Cooking With Confidence: the ABC of Electrical Cookery

Lydia S. Horton
Dorothy Vaughan

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Culinary History Pamphlets

COOKING WITH CONFIDENCE

The A.B.C. of ELECTRIC Cookery
COOKING WITH CONFIDENCE

The A.B.C. of Electrical Cookery

BY

LYDIA S. HORTON

IN COLLABORATION WITH DOROTHY VAUGHAN

1939

THE BRITISH ELECTRICAL DEVELOPMENT ASSOCIATION INC.

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3
HOMELY MEASURES

1 oz. flour equals 1 heaped tablespoonful

1/4 lb. " "

1 oz. butter " "

1 oz. sugar " "

1 oz. currants " "

1 oz. breadcrumbs " "

1 gill liquid " "

1/2 pint liquid " "

Note.—Where butter is given in the following recipes, margarine may be used if preferred.
COOKING

with Confidence

"I DON'T know why it is, but my dinner doesn't seem quite as well cooked as usual to-day." How often in the old days I have made a remark like that! Or maybe it was the pastry or the cake or the fried fish that was just a little disappointing. It would make life much easier, I used to think, if only I could be sure of meals always turning out "just right."

But those days of uncertainty are now a thing of the past. My electric cooker has changed all that! When I have put the food in the oven, there's no need to keep opening the door to see how it is getting on; I know what the result will be! Not, of course, that an electric cooker can correct your mistakes if you do not follow your recipe carefully or are using inferior materials. But, if you have done your part, it will do the rest. Its steady, even heat never varies. It isn't affected by wind or weather. There are no flues to need sweeping, no fire that won't draw, no days when it cooks too slowly "because the pressure is low." To put it in a nutshell, when you use electricity, you can cook with confidence.

I find my electric cooker has other great advantages, too. My kitchen is always cool, no matter how much cooking I do. The heat is kept where I want it, in the cooker, not wasted in the room. What a difference this makes to a busy housewife. I don't feel half so tired now as I used to do after a morning in the kitchen.

Then again, it's grand to have no smoke, no smell, no fumes of any kind. No fumes in the oven, either, which is one reason why food which is cooked electrically is so wholesome and has such a delicious flavour.
Then there's the amazing cleanliness of electric cooking to be taken into consideration. There are no flames to scorch and blacken your pans. The griller cleans itself, for the heat quickly burns away any fat left on it. Even the oven presents no difficulties. Thanks to its even heat, very little fat is splashed on its sides, and this can be wiped off in a moment or two (after the main switch has been put off) with a damp cloth while the oven is still warm.

That brings me to another point, and a very important one, too. Because of the even, perfectly controlled heat of the electric oven, food cooked in it loses very little weight by shrinkage. That's a real saving, and one we can all appreciate these days when we have to look at every penny.

For all these reasons I have come to regard my electric cooker as a tried and trusty friend. I am quite sure that when you have tested yours you will be of the same opinion.

In the pages that follow, I have given you a selection of recipes that I hope will be of use to you. They are all simple, practical ones, very easy to prepare and cook if you follow the directions carefully. I know you will agree with me that there is nothing which brings its own reward more surely than time and trouble spent on a carefully planned, well-cooked, and daintily served meal. It's a real joy, isn't it, to see the empty dishes at the end of the meal, the best proof that your skill has been appreciated. Better still, to know that you have not merely satisfied your family's appetite but planned their food so that body, brain, and nerves are built up ready for any strain that may be put upon them.

You can obtain at your local Electricity Showrooms any information you require concerning the advantages and cost of electric cooking.

If you have any questions to ask regarding the contents of this book, please write to:

The Cookery Consultant,
The British Electrical Development Association Inc.,
2 Savoy Hill,
HINTS

that will help you

THERE are three sections in an electric cooker. You can use them singly or all together, but be sure to switch on the main switch before using the cooker switches.

(1) THE BOILING PLATES

These are for boiling, steaming, simmering, and frying. They have switches allowing for three different heats: “High,” “Medium,” and “Low,” and some have an extra low heat for simmering. For instance, switch “High” until a pan boils, switch “Medium” for fast boiling, “Low” for slow boiling, and for simmering, switch “Low” and put the pan only half over the plate. Two or three pans will keep boiling or simmering on one plate.

Be careful to use a saucepan with a flat base and straight sides, the more solid the better if the boiling plates are of the solid type. Special pans can be obtained, and these are worth buying, because they ensure good contact with the heat and are so economical to use.

To clean the boiling plates, first turn off the cooker switches and then the main switch. You then merely wipe the hob with a damp cloth.

(2) THE GRILL

Electric grills may vary in one or two minor ways, but the basic principle of them is the same. Some called “griller-boilers” are fitted with a metal plate called a deflector, which is taken out while the grill is in use. While this deflector is in place, all the heat is concentrated in the boiling plate above the grill.
To use the grill, remove the deflector plate if fitted, and switch on to "High" for two or three minutes until the grill is red-hot. For steaks, etc., keep the heat at "High" for a minute or two while you sear the meat on both sides, then switch to "Medium" or put on lowest runner. For crisp, crunchy food, keep the heat at the highest point.

**Don't Waste Your "Free Heat"**

Some women imagine that an electric grill must be expensive because the boiling plate above it keeps hot for so long after you have finished with the grill. But this is not so. An electric grill is more economical than other kinds and the heat that remains in the boiling plate is an extra which costs you nothing. So don't waste it! Place a kettle of water on the boiling plate while you are grilling the bacon or making the toast—a supply of hot water never comes amiss.

Keep the deflector plate clean and bright. The electric grill needs no cleaning. After use, turn off the switches on the cooker and the main switch. Then wipe off any grease that may have splashed on to the enamel sheet round the grill pan with a cloth wrung out in hot, soapy water. Never touch the grill wire with a spoon, fork, skewer, or any metal utensil, or you may harm it.

**(3) THE OVEN**

Always switch on "High" to heat the oven. The time required varies somewhat with different types of cooker, so follow the directions given with the cooker very carefully. The following may be taken as a general guide:

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
<th>Temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-15 min</td>
<td>Usually gives a cool oven</td>
<td>275° F.</td>
</tr>
<tr>
<td>20</td>
<td>&quot;</td>
<td>350° F.</td>
</tr>
<tr>
<td>25</td>
<td>&quot;</td>
<td>450° F.</td>
</tr>
<tr>
<td>30</td>
<td>&quot;</td>
<td>500° F.</td>
</tr>
</tbody>
</table>
Thermometer Readings

Owing to the fact that temperatures vary to some extent in different types of cookers, particularly where thermostatic control is fitted, readers are advised to refer to their makers’ instruction card.

Always read the thermometer and see that you have the right heat before putting in the food. If the switch is left on “High,” the oven temperature will continue to rise, with disastrous results to your cooking. It may be necessary to leave the switch on “High” for a few minutes after food is put into the oven, to make up for the heat lost in opening the oven door and heating up the food. After that, turn the switch knob to “Medium” or “Low,” which will keep the required temperature steady.

You can always tell just how hot the oven is by reading the thermometer; there is no need to open the door. Then if you wish, you can raise or lower the heat simply by turning the switches “High” or “Off.”

Do not forget to turn off the main switch when you have finished with the cooker.

To clean the oven, first turn off the oven switches and the main switch, and then wipe out with a damp cloth while the oven is still warm, applying a scouring agent on the cloth if you wish.

Read the cooker instruction chart for a full explanation as to the best method of cleaning your cooker.
When you require

Soup

Soup is so easy and economical to make and is such a valuable addition to a meal that it should be served as often as possible. Vegetable soups, made without any meat or bones, are particularly useful for purifying the blood. So if your children are not as fond of fresh vegetables as you would like them to be, serve some of the tasty vegetable soups given below.

Cooking Hints

When making soup always switch to "Low" as soon as the pan comes to the boil. It saves time to heat the water you will need for the soup in the electric kettle.

WHITE VEGETABLE SOUP

2 or 3 carrots
2 onions
1 turnip
½ head celery, if in season
Salt and pepper

2 oz. dripping
1 dessertspoonful flour
1½ pints boiling water
¼ pint milk
1 dessertspoonful chopped parsley (if liked)

Prepare vegetables and slice finely. Heat dripping in stewpan and fry vegetables in it slowly until all the fat is absorbed, stirring now and then. Pour in the water and simmer till vegetables are tender (about 30 minutes). Mix flour smoothly in the milk, add to the pan, season with salt and pepper and simmer for 10 minutes longer. Sprinkle in parsley, and serve.
COOKING WITH CONFIDENCE

TOMATO SOUP

1 lb. tomatoes 1 pint milk
1 carrot 1/2 pint water
1 onion 1 dessertspoonful cornflour
A few stalks of celery, if possible
1 pint milk
1 pint water
1 dessertspoonful cornflour
1 oz. dripping
Salt and pepper

Melt the dripping in the pan, put in the carrot, onion, and celery finely sliced, and cook for a few minutes. Add the tomatoes, sliced, and the milk and water, and simmer for about 1/2 hour. Mix the cornflour with a very little cold water, add to the soup and stir until boiling. Simmer for 5 minutes, add salt and pepper, and serve.

