until golden-brown, then add to the casserole with the tomatoes, carrots and potatoes. Add more salt and pepper, and the herbs. Pour on stock, cover and cook in the centre of the oven for 4 hours.

Makes 4 servings.

LANCASHIRE HOTPOT

You will need: 1½-2 lb. best end of neck of mutton or lamb; ½ lb. onions; 1 lb. potatoes; salt and pepper; about ¾ pint stock (make with a bouillon cube if wished); 1 oz. dripping.

Method: Set oven to slow (325 deg. F., Mark 2). Wipe the meat and divide into chops, removing any excess fat. Slice the prepared onions and potatoes. Put the



3 3333 01264308 2

meat into the bottom of a casserole and cover with a layer of onions and then a layer of potatoes, seasoning each layer.

Pour in enough stock to half-fill the casserole and dot the potatoes with shavings of dripping. Cover and cook in the centre of the oven for about 3 hours. About 20 minutes before serving, remove the lid to brown the potatoes.

Makes 4 servings.

There are several different versions of this traditional dish. Two lambs' kidneys, skinned, well washed and cut small, may be added with the lamb, or the dish may be made from stewing steak instead of lamb. Originally oysters and mushrooms were included.

CHICKEN EVERGLADES

You will need: 2 oz. butter; 1 level tablespoon oil; 4 chicken joints; 2 oz. almonds; 4 slices cooked ham; 1 small onion; 1 clove garlic; $\frac{1}{2}$ lb. mushrooms; 1 small packet frozen peas; 1 rounded tablespoon plain flour; wine glass of white wine; $\frac{1}{2}$ pint stock (make with bouillon cube if wished) or water; salt; pepper.

Method: Set oven to moderate heat (350 deg. F., Mark 4). Heat the butter and oil in a frying pan, then fry the chicken joints for about 5 minutes until golden brown. Meanwhile, blanch the almonds by plunging in boiling water, when the skins will slip off easily. Chop almonds and set aside.

Put the chicken joints in the casserole and cover each joint with a slice of ham.

Chop onion finely, crush garlic, wash and slice mushrooms. Fry them all gently in the remaining oil and butter for about 5 minutes, without browning. Add to the casserole with the peas, frozen or thawed. Stir the flour into the fat remaining in the pan. Cook gently for 2-3 minutes, stirring all the time, then gradually stir in the wine and stock. Bring to the boil, stirring, until the sauce thickens. Add seasoning and pour sauce over the chicken joints. Add the almonds, cover and cook in centre of oven for about 1 hour, or until chicken joints are tender.

Makes 4 servings.

Steak and Kidney

by Muriel Downes, Co-Principal of Cordon Bleu Cookery School

STEAK AND KIDNEY PIE

You will need: 1 $\frac{1}{2}$ lb. stewing beef such as sticking or skirt of beef; $\frac{1}{2}$ lb. ox kidney; 1 rounded tablespoon flour, seasoned with salt and pepper; 1 small onion; 1 rounded dessertspoon chopped parsley; $\frac{1}{2}$ - $\frac{3}{4}$ pint stock or water.

Flaky pastry: 3 oz. butter; 3 oz. lard; $\frac{1}{2}$ lb. plain flour; $\frac{1}{2}$ teaspoonful salt; beaten egg for glazing. Alternatively, use 1 packet frozen puff pastry.

Steak and Kidney (contd.)

Method: Set oven to moderate heat (350 deg. F., Mark 4). Cut steak and kidney into $\frac{1}{2}$ inch cubes and toss in the seasoned flour. Chop onion very finely. Place meat in a large shallow casserole with a well-fitting lid, layering it with the onion and parsley. Pour over the stock, cover and cook in the centre of the oven for $1\frac{1}{2}$ hours.

When the meat is tender, tip into a pie dish and allow to cool quickly. The meat may be cooked early in the day or even the day before, but when tender it *must* be cooled as quickly as possible, and must be quite cold before the pastry is put on the dish.

To make pie: Set oven to hot (425 deg. F., Mark 7).

Make flaky pastry, roll out; cut a narrow strip to cover edge of pie dish, pressing it down well, and lay the rest of pastry over the meat in the dish. Trim round the edge and 'knock up' with the back of a knife. Pinch lightly on the edge to decorate, and finish with pastry leaves.