POTATO AND LEEK SOUP

1 lb. potatoes 1 dessertspoonful sago
1/2 bunch leeks 1 teacupful milk
1 oz. butter Salt and pepper
2 pints water 1 dessertspoonful chopped parsley

Put sago to soak in the milk. Prepare vegetables and slice thinly. Melt butter in a saucepan, put in the vegetables and simmer for a few minutes, taking care not to brown. Then add water, and boil quickly for 30 minutes. Pass through a sieve, put purée back in pan together with the sago, milk, salt, and pepper. Simmer for 10 minutes until sago is thoroughly cooked, add parsley, and serve.

CELERY SOUP

1 large head celery 1/2 pint hot milk
1 oz. butter 1 pint water
1 oz. flour Pepper and salt

Wash and slice celery. Simmer in water for about 40 minutes, then rub through sieve. Melt butter in pan, stir flour in smoothly, cook for a few minutes, then add hot milk gradually, and boil up. Pour in soup, simmer for 10 minutes, and serve with tiny squares of dry toast.
COOKING WITH CONFIDENCE

BARLEY SOUP

2 oz. pearl barley  1 lettuce
2 or 3 carrots  1 oz. butter or dripping
2 onions  2 pints hot water
Piece of swede turnip  Salt and pepper

Melt fat in saucepan, put in carrots, onions and turnip finely shredded and cook in the fat for a few minutes. Add hot water and bring to the boil. Put in the barley, washed, and the lettuce, washed and shredded. Simmer for 2 hours, then season and serve. If liked, this soup may be strained before serving.

Note.—To make Scotch Broth, use above recipe with addition of 1½ lb. scrag end of mutton.

FISH MULLIGATAWNY

Head and shoulders of cod  1 carrot
(or other white fish)  Small bunch of parsley
½ lb. cod (or other white fish)  Salt and pepper
1 large onion  1 tablespoonful curry powder
1 head celery  ¼ teaspoonful sugar

Put all ingredients into a quart of water (mixing the curry powder and sugar in a little water) and simmer slowly for 2 hours. Do not allow to boil. Remove bones, rub remainder through a sieve, reheat, sprinkle with chopped parsley, and serve. More curry powder may be added, if liked.

GRAVY SOUP

½ lb. leg of beef—cut in 4 peppercorns
pieces
1 carrot  2 cloves
1 onion  1 dessertspoonful fine tapioca
Piece of turnip and stick of celery  1 oz. dripping
Salt and pepper to taste

Prepare vegetables, shred finely and cook for a few minutes in the fat together with the meat, peppercorns, and cloves. Pound with a wooden spoon, then pour in 1½ pints of water, bring to boil, and simmer gently for 2 hours. Strain, return to pan, add the tapioca and salt and pepper to taste, and simmer until tapioca is quite transparent.
FISH

for the Family

You have only to look at our sturdy fisherfolk and their bonny children to realise the truth of the saying: “There’s all the health of the sea in fish.” Fish is very easy to digest, which is why the doctor always orders it for convalescents, but it must not be considered merely as an invalid’s food. Most nutritious of all fish is the tasty herring, which as you probably know, is a great favourite with our King and Queen.

There is no need always to use the frying pan when cooking fish, delicious as well-fried fish is. Baking, grilling, and steaming are all splendid methods and one can ring the changes on them.

One great advantage of fish is that it cooks very quickly and so is most economical where heat is concerned.

Grilled Fish

Switch the grill on to “High” for 2 or 3 minutes until it is red-hot; then put the fish under and set grill pan in lowest runner. Grilling is a more economical method than frying and more digestible.

GRILLED HERRINGS

Cut off heads and tails, scale and clean the fish. Make three cuts on each side of the fish, about 1 ½ inches apart, cutting down to, but not through, the backbone. Brush each with a very little butter, as the herring contains its own cooking fat. Grill quickly under a very hot grill till brown on each side. Dust lightly with salt, garnish with parsley, and serve with mustard sauce.
COOKING WITH CONFIDENCE

GRILLED COD STEAKS

1 cod steak per person 1 teaspoonful butter
(1 inch thick)

Brush with a little oiled butter and grill for 4 to 5
minutes each side. Serve on a very hot dish garnished
with parsley.

If you have time, it is an excellent plan to put the cod
steaks on a plate and pour over them a marinade of equal
parts of oil and vinegar, seasoned with salt, pepper and
chopped parsley. Let the steaks soak in this marinade
for at least an hour, then grill as before.

GRILLED KIPPERS

Kippers as required

Place kippers in grill pan, skin side to the heat. Grill
for 3 to 4 minutes, then turn, put a knob of butter on
each, and grill for another 3 minutes. Sprinkle with
pepper and serve very hot.

FRIED FISH

Deep Frying

Use a deep, flat-based saucepan from 4 to 6
inches high and fill it three-parts full with fat.
Do not put in the fish until a faint blue smoke is
rising.

Do not put too many pieces of fish in at once,
as this will cool the fat too much.

Drain well (use a frying basket if you have one)
and put on tissue paper in the hot cupboard
for a few minutes before serving.

FRIED FILLETS OF FISH

Fillets of fish as required Beaten egg
Fine breadcrumbs Salt and pepper

Wash and dry the fillets. Put the breadcrumbs on a
sheet of kitchen paper and season them with salt and
pepper. Brush both sides of the fillets with the beaten
egg, roll gently in the breadcrumbs, being careful to
shake off any loose ones. Put into the hot fat and fry
until golden brown and crisp. Drain well and serve on a hot dish garnished with slices of lemon and a little parsley.

**FRIED PLAICE**

Wash and dry the plaice. Dip in flour seasoned with salt and pepper, shaking off any loose particles carefully before putting in the pan. Fry in deep, hot fat until golden brown. Time varies with size and thickness of the fish.

**ROCK SALMON IN BATTER**

2 lb. rock salmon or other white fish cut into small steaks
Pinch salt
Small teacupful milk
1 egg (can be omitted if desired)
2 oz. flour

Break the egg into the flour, add milk gradually, beating smooth. Season. Dip fish in; fry in deep, hot fat. Drain well and serve garnished with parsley.

**Shallow Frying**

Fat fish, such as herrings, contain so much oil in themselves that they need only a spoonful or two of fat in the frying pan.

**HERRINGS FRIED IN OATMEAL**

4 herrings Pepper and salt
2 tablespoonsful fine oatmeal A very little frying fat

Cut off heads and tails of fish, clean, wash and dry. If liked, remove backbone. Season oatmeal with salt and pepper, put on kitchen paper and roll the fish in this. Make the fat very hot in the pan, put in the fish and fry for about 4 minutes, then turn and fry for another 3 or 4 minutes. Serve with thin slices of lemon.

**Steamed Fish**

If you have not got a steamer, put the fish between two buttered soup plates over a pan of boiling water.
STEAMED COD WITH LEMON SAUCE

4 slices of cod  Salt and pepper
1 teaspoonful butter

For the Sauce:

1 oz. butter  Rind and juice of \( \frac{1}{2} \) lemon
1 oz. flour  Salt and pepper
\( \frac{1}{2} \) pint milk

Season fish with salt and pepper, put a shaving of butter on each slice, wrap in greaseproof paper and steam for about 15 minutes.

Melt butter in a pan, stir in the flour smoothly. Add the milk gradually, stirring continually. Boil gently for 5 minutes, then add salt, pepper, juice and grated rind of \( \frac{1}{2} \) lemon. Boil up, pour over the fish, and serve.

STEAMED LEMON SOLE WITH EGG SAUCE

Proceed exactly as for above recipe, but instead of adding lemon to the sauce, add a chopped hard-boiled egg.

Baked Fish

Baking is one of the easiest of all ways of cooking fish and very tasty, too. Bake fish in a moderate oven (about 400° F.).

WHITING BAKED WITH BACON

2 lb. whiting  \( \frac{1}{3} \) lb. streaky rashers (thin)
Pepper and salt

Remove head and tail from fish; clean, wash and dry. Season with pepper and a little salt. Line the bottom of the baking dish with rashers of bacon, lay the fish on top and put the rest of the bacon in tiny rolls around the fish. Cover with a greased paper. Bake for about 15 minutes in a moderately hot oven (400° F.).
PACKING the OVEN

Top. Fruit Tart
Centre. Celery in covered dish
Bottom. Roast
WAYS WITH FISH

BOILED HERRINGS
Putting the fish in fish kettle

GRILLED KIPPERs
Cut off heads before grilling

BAKED HERRINGS
Pack closely in the dish
CRUMBED COD

2 lb. cod, cut in slices 1 tablespoonful chopped lemon onion

A little butter or dripping 1 tablespoonful chopped
6 tablespoonsful breadcrumbs parsley
1 tablespoonful grated cheese Salt and pepper to taste

Wash and dry the slices of fish and sprinkle with lemon juice. Mix together the rest of the ingredients (except the butter) and coat the fish with them. Butter the baking dish, lay in the coated fish and put a tiny nut of butter on each slice. Bake about 20 minutes in a moderately hot oven (400° F.).

BAKED STUFFED HERRINGS

4 herrings (boned)

For the Stuffing:

$\frac{1}{2}$ teacupful breadcrumbs 1 teaspoonful chopped
1 small onion, finely chopped parsley
$\frac{1}{2}$ teaspoonful mixed herbs Pepper and salt
A little melted dripping to bind

To bone the fish cut off heads and tails with a pair of kitchen scissors and cut open along the belly. Open out the fish, lay inside down on a board and press along the backbone with your thumb. Turn the fish over and lift out the bone. With a little practice the small bones come away too.

Mix all the ingredients of the stuffing together. Sprinkle the inside of the fish with salt and pepper, fill with stuffing, fold over again. Bake in a greased pie dish, with a shaving of dripping on top of each fish, for 20 minutes in a moderately hot oven.

Note.—Fresh haddock or mackerel may be stuffed and baked in the same way. If liked, the stuffing may be bound with a little beaten egg instead of dripping.

SAVOURY HAKE

1 1/2 lb. hake or cod or other white fish (in thick slices) 1 teacupful tinned tomatoes
1 onion, finely sliced 2 tablespoonsful dripping Salt and pepper to taste
Melt dripping in casserole, put in fish, cover with onion and tomatoes. Add seasoning, cover, and bake for 20–30 minutes in a moderately hot oven (400° F.).

**HERRING PIE**

1 lb. fresh herrings  3 or 4 tablespoonsful hot milk
1 small tin peas  Pepper and salt
1 onion  A few cooked potatoes 1 pint thick white sauce

Ask your fishmonger to fillet the herrings. Season each fillet with salt and pepper, put a slice of onion inside and roll up. Butter a pie dish. Put in a layer of peas, next the rolled herrings, then more peas, seasoning each layer in turn.

Pour in the sauce, cover with potatoes mashed with the hot milk. Bake for about 30 minutes at 375° F., and serve hot.

**BAKED KIPPERS**

2 kippers  Squeeze of lemon juice
Pepper

Lay kippers in baking tin. If not already in cellophane cover with greaseproof paper. Bake for 10 minutes at 400° F. Sprinkle with lemon juice and pepper before serving. No smell this way!

**SOUSED HERRINGS**

6 or 8 herrings  1 breakfastcupful vinegar
1 tablespoonful mixed 1 breakfastcupful water
pickling spice  1 level teaspoonful salt
1 onion

Cut off the heads and tails, clean and bone the fish. Roll up with a slice of onion inside each fish. Pack in a baking dish (not baking tin). Scatter pickling spice between the rolls, add remainder of onion sliced. Sprinkle in salt; pour in vinegar and water, mixed together. Bay leaves may be added if liked. Bake in a slow oven (275° F.) for 1 to 1½ hours. If preferred, do not bone fish but lay in dish, alternately thick end to thin end.
COOKING WITH CONFIDENCE

HERRINGS IN PAPER CASES

Fillet the herrings, season with salt, pepper, a dash of nutmeg and a little lemon juice. Sprinkle with finely chopped parsley and roll the fillets up, putting the roes inside. Wrap each in buttered paper, put in a greased baking dish and bake in a moderately hot oven (400° F.) until paper puffs out. Remove the paper and serve.

FISH AU GRATIN

1 lb. cod or any white fish 1 oz. flour
cut into steaks 1 inch 1 oz. butter
thick 2 oz. grated cheese
1 teacupful milk Salt and pepper

Butter a fireproof dish and lay in the fish. Pour in the milk and bake for 15 minutes in a moderately hot oven. Melt the butter in a saucepan, stir in the flour smoothly, cook for a few minutes and then add the liquor from the fish. Boil up. Simmer for 5 minutes, add salt and pepper and half the grated cheese. Pour over the fish, sprinkle remainder of cheese on top and return to top of oven to brown.

TO POACH SMOKED HADDOCK

Roll up the haddock, put in a jug and pour in enough rapidly boiling water to cover completely. Allow to stand for 10 minutes in a hot place, when the haddock will be ready to serve. This is a good way if you are cooking for children, as the flesh comes off the bone so easily. If preferred, put the haddock in cold water in your frying pan, bring to the boil and simmer for a few minutes. Drain and serve with a pat of butter.

Note.—Smoked haddock may be grilled or fried if preferred.

HERRING ROES ON TOAST

½ lb. soft roes 4 slices buttered toast
½ teacupful milk Salt, pepper and lemon juice

Simmer the roes in the milk for 10 minutes. Drain, curl round on the toast, sprinkle with salt, pepper and lemon juice. Garnish with parsley, if liked.
Methods with Meat

It is well to remember that the cheaper joints of meat have, in most cases, just as much food value as the expensive, but more care must be taken with their cooking.

Roasting

To roast meat, switch on oven heat to "High" until the thermometer registers HOT (see cooker instruction chart). Then put in the joint, leave the switch at "High" for 5 to 10 minutes (according to the size of joint), then switch to "Medium" or "Low," and continue roasting.

Fifteen to 25 minutes should be allowed for each pound of meat. Weigh the joint carefully before it is put into the oven, and work out the time required for roasting. Here is a useful table:

<table>
<thead>
<tr>
<th>Meat</th>
<th>Cooking Time (minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>15 per lb. and 15 min. over</td>
</tr>
<tr>
<td>Mutton</td>
<td>20</td>
</tr>
<tr>
<td>Pork</td>
<td>25</td>
</tr>
<tr>
<td>Veal</td>
<td>25</td>
</tr>
</tbody>
</table>

Wipe the joint with a damp cloth and rub it with a little mustard. Place on a trivet in the baking pan, fat side up if possible.

There is no need to baste meat in an electric oven. Moreover you will find that it hardly loses any weight at all if cooked according to instructions.

When the joint is done, put on a hot dish. Strain the fat off the gravy, stir in smoothly a little seasoned browned flour or gravy powder, add enough boiling water to make
the required thickness. Simmer for a few minutes and serve in a hot gravy tureen.

Here is a list of joints suitable for roasting:

<table>
<thead>
<tr>
<th>HIGHER PRICED</th>
<th>LOWER PRICED</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beef</strong></td>
<td></td>
</tr>
<tr>
<td>Sirloin</td>
<td>Ribs (usually boned and rolled)</td>
</tr>
<tr>
<td>Ribs nearest sirloin</td>
<td>Round (which includes top-side)</td>
</tr>
<tr>
<td><strong>LOWER PRICED</strong></td>
<td>Flank (best end)</td>
</tr>
<tr>
<td>Beef</td>
<td>Aitchbone (cheap but contains a lot of bone)</td>
</tr>
<tr>
<td>Ribs (usually boned and rolled)</td>
<td>Round (which includes top-side)</td>
</tr>
<tr>
<td>Ribs nearest sirloin</td>
<td>Flank (best end)</td>
</tr>
<tr>
<td><strong>Sirloin</strong></td>
<td>Aitchbone (cheap but contains a lot of bone)</td>
</tr>
<tr>
<td><strong>Mutton</strong></td>
<td></td>
</tr>
<tr>
<td>Leg</td>
<td>Breast (usually boned, stuffed and rolled)</td>
</tr>
<tr>
<td>Shoulder</td>
<td>Neck (best end)</td>
</tr>
<tr>
<td>Best end of loin (contains a large proportion of fat and bone)</td>
<td></td>
</tr>
<tr>
<td>Saddle (this is the double loin —but too large for most families)</td>
<td></td>
</tr>
<tr>
<td><strong>Pork</strong></td>
<td></td>
</tr>
<tr>
<td>Leg</td>
<td>Hand of pork (often called &quot;Fat Hen&quot;)</td>
</tr>
<tr>
<td>Loin</td>
<td></td>
</tr>
<tr>
<td><strong>Veal</strong></td>
<td></td>
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<tr>
<td>Fillet</td>
<td>Shoulder</td>
</tr>
<tr>
<td>Loin</td>
<td>Breast (usually boned, stuffed and rolled)</td>
</tr>
<tr>
<td><strong>Boiling</strong></td>
<td>Neck (best end)</td>
</tr>
<tr>
<td>BOILING is not suited to small joints, and it is better not to use this method for anything less than 3 to 4 lb. in weight. Lean meat is better for boiling than fat. Wipe the meat with a damp cloth and if necessary tie into shape with string. Weigh it and, if it is fresh meat, put it into boiling water. If it is salt meat, put into cold water and bring to the boil gradually. Taste the water</td>
<td></td>
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</tbody>
</table>
and if very salt, pour off and repeat with fresh water. In both cases be sure that the water is deep enough to cover the meat.

Remove scum as soon as it rises to the surface, but keep the lid on closely all the rest of the time, with a weight on top to keep it down if necessary. The meat must be covered with water all the time it is cooking. Simmer very slowly until tender.

It is an excellent plan to add a sliced onion, a couple of sliced carrots and a bunch of herbs to the water in which the meat is boiled. Salt and pepper (peppercorns if you have them) should be added when the meat is half done. No salt is needed, of course, for salt meat.

The length of time for boiling varies with the thickness of the joint, but this table will serve as a general guide.