Make a hole in the centre with the point of a knife and brush with beaten egg mixed with a large pinch of salt. Bake in centre of oven for 20 to 30 minutes. *Makes 6 servings.*

STEAK AND KIDNEY PUDDING

You will need: $1\frac{1}{2}$ lb. best stewing steak; $\frac{1}{2}$ lb. ox kidney; salt; pepper; 2 rounded tablespoons flour; 1 dessertspoon finely chopped mixed herbs; 1 small onion.

Suet crust: $\frac{3}{4}$ lb. self-raising flour; 7-8 oz. suet; about $\frac{1}{4}$ pint cold water to mix.

Method: Cut steak and kidney into $\frac{1}{2}$ inch cubes and season with salt and pepper. Toss meat in the flour with the mixed herbs. Chop onion finely.

Prepare the suet crust: Sift the flour with a pinch of salt into a mixing bowl. If using fresh butcher's suet, wash, remove any skin and chop very finely, using a little of the measured flour to prevent sticking. Stir the suet into the flour and mix to a firm dough with the cold water. Turn on to a floured board and knead lightly until smooth.

Grease a 7-inch pudding basin well. Take two-thirds of the pastry, roll out to about 1 inch thick, and use to line the basin, pressing to fit. Fill the basin with the prepared meat and pour in enough cold water to fill the basin to two-thirds full.

Roll out the rest of the pastry and use it to cover the top of the basin. Pinch well round the edge and trim off neatly.

Have ready a piece of clean linen cloth, dip in boiling water and wring out. Flour the surface, make an inch pleat in the centre to allow for rising, and lay over the pudding. Tie round and then knot the four corners of the cloth over the top. Lower the basin into a large pan of fast-boiling water and boil steadily for 3 to 4 hours. Replenish with boiling water when necessary.

To serve, take off the cloth and pin a folded napkin round the basin. Take to the table with a jug of boiling water.

When the pudding is cut, some water is poured in to augment the gravy. *Makes 6 servings.*

BATTERS

by Katie Stewart, *Cookery Editor of WOMAN'S MIRROR*

BASIC BATTER

You will need: 4 oz. plain flour; $\frac{1}{4}$ level teaspoon salt; 1 egg; $\frac{1}{2}$ pint milk.

Method: To make the batter, sieve the flour and salt into a bowl and hollow out a well in the centre. Crack the egg into the well and add about one-third of the milk. Using a wooden spoon, beat the egg and milk, gradually drawing in the flour from around the edges. Work from the centre of the bowl to the sides and mix to a smooth batter. Add the remainder of the liquid gradually, stirring all the time. Beat well for a few minutes until thoroughly aerated. Then cover the bowl with a cloth and leave to stand for 1 hour before using.

TO MAKE PANCAKES

Prepare the basic batter and pour into a jug so that it is easier to measure when cooking the pancakes.

Melt 2-3 oz. white fat in a small saucepan. Pour a little of the hot fat into a small frying pan or pancake pan and heat until it is smoking hot. Swirl the fat around sides of pan and pour off the surplus back into the small pan of fat.

Quickly pour about 2 tablespoons batter into the frying pan and tilt the pan so that the batter covers the whole of the pan base. Cook until the underside is golden brown, then turn or toss over and cook the other side.

Serve pancakes immediately they are made: sprinkle with lemon juice and sugar, roll up and serve hot. Or, to keep the first pancakes hot while the rest are being cooked, place each one as it is made on a plate, on top of a saucepan of boiling water. Build up the stack of pancakes and cover with another plate. Don't roll them up, just lay them flat, and when they are all cooked sprinkle each one with sugar and lemon juice and roll up before serving.

Makes about 8 pancakes.

SAVOURY PANCAKES

Make pancake mixture and while it is standing make the savoury filling: Prepare $\frac{1}{2}$ pint white sauce by melting 1 oz. butter or table margarine in a saucepan, adding 1 rounded tablespoon (1 oz.) plain flour and mixing well. Remove from heat, mix in $\frac{1}{2}$ pint milk and season with salt and pepper. Return to heat and bring to boil, stirring constantly. Fold in one of the following fillings: 6-8 oz. white fish, cooked in a pan of salted water, skinned and flaked; juice of $\frac{1}{2}$ lemon;

or any prepared shell fish, such as a packet of frozen prawns; juice of $\frac{1}{2}$ lemon; or 6 oz. cooked meat or chicken, diced; 2 oz. cooked mushrooms, sliced.

Cook the pancakes, heat the sauce, with its additions, thoroughly, and spoon mixture into the cooked pancakes.

Roll up the pancakes and pack into a hot serving dish. Cover with a little extra sauce or with grated cheese and heat under the grill until bubbling hot.

Batters (*contd.*)

YORKSHIRE PUDDING - TO SERVE WITH ROAST BEEF

Prepare the basic batter mixture (as on previous page), replacing one-third of the milk in the recipe with water, and set the batter to stand for an hour or more. While the batter is standing, pre-heat the oven to moderately hot (425 deg. F., Mark 7).

To make one whole pudding place 1 oz. dripping or lard in a roasting tin about 8 by 10 inches in size. Set in the top of the oven for a few minutes until smoking hot. Quickly pour in the batter, replace in the top of the oven and cook for about 40 minutes. *If making individual puddings* in special tin, halve basic quantities and cook for about 20 minutes.

Makes 4-6 servings.

TOAD-IN-THE-HOLE

You will need: 1 oz. lard or dripping; 6-8 small sausages. For the batter: 8 oz. plain flour; $\frac{1}{4}$ level teaspoon salt; 2 eggs; 1 pint milk.

Method: Prepare the batter according to basic directions on previous page. Pre-heat the oven to moderately hot (400 deg. F., Mark 6).

Arrange the sausages with the fat in an oven-proof dish or roasting tin. Place in the oven and heat through until fat is very hot (about 4 minutes). Quickly pour the batter over the sausages, return to the oven and bake just above the centre for 25-30 minutes or until risen and crisp.

Note: Steak or chops may be used in place of sausages, but allow 40-45 minutes cooking time.

COATING BATTERS

The preparation of this type of batter is the same as the basic batter on previous page, except that less liquid is used. The batter may be used to coat fish, meat or fruit, which are then fried in hot deep fat.

Prepare the batter, using 4 oz. plain flour; pinch of salt; 1 egg; $\frac{1}{4}$ pint milk. Follow the basic directions, then use as follows:

Luncheon meat fritters: Prepare the basic coating batter. Open a 12 oz. tin of pork luncheon meat and cut into 8 slices. Heat a pan of deep frying oil - a guide to when the fat is sufficiently hot is when small ripples appear to be running over the base of the pan. Dip the slices of meat first in the batter, then lower gently into the hot fat. Fry about 4 fritters at a time.

When golden brown on both sides, drain and serve hot with thick gravy or savoury brown sauce.

Fruit fritters: These are made in exactly the same way as the luncheon meat fritters. Bananas cut in half lengthwise, apple or pear slices, pineapple rings - all these make delicious fritters. Make sure they are quite dry, then dip the fruit in the batter, and fry until golden brown. Drain and serve sprinkled with sugar and with a hot jam sauce if wished.

Bread and jam fritters: Prepare sandwiches of bread, butter and jam. Coat in batter and fry until golden brown. Drain, toss in castor sugar and serve hot.

OMELETTES

SAVOURY OMELETTE - BASIC RECIPE

You will need: 2 large eggs; salt; pepper; 2 teaspoons cold water; 1 oz. butter for frying.

Method: Break eggs into a mixing basin. Season with salt and pepper and add the water. Mix thoroughly with a fork, but do not whisk. If not being used immediately, the mixture may be left to stand for an hour or so.

Heat the butter in a small frying pan and add the omelette mixture. Tip the pan so that the mixture covers the whole of the base. Using a fork, stir quickly until mixture is beginning to thicken, then stop stirring and allow the underside to brown. Loosen edges and tilt the pan, sliding the omelette to the far side. Fold in opposite edges to the centre, turn out on to a hot plate and serve at once. *Makes* one individual serving.

VARIATIONS

Cheese: Grate 2 oz. Cheddar or Parmesan cheese, add most to the basic mixture and reserve a little for topping.

Herbs: Add to the basic mixture about 1 teaspoon freshly-chopped parsley or about $\frac{1}{2}$ level teaspoon of mixed dried herbs.

Bacon: Chop up two rashers of bacon and a small piece of onion. Fry gently in $\frac{1}{2}$ oz. butter until bacon is cooked and onion is soft. Drain and add to the basic mixture.