**Fresh Beef:**
- Thin cuts: 15 minutes per lb. and 15 minutes over
- Thick cuts:
  - 20 minutes
  - 15 minutes

**Salt Beef:**
- 25 minutes

**Mutton:**
- Thin cuts:
  - 20 minutes
  - 15 minutes
- Thick cuts:
  - 25 minutes
  - 15 minutes

**Pork:**
- 25 minutes

**Veal:**
- 25 minutes

**Bacon:**
- 25 minutes

**Ham:**
- 15 minutes, up to 10 lb.

Here is a list of joints suitable for **boiling**:

**FRESH BEEF**
- Round (including fresh)
- Flank (very economical)
- Silverside
- Aitchbone
- Brisket

**SALTED BEEF**
- Salt Silverside
- Salt Brisket
- Salt (Thin end of) Flank

**MUTTON**
- Leg
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Grilling

Grilling is a much more digestible method than frying, and with an electric griller is simplicity itself.

See that the griller is switched on to “High” for a good 2 minutes before starting to grill. Place the meat on the grid of the grill pan, and if desired brush with a little melted fat and grill quickly on both sides to sear the meat. Continue grilling until meat is done, turning once.

To test when done, do not use a fork. Press with the flat blade of a knife. If meat springs back when pressure is withdrawn, it is ready.

The following are all suitable for grilling: chops, steaks, cutlets, bacon, ham, eggs, kidneys and sausages.

Frying

Switch “High” until fat is smoking hot, then put in meat and switch “Low.” For instructions on shallow and deep fat frying see section on Fish.

Chops, steaks and cutlets should be fried in shallow fat; croquettes and rissoles in deep fat. Time varies according to thickness of meat.

Stewing and Braising

Stews are best cooked in casseroles (see section on pp. 28–9) but, if liked, can be cooked in a saucepan on top of the cooker.

It is always best to fry both meat (rolled in seasoned flour) and sliced vegetables for a few minutes in a little smoking-hot dripping before putting them in the stewpan.

Cover with stock or water and simmer very slowly. The liquid should not appear to move at all as it cooks. If it boils, it toughens the meat.

For braising, put a good bed of sliced fried vegetables (carrots, onions, turnips, etc.) in the pan, then put in the meat, season to taste and pour in only enough water
or stock to come half-way up the meat. Put on the lid and cook very slowly on the hotplate until meat is tender (usually about 2 hours).

Both methods are admirable for the tougher cuts of meat, such as the following:—

**Beef**
- Round of beef
- Fresh brisket
- Leg or shin of beef
- Flank
- Midriff
- Clod or Sticking Piece
- Ox Cheek

**Mutton**
- Neck of Mutton
- Breast

**Veal**
- Neck of veal
- Breast
- Knuckle
- Veal pieces

**Pork**
- Pickled Pork

**Simple Meat Dishes for All Occasions**

**ROAST BEEF WITH YORKSHIRE PUDDING**

*4 lb. rolled ribs*

**FOR THE PUDDING:**

- 4 oz. plain flour
- 1½ oz. dripping
- ½ pint milk
- Salt to taste
- 1 or 2 eggs

Put the meat on a trivet, and proceed according to instructions on page 20.

To make the pudding, sift flour and salt into a basin, make well in centre, break in the eggs, beat well, adding milk little by little

*or*

If you have an egg whisk, whisk eggs together, add milk and whisk again. Stir in flour and salt, whisk all together until perfectly smooth.

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If plain flour has been used, allow to stand for 1 hour. (Self-raising flour will lose its “raising” properties if batter be allowed to stand.)

Heat the fat in a baking tin or fireproof dish, pour in the batter, bake in a hot oven for about 30 minutes. The pudding should be placed in the hottest part of the oven, usually the top. It may be necessary to turn the oven switch to “High” just before putting the pudding into the oven to regain a hot oven. Then switch to “Medium” or “Low.”

**STEAK AND KIDNEY PIE**

1 lb. stewing steak 1 tablespoonful flour or
1/4 lb. kidney gravy powder
Salt, pepper and mustard 1/2 lb. pastry

Roll the steak in the flour, seasoned with salt, pepper and mustard; put it in a casserole or stewpan. Cover with water and cook very slowly for at least 1 1/2 hours before making the pie. Do not let it boil. Put the meat in a pie dish, add the kidney cut in neat pieces, free from core, add the liquor from the steak and season to taste. There should be enough liquor to cover the meat—if not, add water. Put in a funnel, cover with pastry lid, make a hole in the centre to let out the steam. Place in hot oven; when pastry has risen, switch to “Low” and bake slowly until brown. If rough puff pastry is used, heat the oven to a temperature of 475° F.; if short crust pastry, heat to 450° F.

**STEAK AND KIDNEY PUDDING**

1/2 lb. suet pastry 1 small onion
1 lb. stewing steak 1 teacupful hot water
1/4 lb. kidney 1 dessertspoonful flour
Salt and pepper

Cut steak and kidney in small pieces and roll in seasoned flour. Line pastry basin with pastry, put in meat, chopped onion and hot water. Cover with pastry lid, press moistened edges together, cover with greaseproof paper and boil for 4 hours.
COOKING WITH CONFIDENCE

BOILED BEEF WITH DUMPLINGS

3 lb. salt silverside (or salt
aitchbone or salt brisket) 3 or 4 carrots
1 parsnip
2 onions 1 small turnip
Peppercorns

FOR THE DUMPLINGS:

| 3 oz. flour | 1 oz. chopped suet |
| 1/2 teaspoonful baking powder | 1/2 teaspoonful salt |
| A little milk or water |

Wash meat, and if very salt soak it for a few hours in cold water. Tie into a neat round with string, put in pan, cover with cold water, bring to the boil and skim well. Simmer for 1 hour, skim again. Add sliced vegetables and peppercorns, and simmer for 15 minutes, then put in the dumplings and simmer for a further 15 minutes.

To make the dumplings, mix the dry ingredients together and bind with a little milk or water. The dough must be soft but not sticky. Make into balls with floured hands.

To serve, put meat on hot dish, with dumplings and vegetables around it.

NOTE.—Stewing mutton may be cooked in exactly the same way.

STUFFED NECK OF MUTTON

3 lb. best end of neck (boned) 1 egg or a little milk
1 teacupful breadcrumbs 1 small onion, grated
2 tablespoonful chopped suet 1/2 teaspoonful mixed herbs
Pepper and salt to taste

Mix breadcrumbs, suet, onion, herbs and seasoning and bind with the egg or milk.

Spread this stuffing on the mutton, roll up, tie with string and bake for 1 hour, 20 minutes. Temperature 425° F.

Ask the butcher for the bones and use them for soup.
COOKING WITH CONFIDENCE

MUTTON ROLL

1 lb. lean mutton (raw) 1/2 teaspoonful mixed spice
1/2 lb. bacon Rind of 1/2 lemon (grated)
1 cupful breadcrumbs 1 tablespoonful chopped
1 small onion (chopped) pickles (if liked)
1/2 teaspoonful mixed herbs Salt and pepper
1 egg (beaten)

Mince meat and bacon, mix well with all the dry ingredients, putting a few breadcrumbs on one side. Bind with egg. If not enough, add a little milk. Form into roll, wrap in greaseproof paper, lay in baking tin and bake in brisk oven, 450°F., for about 45 minutes. Remove paper, sprinkle roll with breadcrumbs and return to oven to brown.

BAKED STUFFED SHEEP’S HEART

4 sheep’s hearts 2 oz. dripping

FOR THE STUFFING:

1 teacupful breadcrumbs Grated rind of 1/2 lemon
1 small onion minced Salt and pepper
2 tablespoonsful chopped suet A little beaten egg or milk
1/2 teaspoonful mixed herbs to bind

Mix ingredients of stuffing together in a basin. Wash hearts thoroughly, cutting away pipes and flaps. Soak in salted water for 1/2 hour. Dry well, fill cavities with stuffing. Tie a strong piece of greased paper over to keep stuffing in place. Melt dripping in baking tin. Put in hearts and baste well. Bake in a moderately hot oven, 400°F., for 1/2 hour to 1 hour with switch at “Low.” Serve with thick gravy.

BOILED BACON

Soak a piece of bacon (a corner or a rolled hock is suitable for boiling) in lukewarm water from 2 to 4 hours according to saltness. Put in saucepan with sufficient warm water to cover it, put on the lid and simmer until tender, allowing 25 minutes per lb. and 25 minutes over. When done, if it is to be served cold, allow to get cold in the liquor, then take out, rind and stew thickly with browned breadcrumbs. Put the bacon in the oven for a few minutes to make the crumbs adhere to the fat.
CASSEROLES are so reasonable in price these days that no home should be without at least one. Casserole cookery is the easiest in the world because once the casserole is in the oven (or on the hotplate) the food cooks itself. Again, there is no "dishing up" with casserole cooking, as the casserole is taken straight from oven to table.

CASSEROLE OF RABBIT

1 rabbit (jointed)  2 tablespoonsful flour
3 oz. bacon   3 or 4 cloves
1 large onion   2 bay leaves (if liked)
2 or 3 carrots  Pepper, salt and mustard
1 oz. dripping  1 pint water

Roll rabbit joints in flour seasoned with salt, pepper and mustard. Cut bacon into small pieces, fry and put in casserole. Add dripping to pan, fry the rabbit joints until brown all over and add to casserole. Slice onions and carrots and fry for a few minutes. Put in with the rabbit. Stir remainder of flour into pan and cook till brown, then pour in the water, boil up and add to the casserole, together with cloves and bay leaves. Put on the lid and cook in a moderate oven for 2 hours. Temperature 350° F.

CASSEROLE OF LIVER

1 lb. calf's liver (sliced)  2 tablespoonsful flour
2 onions  Salt, pepper and mustard
1/2 lb. tomatoes  2 or 3 cloves, if liked
2 oz. bacon fat or dripping  1/2 pint stock or water
COOKING WITH CONFIDENCE

Roll the sliced liver in seasoned flour, fry lightly in the fat and put in casserole. Slice onions and tomatoes, fry for a few minutes and add to the liver. Mix the remainder of the flour with the fat in the pan; pour in the stock or water, boil up and pour into the casserole. Season with salt and pepper and put in the cloves. Bake slowly for 1 to 1½ hours. Temperature 350° F.

Note.—If liked, some rashers of streaky bacon may be included in this dish.

LANCASHIRE HOT-POT

1½ lb. neck of mutton  Salt and pepper
2 lb. potatoes  1 oz. butter
2 Spanish onions

Butter a casserole, put in layer of sliced potatoes and onions, then put in meat, pour in 1 pint water, season with salt and pepper. Add remainder of sliced onions and top with quartered potatoes. Dot with butter, put on lid and bake for 2 hours in moderate oven. Temperature 350° F.

CASSEROLE OF BEEF

2 lb. stewing beef (such as 1 teacup each of sliced silverside, topside, leg of beef, or brisket, flank, midriff, hough)  Pepper and salt
1 dessertspoonful gravy powder

Melt dripping in frying pan and brown meat quickly on both sides. Remove meat and fry vegetables for a few minutes. Put vegetables and meat in casserole, pour in a breakfastcupful of water, season with salt and pepper (use peppercorns if possible), put on casserole lid and cook in slow oven for 1½ hours. Thicken the gravy with the gravy powder mixed in a little warm water, return to oven and cook for ½ hour longer. Temperature 350° F.

Note.—Casserole of Mutton may be made in the same way, using any of the cheaper cuts.
VEGETABLES

can be a delight

VEGETABLES contain such valuable mineral salts and are so important from the health point of view that it is a thousand pities to cook them carelessly. Never drown a green vegetable by boiling it in lots of water. By so doing you will pour all its goodness down the sink. Steam vegetables whenever you can or shred them and cook in a cupful of water in a pan with the lid on. You will be surprised how quickly they cook this way and what a difference it makes to their flavour. A teaspoonful of butter should be added to the water when using this method.

COOKING OF VEGETABLES

(Conserved Method)

1 lb. vegetables 1 teaspoonful butter
\( \frac{1}{2} \) pint boiling water 1 teaspoonful salt

Prepare vegetables. Shred or cut up as required. Put into pan with butter and salt. Pour on the boiling water, put lid on pan, and time after boiling-point is reached. Avoid boiling more than 15 minutes.

SHREDDED CABBAGE

Wash the cabbage and shred it coarsely with a knife. Put the cabbage in a saucepan, add a little salt and butter, and the boiling water. Put on the lid, switch to “High”
and when the water boils switch down to "Low." Shake the pan several times while cooking. A medium-sized cabbage will take about 15 minutes this way.

**BRUSSELS SPROUTS**

Brussels sprouts may also be shredded and cooked in the same way as above. They will take about 10 minutes. Or, if preferred, they may be steamed. In either case, toss in a little butter before serving.

**SPINACH**

Wash the spinach very thoroughly, as it is surprising how soil clings to it. Cut off stalks and pack into a saucepan without any additional water. Sprinkle with a little salt and cook gently until tender. Drain and serve at once or, if preferred, chop and reheat with a little butter and pepper.

**PEAS**

Fresh garden peas are delicious steamed and lose very little of their colour. Put a sprig or two of mint with them in the steamer.

If you boil them, put a teaspoonful of sugar in the water as well as the mint and be careful not to cook them too long or too fast, or they will come out of their skins.

**CREAMED CARROTS**

1 lb. carrots 1 oz. flour
1 oz. butter A little milk
Salt to taste

Wash and scrape carrots, cut into strips lengthwise, put in a pan, just cover with hot water. Add a little salt and boil until tender. Melt the butter in a pan, mix in flour smoothly, cook for a minute or two. Add gradually the water in which the carrots were boiled and enough milk to make up to half a pint. Simmer for 5 minutes, put in the carrots, simmer for another 5 minutes, and serve.
HOT BEETROOT WITH BUTTER

3 small beets 1 teaspoonful grated onion
1 oz. butter Salt and pepper
1 teaspoonful chopped parsley A few drops of tarragon vinegar, if liked

Boil the beets in salted water in covered pan for at least 40 minutes, taking great care not to break the skins. Peel and slice into a hot dish. Meanwhile simmer the onion in the butter, add the vinegar, if liked, also salt and pepper, and pour over the beetroot. Sprinkle with the parsley, and serve.

BRAISED CELERY

1 or 2 heads of celery 1 teacupful milk
1 oz. butter ½ teaspoonful cornflour
Salt and pepper

Wash celery and cut into short lengths. Simmer very slowly in the milk and butter until tender (about ¾ hour). Add the cornflour, mixed with a little water, and the seasoning. Simmer for 5 minutes. Serve.

RED CABBAGE

1 red cabbage 1 dessertspoonful sugar
1 tablespoonful butter ¼ teaspoonful grated nutmeg
or lemon juice Pepper and salt to taste
or vinegar

Remove outer leaves of cabbage, wash it well and shred finely. Melt the butter in a saucepan, put in the cabbage, nutmeg, salt and pepper. Put on the lid and simmer until the cabbage is soft—about 1 hour. Stir in the lemon juice and sugar. Cook for 5 minutes, and serve.

LEAKS AU GRATIN

1 bunch leeks 1 teacupful warm milk
1 oz. butter 3 oz. grated cheese
1 oz. flour Salt and pepper

Wash the leeks thoroughly in several waters, cut into 3-inch lengths and steam for 15 minutes or boil in a little salted water for 10 minutes. Melt the butter in a pan.
FISH and CHIPS

Frying fillets in shallow fat

Rolling fillets in fine dried breadcrumbs

Frying chips in deep fat

How to serve fish and chips
PEPARING THE STEAK AND KIDNEY FOR THE PUDDING

Grating the suet after removing the skin

Stirring suet into flour and mixing to a paste with water

Preparing the steak and kidney for the pudding

Cutting off third of paste for cover
STEAK and KIDNEY PUDDING

Lining the greased basin with the crust

Rolling cover for top

Putting on cover after edges have been brushed over with water

Serve pudding in the basin wrapped round with a clean napkin
The GRILL

Showing underside of boiler-griller

Use of Grill, cooking five chops at once
mix in the flour smoothly and add the milk gradually. Simmer for 5 minutes, stirring all the time, then season with salt and pepper and add the leeks and half the cheese. Pour into a fireproof dish, cover with the remainder of the cheese and brown under the grill.

**BAKED STUFFED PARSNIPS**

6 good-sized parsnips  1 oz. dripping

_For the Stuffing:

4 tablespoonsful breadcrumbs 1/2 teaspoonful grated lemon rind
1 tablespoonful finely chopped suet Salt and pepper
1 tablespoonful grated onion A little beaten egg to bind
1/2 teaspoonful mixed herbs_

Peel parsnips, parboil, cut in two lengthwise and remove hard centres. Mix all the ingredients for the stuffing together and bind with a little beaten egg. Fill cavities in parsnips with the stuffing, fit halves together again and lay in greased baking tin. Dot dripping on top and bake until quite tender and golden brown in moderately hot oven (425° F.) (about 30 minutes).

**BAKED ONIONS**

4 Spanish onions  1 oz. butter or dripping
1 teaspoonful milk Salt and pepper

Peel onions, place in fireproof dish. Season with salt and pepper and put a teaspoonful of butter on each. Pour in the milk. Cover with a piece of greaseproof paper and bake in moderate oven until tender (about 1 1/2 hours), basting occasionally.

**SCALLOPED POTATOES**

2 lb. potatoes  1 oz. butter
1/2 lb. onions Pepper and salt
1/2 pint hot milk

Peel and slice potatoes and onions. Butter a pie-dish, fill with alternate layers of potatoes and onions, seasoning each in turn. Dot the rest of the butter on top, pour in the milk, cover with greaseproof paper and bake in a moderate oven (350° F.) for about 1 hour. Then remove the paper and bake till brown.
Delightful Hot Puddings

RICE PUDDING

1 pint milk  1 oz. sugar
2 level tablespoonsful unpolished rice  1 teaspoonful butter
Grated nutmeg, if liked

Wash rice and put in buttered pie-dish with sugar and milk. Bake in slow oven and stir at 10-minute intervals during the first 30 minutes. Then sprinkle with nutmeg and bake for another 1½ hours. The slower the pudding cooks, the creamier it will be.

SEMOLINA PUDDING

1½ pints milk  1 tablespoonful sugar
2 oz. semolina  1 egg, if liked
A little flavouring, if liked

Heat milk in double saucepan, shake in the semolina gradually, stirring all the time, add the sugar and boil for 10 minutes. Add a few drops of vanilla essence or other flavouring. Cool slightly, add egg, beat in well and pour into pie-dish. Bake in a moderately hot oven (temperature 400° F.) a few minutes till golden brown on top or, if liked, brown under the grill.