JAM DESSERT OMELETTE

You will need (for an omelette for one): 2 egg yolks; 2 level teaspoons castor sugar; 2 egg whites; a knob of butter for frying; icing sugar.

For the filling: 1-2 tablespoons warmed red jam.

Pre-heat your oven to moderate (350 deg. F., Mark 4). Lightly whisk together the egg yolks and sugar in a basin set over a pan of hot, not boiling, water until light and creamy.

Remove the basin from the heat. Whisk the egg whites until stiff, and fold into the egg mixture.

Heat the knob of butter in a 6-7 in. omelette pan until bubbling hot. Add all the omelette mixture at once and spread evenly over the pan.

Cook gently over moderate heat for 1 or 2 minutes - long enough to allow the underside to brown a little.

Then place the pan in the centre of the heated oven and bake for 8-10 minutes, or until the omelette has risen and is firm to the touch.

Remove from the heat, spread with the warmed jam and fold the omelette in half. Turn out, dust with icing sugar and serve immediately.

CAKES

by Ruth Morgan, *Cookery Editor of WOMAN*

Rubbing-in Method

COUNTRY CAKE

You will need: 1 lb. plain flour; 2 level teaspoons baking powder; 2 level teaspoons mixed spice; pinch grated nutmeg; 6 oz. butter or margarine; grated rind of $\frac{1}{2}$ lemon; 12 oz. cleaned, stoned raisins; $\frac{1}{2}$ lb. cleaned currants; $\frac{1}{4}$ lb. chopped mixed peel; 6 oz. soft brown sugar; 2 eggs; $\frac{1}{4}$ pint milk; 2 tablespoons golden syrup; approximately $\frac{1}{4}$ pint dry stout to mix.

Method: Set the oven to slow (325 deg. F., Mark 2). Grease and line a 9-inch cake tin.

Sieve the flour, baking powder, mixed spice and nutmeg into a mixing bowl. Rub in fat with the fingertips until the mixture resembles fine bread-crumbs. Add the lemon rind, raisins, currants, mixed peel and sugar.

Make a well in the centre and add the beaten eggs, milk and syrup; mix well. Stir in enough stout to make the mixture a fairly stiff dropping consistency. Turn into the prepared cake tin. Bake in centre of the oven for 2 hours, or until firm to the touch.

Note: If dried fruit needs to be cleaned, see method under Rich Fruit Cake.

Creaming Method

BASIC VICTORIA SANDWICH

You will need: 6 oz. butter or table margarine; 6 oz. castor sugar; a few drops vanilla essence; 3 large eggs; 6 oz. self-raising flour; pinch of salt; 1 to 2 tablespoons hot water.

Method: Grease and line the bases of two 7-inch or 8-inch sandwich tins with greased greaseproof paper. Set oven to moderate (350 deg. F., Mark 4).

Cream fat and sugar together until really light and fluffy; add vanilla essence. Lightly whisk eggs and gradually beat into creamed mixture. Gently fold in sifted flour and salt. Add hot water and mix to soft dropping consistency. Divide mixture between prepared tins and smooth over tops with knife. Bake in the centre of the oven for 25-30 minutes, until golden brown and springy to touch. Turn out and cool on wire rack.

Variations:

Chocolate: Substitute 1 $\frac{1}{2}$ oz. sifted cocoa for 1 oz. of the self-raising flour.

Coffee: Add 1 tablespoon coffee essence instead of the hot water.

Almond: Use 2-3 drops almond essence instead of vanilla and add 1 oz. ground almonds with the flour.

Lemon: Add the finely grated rind of 1 lemon instead of the vanilla essence, and 1 tablespoon lemon juice instead of water. Or use orange rind and juice.

Chocolate chip: Add 2 oz. chocolate chips when you add the self-raising flour.

Ginger: Sift 2 level teaspoons ground ginger together with the flour, and if liked stir in 2 oz. chopped crystallized ginger together with water.

Walnut: Stir in 2 oz. very finely chopped walnuts after the flour.

RICH FRUIT CAKE (CHRISTMAS CAKE OR BIRTHDAY CAKE)

You will need: 1 lb. currants; 1 lb. sultanas; 3 oz. stoned raisins; 1 lb. plain flour; $\frac{1}{2}$ level teaspoon salt; 1 level teaspoon each ground nutmeg and mixed spice; $\frac{3}{4}$ lb. butter or margarine; $\frac{3}{4}$ lb. soft brown sugar; grated rind 1 orange and 1 lemon; 6 eggs; 1 tablespoon black treacle; 3 oz. stoned dates; 3 oz. glacé cherries; 3 oz. mixed peel; 3 oz. shelled walnuts; 3 to 4 tablespoons milk or sherry or brandy.