YORKSHIRE PUDDING

See page 24.

BROWN BETTY

1 lb. cooking apples  3 tablespoonsful golden syrup
4 oz. browned breadcrumbs  ½ teaspoonful mixed spice
3 oz. brown sugar  Rind and juice of ½ lemon

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Peel, core, and slice the apples finely. Put a layer in a pie-dish, cover with breadcrumbs, sprinkle with sugar and spice, and repeat layers until dish is full. Moisten with the lemon juice and grate the rind over the top. Then pour on the golden syrup and bake at a temperature of 375°F for 30 to 40 minutes. Serve with cream.

**QUEEN PUDDING**

1 pint milk 4 tablespoonsful sugar
2 eggs 1 oz. butter
2 teacupsful breadcrumbs 4 tablespoonsful jam
A little grated lemon rind

Mix together breadcrumbs, butter, lemon rind and half the sugar. Heat milk, pour over mixture and allow to soak for a few minutes. Stir in yolk of eggs, put mixture into greased pie-dish and bake at a temperature of 375° until set (about 25 minutes). Remove from oven, spread with jam, top with whites of eggs beaten to a stiff froth with the sugar. Return to oven to brown. The oven switch can be turned off when the pudding is returned to the oven.

**GINGER PUDDING**

6 oz. self-raising flour ½ tablespoonful ground ginger
3 oz. chopped suet 3 oz. treacle ½ small teacupful milk
Pinch of salt

Mix together flour, suet, ginger and salt. Stir in treacle and milk, beat well together, put in buttered basin, cover with greased paper, steam for 2 hours. Serve with custard.

**BAKED CHOCOLATE SPONGE**

½ lb. self-raising flour 3 oz. sugar
1 dessertspoonful cocoa 1 teacupful milk
3 oz. butter 1 egg

Cream butter and sugar, add egg well whisked in the milk and beat together. Sieve flour and cocoa together.
and add gradually. Put into greased fire-proof dish and bake in oven, 400° F., until firm to the touch. Serve with chocolate sauce.

**CANARY PUDDING**

2 oz. sugar  4 oz. self-raising flour  
1 egg well beaten  2 oz. butter  
Grated rind of a lemon


**RED CAP PUDDING**

3 tablespoonsful raspberry  2 oz. butter  
or other red jam  2 oz. sugar  
½ lb. self-raising flour  1 egg  
½ (small) teacupful milk

Cream butter and sugar together, add egg well beaten in milk. Whisk all together, beat in flour little by little. Butter a basin, line with the jam, pour in the pudding mixture, cover with greaseproof paper. Steam for 1½ hours. Serve with jam sauce.

**MARMALADE PUDDING**

As above, but use marmalade instead of jam.

**DATE SPONGE**

½ lb. dates (stoned and chopped)  6 oz. self-raising flour  
½ teacupful milk  2 oz. sugar  1 or 2 eggs  
2 oz. butter  Pinch of salt

Cream butter and sugar together, add eggs well beaten in the milk. Stir in the flour and salt gradually, then the chopped dates, beating well. Steam in greased basin for 1½ hours. Serve with custard sauce.
COOKING WITH CONFIDENCE

BIRDS’ NEST PUDDING

6 small cooking apples  2 oz. sugar
3 oz. tapioca  1 lemon (grated peel and
1 1/2 pints water  juice)

Soak the tapioca in the water for at least one hour.
Pare and core apples, keeping them whole. Fill the
centres with sugar mixed with grated lemon peel.
Arrange in pie-dish, pour in the soaked tapioca, add
remainder of sugar and lemon peel, also lemon juice.
Bake at 375° F. until apples are soft but not broken.
Serve with cream.

CHRISTMAS PUDDING

1/2 lb. flour  3/4 lb. mixed peel (chopped)
1 lb. breadcrumbs  2 oz. ground almonds
1 lb. suet  2 teaspoonsful mixed spice
1 lb. dark brown sugar  1/2 teaspoonful salt
1 lb. currants (cleaned)  Rind and juice of 2 lemons
1 lb. sultanas (cleaned)  6 to 8 eggs
1 lb. raisins (stoned)  Old ale or milk to mix (about
1/4 pint)

Mix all the dry ingredients together, add eggs well
beaten and milk or ale. Mix well together. Leave for 24
hours, then stir again. Boil or steam in greased basins
covered with greaseproof paper for 8 hours.

TREACLE PUDDING

6 oz. flour  1/4 teaspoonful bicarbonate of
2 oz. suet  soda
4 oz. treacle  1 tablespoonful milk

Mix together the flour and suet, add the treacle and
lastly stir in the soda dissolved in the milk (lukewarm).
Tie in a floured cloth, leaving room for the pudding to
swell. Plunge into boiling water and boil for 2 hours. Do
not cut with a knife but pull apart with a fork.
Refreshing Cold

SWEETS

PINEAPPLE MOULDS

1 tin pineapple (medium size) 2 oz. cornflour
2 oz. sugar

If liked:
4 crystallised cherries 6d. worth cream

Slice pineapple very finely and make up contents of tin to 1 pint by adding water. Bring to boil, add sugar. Mix cornflour smoothly with 3 tablespoonsful water. Add carefully to boiling fruit. Simmer for 10 minutes, stirring all the time. Wet four little moulds with cold water, pour in the fruit and allow to set. When set and cold turn out, top with cream and decorate with cherries.

CARAMEL CUSTARD

1 pint milk 2 eggs
1 dessertspoonful sugar

For the Caramel:
3 oz. loaf sugar ½ teaspoonful water
Squeeze of lemon juice (if liked)

Put the ingredients for the caramel into a small saucepan and cook gently until golden brown. Take care it does not burn. Pour into clean cake tin and turn tin round and round until coated with the caramel.

Beat eggs well. Heat milk, add sugar, pour on eggs and beat again. Strain into tin, cover with greased paper and steam gently for 1 hour. Turn out and allow to get quite cold.
APPLE SNOW

1 lb. cooking apples  2 tablespoonsful water
3½ oz. sugar   ½ pint milk
2 eggs

Peel, core and slice apples and stew gently with the water and 2 oz. sugar. When tender, beat to a pulp with a fork. Heat milk, add 1 oz. sugar and beaten yolks of the eggs and stir until mixture thickens. Whisk whites stiffly and add a very little sugar. Put apple in a dish, pour on the custard and top with the white of egg. Sprinkle with sugar and bake at 350° F. until top hardens. Serve cold.

SUMMER PUDDING

Slices of bread   Sugar
Stewed fruit   1 teaspoonful butter

Butter a basin, line with slices of bread and fill with very hot stewed fruit (sweetened). Cover with slices of bread, put an enamelled plate on top with a weight on it. When cold, turn out and serve with custard.

STONE CREAM

1½ oz. cornflour  2 oz. sugar
1 pint milk   Several tablespoonsful jam
1d. bar chocolate

Mix cornflour with a little of the milk to a smooth paste. Boil the remainder of the milk with the sugar, pour on to the paste, return to pan and simmer for 5 minutes, stirring all the time. Line the bottom of a dish with the jam, pour in the cornflour and allow to set. When quite cold, grate the chocolate over the top and serve.

GOOSEBERRY FOOL

1 lb. green gooseberries  2 or 3 tablespoonsful water
¼ lb. sugar   1 teacupful milk
½ teacupful thin cream

Stew the gooseberries with the sugar and water until tender, rub through a sieve and cool. Mix milk and cream together and add gradually to the fruit. Serve cold.
Plain and Fancy

CAKES

Abbreviations: S.H.—Side-heated Oven.

SCHOOLROOM CAKE

6 oz. flour 1 teaspoonful baking powder
1 oz. peel ½ teaspoonful spice
3 oz. currants or sultanas 3 oz. brown or white sugar
A little milk 3 oz. butter
1 egg

Rub butter into flour and dry ingredients. Beat egg and mix with milk, stir into cake and beat mixture well. Put into greased and floured tin.

Bake as follows:—
S.H. Temperature 400° F.
Switch “Low” for 1 hour.
T. & B.H. Temperature 415° F.
Switch top off.
Switch bottom “Low” for 1 hour.

GINGERBREAD

7 oz. flour ½ gill milk
2 oz. butter, dripping or lard 5 oz. treacle
3 oz. sugar 2 oz. candied peel
1 large teaspoonful ground ginger ½ teaspoonful bicarb. of soda
½ teaspoonful mixed spice
2 small eggs

Sieve flour, ginger and soda. Put butter and treacle into saucepan, and heat gently until dissolved, then cool.
COOKING WITH CONFIDENCE

Beat in eggs and sugar to this mixture. Add this liquid mixture then to the flour, and beat well. Shred peel and add to it. Add milk last. Pour mixture into cake tin lined with greased paper. A square meat tin does well for this. Chopped preserved ginger and blanched almonds can be added if liked.

Bake as follows:—

S.H.  Temperature 375° F.
Switch “Low” for 45 minutes.

T. & B.H.  Temperature 400° F.
Switch top off.
Switch bottom “Low” for 45 minutes.

HUNTER’S CAKE
(Half these quantities can be used: the following is sufficient for 2 large cakes.)

1 lb. flour  3/4 lb. soft sugar.
3/4 lb. lard or butter  1 lb. Valencia raisins
1/2 lb. citron or mixed peel  1/4 pt. milk
1 teaspoonful bicarb. of soda  3 eggs

Cream butter and sugar. Add beaten eggs and flour gradually. Add chopped raisins and peel. Mix bicarbonate of soda with milk and stir in.

Bake as follows:—

S.H.  Temperature 375° F.
Switch “Low” 1 1/2–2 hours.

T. & B.H.  Temperature 400° F.
Switch top off.
Switch bottom “Low” for 1 1/2–2 hours.

VICTORIA SANDWICH

The weight of:—

3 small eggs (or 2 large eggs)  1 teaspoonful baking
in butter, castor sugar powder
and flour

Cream butter and sugar. Beat eggs and add to mixture. Beat well together, until a smooth batter-like mixture. Fold in flour and baking powder. A little flavouring may
be added if liked. Lard and flour 2 sandwich tins. Divide mixture evenly, spread in tins and bake as follows:

S.H. Temperature 400° F.
Switch "Low" for 20 minutes.
T. & B.H. Temperature 415° F.
Switch top off.
Switch bottom "Low" for 20 minutes.

HONEY CAKE

2 eggs 2 oz. castor sugar
3 oz. honey 2 oz. chopped almonds
1 oz. candied peel 6 oz. flour
½ teaspoonful baking powder ½ teaspoonful cinnamon

Beat eggs and sugar together for about 15 minutes over pan of hot water. Mix in melted honey and spice. Sift in flour and baking powder. Stir in chopped peel and almonds.

Bake as follows:

S.H. Temperature 375° F.
Switch "Low" for 1 hour.
T. & B.H. Temperature 400° F.
Switch top off.
Switch bottom "Low" for 1 hour.

Can be made into small cakes. Can be iced when cold.

SODA CAKE

½ lb. castor sugar 1 teaspoonful bicarb. of soda
1 lb. flour Sultanas, peel or raisins as
1 egg liked
Mixed spice Little milk
½ lb. butter or beef dripping

Rub fat into flour, until like fine breadcrumbs. Add fruit, sugar and flavouring. Beat egg well and mix in. Mix soda in ½ teacup of milk and add to mixture.

Bake as follows:

S.H. Temperature 400° F.
Switch "Low" for 1½ hours.
T. & B.H. Temperature 415° F.
Switch top off.
Switch bottom "Low" for 1½ hours.
COOKING WITH CONFIDENCE

CHRISTMAS CAKE
(Rich)
1 lb. butter 1 gill brandy or rum
1 lb. flour 1 lb. soft sugar
1/2 lb. raisins 1 1/2 lb. currants
1/4 lb. glacé cherries 1/2 lb. sultanas
1/4 lb. Jordan almonds 1 lb. peel
9 eggs 1 oz. mixed spice
2 tablespoonsful caramel

Cream butter and sugar. Add flour and eggs alternately. Add fruit and brandy.
Bake as follows:—
S.H. Temperature 350° F.
    Switch "Low" for 5 hours.
T. & B.H. Temperature 350° F.
    Switch top off.
    Switch bottom "Low" for 5 hours.

Note.—If the temperature of the oven rises when switched to "Low," switch off for 15 minutes after 2 hours and switch back to "Low" for 2 1/2 hours. In some cases the switch can be turned off for the last 30-40 minutes.

FOR ICING:
1 lb. icing sugar 1 dessertspoonful lemon juice
1 white of egg Flavouring or colouring

Sieve sugar into basin. Add lemon juice. Mix in the egg white gradually, beating well with wooden spoon.

STANDARD RECIPE FOR SMALL CAKES
4 oz. butter 4 oz. sugar
2 eggs 6 oz. flour

Little milk if necessary 1/2 teaspoonful baking powder
4 oz. candied peel and sultanas (or see below)

Beat sugar and butter together. Add eggs and flour and baking powder alternately. Add flavouring and fruit.
Bake as follows:—
S.H. Temperature 450° F.
    Switch "Low" for 20 minutes.
T. & B.H. Temperature 450° F.
    Switch top off.
    Switch bottom "Low" for 20 minutes.

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COOKING WITH CONFIDENCE

(Paper cake cases can be used or small queen cake tins.)
Add various flavourings, i.e. 1 dessertspoonful of Camp
coffee for coffee cakes, 2 tablespoons of chocolate powder
for chocolate cakes, ground ginger and chopped preserved
ginger for ginger buns, and so on.

ROCK CAKES

\[
\begin{align*}
\frac{3}{4} \text{ lb. flour} & \quad A \text{ little milk} \\
1 \text{ egg} & \quad 1 \text{ teaspoonful baking powder} \\
3 \text{ oz. butter and dripping} & \quad 4 \text{ oz. sultanas} \\
1 \text{ oz. peel} & \quad \text{Pinch of spice and lemon} \\
4 \text{ oz. sugar} & \quad \text{juice}
\end{align*}
\]

Sieve flour and baking powder into basin. Rub in fat
and add other dry ingredients. Stir in well-beaten egg,
add milk if necessary, but mixture should be dry. Put
in small heaps on greased and floured tin.
Bake as follows:—
S.H. Temperature 450° F.
Switch “Low” for 30 minutes.
T. & B.H. Temperature 500° F.
Switch top off.
Switch bottom “Low” for 20 minutes.

RICE BUNS

\[
\begin{align*}
2 \text{ oz. butter} & \quad 2 \text{ oz. sugar} \\
1 \text{ egg} & \quad 1\frac{1}{2} \text{ oz. ground rice} \\
3\frac{1}{2} \text{ oz. flour} & \quad \frac{1}{3} \text{ teaspoonful baking powder}
\end{align*}
\]

Beat butter and sugar together and add egg. Stir in flour
and rice. Add flavouring. Roll out into about 12 balls.
Place on greased tins.
Bake as follows:—
S.H. Temperature 425° F.
Switch “Low” for 10 minutes.
T. & B.H. Temperature 450° F.
Switch top off.
Switch bottom “Low” for 10 minutes.
Buns will have spread, and when cool, place a teaspoonful
of icing in centre and place glacé cherry on top.

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COOKING WITH CONFIDENCE

COCO-NUT GEMS
8 oz. castor sugar  8 oz. desiccated coco-nut
White of 1 egg   Lemon juice

Beat white of egg. Add sugar and lemon juice until mixture is stiff. Add coco-nut. Drop on rice paper in teaspoonsful, and pinch top to points. A little cochineal colouring may be added to half the mixture.

Bake on sheets of rice paper placed on Swiss roll tins or baking sheets.

Bake as follows:—
S.H.        Temperature 375° F.
            Switch “Low” for ½ hour.
T. & B.H.   Temperature 375° F.
            Switch top off.
            Switch bottom “Low” for ½ hour.

FLAP JACK
8 oz. oatmeal  4 oz. sugar
6 oz. butter

Melt butter. Put dry ingredients into basin and stir in melted fat. Press down into greased Victoria sandwich tin ½ inch thick.

Bake as follows:—
S.H.        Temperature 375° F.
            Switch “Low” for 20–30 minutes.
T. & B.H.   Temperature 400° F.
            Switch top off.
            Switch bottom “Low” for 20–30 minutes.

Take out of oven, cut across the cake three times and leave until quite cold before removing from tin.

SWISS ROLL
3 eggs       3 oz. flour
3 oz. sugar  Warm jam

Line a Swiss roll tin with greaseproof paper. Place a mixing basin over saucepan of hot water. In this beat together eggs and sugar until creamy. This will take about 10 minutes. Remove basin from saucepan and fold flour into the mixture. Pour into papered tin and bake in hot oven as follows:—

S.H.        Temperature 475° F. for 7 to 10 minutes.
COOKING WITH CONFIDENCE

T. & B.H. Temperature 450° F.
Switch top off.
Switch bottom "Medium" for 7-10 minutes.

Spread a damp tea cloth on the table, sprinkle with sugar, turn sponge out on to cloth and spread over with warm jam. Trim off edges. With the nearest end of the cloth fold over the end of sponge about an inch and roll with the cloth in the hands. Press well into shape before removing it. Dredge with castor sugar.

SHREWSBURY BISCUITS

8 oz. flour 4 oz. castor sugar
4 oz. butter 1 small egg
Teaspoonful grated lemon rind

Cream butter and sugar. Beat and add egg. Stir in flour and lemon rind. Mixture should be dry. Knead lightly and roll out on floured board. Cut out with pastry cutter. Place on lightly greased tin.

Bake as follows:—
S.H. Temperature 400° F.
Switch "Low" for 15 minutes.
T. & B.H. Temperature 425° F.
Switch top off.
Switch bottom "Low" for 15 minutes.

GINGER BISCUITS

½ lb. flour ½ lb. golden syrup
½ lb. moist sugar ¼ lb. butter
½ oz. ground ginger ½ teaspoonful mixed spice

Put flour, spice, ginger and sugar into basin. Mix well. Heat golden syrup and butter a little. Pour into dry ingredients and stir well. Drop dessertspoonful of mixture on greased paper or greased and floured baking sheets.