Method: Wash and pick over dried fruit. Drain well, then turn into a shallow baking tin and put into a very slow oven to dry thoroughly.

Grease a 9-inch cake tin and line with double thickness of greased grease-proof paper. Set oven to very slow (300 deg. F., Mark 1).

Sift flour with salt, nutmeg and mixed spice.

In another bowl, cream the butter or margarine with the brown sugar and grated rind until light and fluffy. Add the eggs one at a time, beating mixture well after each addition. Stir in half the sifted flour mixture and the treacle. Chop the dates, glacé cherries, mixed peel and the walnuts and add to the creamed mixture with the cleaned dried fruits. Fold in remaining flour, and then the milk or sherry or brandy, and mix well.

Turn into prepared tin, smooth top and hollow centre slightly. Place on shelf below centre of the oven and cook for 5 $\frac{1}{2}$ hours, or until cooked through. Cool in tin for 10-15 minutes, then turn out and remove paper.

Baking Tips

TESTING WHEN A CAKE IS COOKED

Small cakes and Victoria sandwich: Press the top lightly with the finger and it will spring back if the cake is cooked. The cake will also have shrunk away from the sides of the tin a little.

Large cakes: Press the cake lightly with finger in the centre of the top while still in the oven. The surface should be firm if the cake is cooked but will still be soft if the cake needs further cooking. If you are still in doubt insert a warm skewer or fine steel knitting needle and if it comes out clean without any uncooked cake sticking to it, the cake is done.

TURNING OUT CAKES

Leave plain cakes 2-3 minutes and rich cakes 10-15 minutes to cool in the tin before turning out. If the cake sticks and refuses to leave the tin, place the tin on top of a damp cloth for a few minutes and you will generally find that it will then turn out successfully.

After the cooling period, turn cake onto a wire rack and leave until cold.

HOT PUDDINGS

by Pauline Chamont

STEAMED RICH SPONGE PUDDING

You will need: 4 oz. butter or margarine; 4 oz. castor sugar; few drops vanilla essence; 2 eggs; 4 oz. self-raising flour; little milk to mix.

Method: Cream fat and sugar together until light and fluffy. Add essence. Add 1 egg and a little flour, and beat in. Add the other egg and a little more flour and beat in. Finally add remaining flour and mix in gently. If mixture does not drop easily from the spoon add a little milk to slacken. Put into a greased 1-pint basin and cover with greased greaseproof paper, or a pudding cloth tied down firmly in same way as for steak and kidney pudding, page 4.

Steam for 2 hours and turn out. Serve with jam sauce.

Makes 4 servings.

Note: Small dariole moulds may be used instead of a 1-pint basin. In this case, steam for 35-40 minutes only.

VARIATIONS

Lemon or orange: Add grated rind of lemon or orange to the creamed butter and sugar.

Chocolate: Add 1 oz. chocolate powder or $\frac{1}{2}$ oz. cocoa to flour (there is no need to reduce flour).

Ginger: Add 2 teaspoons powdered ginger or 3 oz. preserved ginger, chopped very finely.

Sultana: Cut down sugar to 2 oz. and add 4 oz. cleaned sultanas.

DELAWARE PUDDING

You will need: For Suet Pastry: 8 oz. plain flour; 3 level teaspoons baking powder; $\frac{1}{2}$ teaspoon salt; 4 oz. suet; about $\frac{1}{4}$ pint cold water. For filling: 2 cooking apples; 2 oz. brown sugar; 1 oz. butter; juice and rind of $\frac{1}{2}$ lemon; 1 oz. currants; 1 oz. candied peel; 1 level teaspoon mixed spice.

Method: Grease a $1\frac{1}{2}$ -pint basin.

To make the pastry, sieve flour, baking powder and salt together into a basin. Add the prepared shredded suet and sufficient cold water to make a soft dough. Roll out and cut into graduated rounds (approximately 6) to fit the basin.

To make the filling, peel, core and roughly chop the apples and add sugar, butter in small pieces, grated lemon rind, prepared fruit and spice, and the lemon juice. Fill the basin with alternate layers of suet pastry and filling, ending with pastry.

Cover with pudding cloth or a double thickness of greased greaseproof paper (tied down firmly in same way as for Steak and Kidney Pudding, page 4). Or use foil. Steam for $2\frac{1}{2}$ hours. Serve with plain custard sauce, or for a change serve with a little lemon curd, or chopped preserved ginger and ginger syrup.

Makes 4 to 6 servings.

SAUCES

by Fanny Cradock

WHAT IS A ROUX?

Roux is the professional kitchen term for a mixture of equal quantities of flour and fat – either butter, pork fat, clean dripping or poultry fat – blended over heat. This is the basis of all thickened sauces.

BASIC WHITE SAUCE

You will need: 1 oz. butter or other fat and 1 oz. plain flour to each $\frac{1}{2}$ pint milk or stock.

Method: Dissolve butter over low heat and add flour. Stir until mixture forms a smooth paste which leaves sides and base of pan cleanly. Cook for a minimum two minutes to cook out the taste of the flour. This is the roux. Pour in approximately one-fifth of the quantity of chosen fluid. Allow to boil without stirring. Stir until mixture blends smoothly, beat vigorously and add each remaining quantity of fluid as described, beating well after each addition.

From simple basic white sauce you can make an endless variety of sweet and savoury sauces.

Savoury Sauces:

Parsley Sauce: Salt, pepper, parsley stalks. Simmer with the stock or milk. Add fresh chopped parsley to sauce when made.

Egg Sauce: Add salt, pepper and chopped hard-boiled egg.

Anchovy Sauce: Add anchovy purée and pepper.

Cheese Sauce: Add salt, pepper and grated hard cheese (ideally, Parmesan).

For Sweet White Sauce add sugar and vanilla pod to chosen liquids in a separate saucepan, bring to the boil slowly and allow to cool to blood heat. Then remove pod, wipe it and store in a glass jar for future use.

Note: All the above sauces are improved by the addition of a small quantity of double cream.

TOMATO COULIS

(This mixture can be made and used, in smaller quantities, or made in the given quantities and then bottled as for fruits.)

You will need: 4 lb. ripe tomatoes; 10 heads each of tarragon and thyme; $1\frac{1}{2}$ oz. unchopped chives; 6 crushed garlic cloves; 8 tablespoons olive oil.

Method: Rough cut the unskinned tomatoes. Place in a roomy pan with thyme, tarragon, chives, and garlic. Cook slowly over very gentle heat until juices run and fruit wrinkles and collapses. Rub through a sieve. Return to pan. Add oil, reheat, stir well to ensure balanced blending, pour into small bottling jars. If bottling in a sterilizer stand one-third depth of bottle in cold water, then raise to 196 deg. and maintain at this temperature for 2 hours.

Makes approx. 1-1 $\frac{1}{2}$ pints.

Sauces (*contd.*)

SAUCE SOUBISE

You will need: 1 lb. onions; milk; 1 teacupful double cream (or substitute top-of-the-milk); salt and pepper.

Method: Slice peeled onions thinly. Place in thick pan and cover with milk. Simmer very gently over low heat until onions are tender. Strain them and rub through a sieve. Meanwhile return milk to pan and simmer down to 1 gill (reduce to $\frac{3}{4}$ gill if using top-of-the-milk instead of cream). Stir in onion purée, add cream, reheat and correct seasoning to taste with salt and pepper.

Makes approx. scant $\frac{1}{2}$ pint.

Common Faults in Cake Making

	<i>Possible causes</i>
Too dry	Baked too long Not enough liquid Too much raising agent Not enough fat
Sunken in the middle	Too much raising agent Too many eggs Too hot or too cool an oven
Sunken in the middle with a heavy patch at the base	Too much liquid used in mixing
Sunken in the middle with sides that cave in and a speckled top	Too much sugar
Sunken in the middle with a greasy thick crust	Too much fat
Sunken fruit	Too much liquid Wet fruit Syrupy fruit (cherries should be washed and thoroughly dried before use) Too much raising agent
Hole under top crust	Undercooked Moving cake in the oven before it is set
Cracks across the top (Rich Fruit Cake)	Too small a tin Too hot an oven Too much raising agent plus not enough liquid
Hard crust outside with damp uncooked patch in middle	Oven too hot Too much liquid added to the mixture.