Bake in moderate oven as follows:—
S.H. Temperature 375° F.
Switch "Low" for ½ hour.
T. & B.H. Temperature 400° F.
Switch top off.
Switch bottom "Low" for ½ hour.
**PAstry in plenty**

Baking pastry is a joy with an electric oven because the heat is so even. Try to keep the ingredients as cool as possible while you are making the pastry. Be very careful not to use too much liquid. Make sure you have the oven the right heat before putting in the pastry.

**SHORT PASTRY**

| 8 oz. flour | 2 oz. butter |
| 2 oz. lard | Pinch of salt |
| Cold water | to mix |

Mix flour and salt together and rub the fat into the flour until it is very finely divided and looks like fine breadcrumbs. Make a well in the centre, stir in just enough water to make a stiff paste. Use as little water as you can. Flour the pastry board and rolling pin, roll out as required. Bake in oven at 450° F.

**SUET CRUST**

| 8 oz. flour | \(\frac{1}{3}\) teaspoonful baking powder |
| 4 oz. chopped suet | \(\frac{1}{4}\) teaspoonful salt |
| Cold water |

Mix flour, baking powder, salt and suet together, then rub suet into flour lightly with the fingers. Add cold water little by little, using only enough to make an elastic paste (about 1 small teacupful). Turn out on floured board, shape into a roll, tie in a floured cloth and boil for 1½ hours. Then serve with treacle or jam. Or roll crust out and use for boiled and steamed meat pies, fruit puddings, roly-polies, etc.
COOKING WITH CONFIDENCE

POTATO CRUST

8 oz. flour 4 oz. butter
4 oz. sieved cooked potatoes ⅛ teaspoonful salt

Rub butter into flour, add sieved potatoes and salt and enough cold water to make into a stiff dough. Roll out and use as short pastry.

HOT WATER CRUST
(for raised pies)

12 oz. flour 4 oz. lard
⅛ teaspoonful salt ½ pint water

Warm flour and salt in a basin. Heat water and lard together. When boiling, pour into centre of the flour and mix quickly into a paste. Knead until the paste is smooth and stand in a warm place for ½ hour. Roll out and use as required. Bake in a hot oven at a temperature of 475° F.

ROUGH PUFF PASTRY
(for pies, tarts, etc.)

8 oz. flour Yolk of 1 egg
3 oz. lard 1 teaspoonful lemon juice
3 oz. butter Pinch of salt
Cold water

Mix lard and butter together, cut into pieces about the size of a walnut and add to the flour which has been previously sieved with the salt. Mix to elastic paste with the lemon juice and water (about 1 gill) and turn out on a floured board. Knead together lightly, then roll out in a long strip. Flour lightly, fold in three, roll out again. Flour and fold and roll out a third time. Bake in an oven of 475° F.
Taking skin from sausages and cutting into halves lengthwise

Pouring in the batter

SAUSAGE TOAD in the HOLE

Mixing the batter
SWISS ROLL

Line a baking tin with greased paper and brush with oiled butter.

Pour the mixture into the greased baking tin.

After trimming the edges, spread with jam.

Roll up with the end of the cloth.
Ways with EGGs

HOW TO BOIL AN EGG

CHOOSE a saucepan (with a tight-fitting lid) which covers the boiling plate. Put two tablespoonsful of water in the pan with the egg or eggs; switch on to "Full" until the water boils. Switch off and leave the egg in the pan for a further 4 minutes.

GRILLED EGGS

Make a little fat very hot in the grill pan. Break the eggs one by one into a cup and slide into the hot fat. Spoon the hot fat over the eggs while they are cooking. To prevent the whites from spreading out too thinly in the pan, tilt the pan slightly on the runners or cook the eggs inside metal rings placed in the pan.

POACHED EGGS

Use a shallow pan and put in enough water to cover the eggs. Add a teaspoonful of vinegar and a little salt and bring to the boil. Break the eggs one at a time into a cup and slip them carefully into the water. Simmer gently for 3 minutes or until nicely set, then lift out carefully with a fish slice. Do not boil them fast or they will toughen.

SCRAMBLED EGGS
(also called Buttered Eggs)

To each egg allow a tablespoonful of milk and pepper and salt to taste. Beat lightly together. Heat a teaspoonful
of butter in a saucepan, pour in the eggs and cook over a moderate heat, stirring all the time. As soon as you feel the eggs setting on the bottom of the pan, put in another small teaspoonful of butter and continue stirring until well set. Serve at once on rounds of buttered toast.

SCRAMBLED EGGS AND TOMATOES
Make as above, but instead of milk add same amount of tomato pulp.

OMELETTE
2 eggs  
Salt and pepper
1 oz. butter

Beat eggs lightly, season with salt and pepper. Make butter very hot in pan but do not allow to brown. Pour in the eggs, shake gently as it begins to cook. As it sets round the edge, keep loosening and lifting it with a knife. When underneath is set and golden brown, fold over in half and serve immediately.

CHEESE OMELETTE
Make as above but a minute or two before folding over cover with grated cheese.

SAVOURY OMELETTE
Make as above but spread with hot fried tomatoes or hot chopped cooked vegetables just before folding over.

JAM OMELETTE
1 egg per person 1 teaspoonful butter
1/2 teaspoonful of sugar per egg  
A little strawberry jam  
A little castor sugar

Separate egg whites and yolks, whisk and stir lightly together, add sugar. Make the butter very hot in the pan, pour in egg and loosen round edge as it begins to cook. Fold over with fish slice as soon as it is brown underneath. Slip on to hot dish, sprinkle with a little castor sugar and serve with hot jam.
BAKED EGGS WITH CHEESE

4 eggs 1 oz. butter
1 lb. grated cheese A little chopped parsley
Salt, pepper and mustard

Butter a fireproof dish, break in the eggs carefully, season with salt and pepper. Cover with the cheese to which a little dry mustard has been added, sprinkle with parsley, dot with butter and bake in a quick oven (450° F.) for about 8–10 minutes. Serve at once.

SCOTCH EGGS

4 hard-boiled eggs 1 beaten egg
1/2 lb. sausage meat 1/2 teacupful fine bread-
Salt and pepper crumbs
Frying fat

Cover hard-boiled eggs completely with sausage meat. Brush over with beaten egg, coat with breadcrumbs and fry in very hot deep fat until golden brown. Cut each egg in half and serve hot or cold.

EGG AND POTATO PIE

1/2 lb. boiled potatoes 2 tomatoes
4 tablespoonsful hot milk 2 tablespoonsful grated cheese
3 hard-boiled eggs 1 teacupful white sauce
Salt and pepper

Mash the potatoes very smoothly with the cheese and milk. Season to taste. Line a buttered pie-dish with the mixture and put in the eggs, cut in halves, and the tomatoes (sliced). Sprinkle with salt and pepper, pour the sauce over and cover with the rest of the mashed potato. Brush over with a little milk and bake in a moderate oven until brown.

STUFFED EGGS

3 hard-boiled eggs Dash of lemon juice
8 shrimps Pepper
1/2 oz. butter Lettuce

Cut eggs in half and remove yolks carefully. Pound the yolks with the shrimps (picked), butter and lemon juice. Season with pepper. Pile the mixture in the egg whites and arrange on a bed of lettuce.
If you are in doubt what to serve, a cheese dish is a good stand-by. Cheese is economical, easily prepared and can make a really substantial meal. With careful cooking it need not be indigestible. Dry cheese is best for cooking.

**CHEESE PUDDING**

| 1 teacupful breadcrumbs | 1½ teacupsful milk |
| 2 oz. grated cheese | 1 egg |
| ½ oz. butter | ½ teaspoonful mustard |
| Salt and pepper to taste |

Bring milk to the boil, add butter and pour over the breadcrumbs. Add cheese, yolk of egg well beaten, mustard, salt and pepper; mix together. Add white of egg, beaten stiffly. Pour into buttered pie dish and bake 20 to 25 minutes at 425°F.

**MACARONI CHEESE**

| ½ lb. macaroni | 1 oz. butter |
| 6 oz. grated cheese | 1 small teacupful milk |
| 1 oz. flour | 1 teaspoonful made mustard |
| Pepper and salt |

Break the macaroni into short pieces, put into a pan of boiling salted water and cook till tender (about 20 minutes). Drain but save a teacupful of the water.

Melt the butter in a pan, mix in the flour smoothly, cook for a few moments, add the macaroni water and the milk gradually, stirring all the time, and simmer for 10 minutes. The sauce should be on the thick side. Stir in
half the cheese and the macaroni. Add mustard and salt and pepper to taste. Pour into a pie dish, put the rest of the cheese on top and brown under the grill, with the switch on "High."

**CAULIFLOWER CHEESE**

1 medium-sized cauliflower  4 oz. grated cheese
⅜ pint white sauce (see page 60)  Pepper and salt

Cook the cauliflower. Arrange in a fireproof dish. Sprinkle with salt and pepper. Add half the cheese to the sauce, heat up and pour over the cauliflower. Sprinkle the rest of the cheese on top and brown under the grill with the switch on "High."

**CHEESE AND LENTIL SAVOURY**

½ lb. split lentils  4 oz. grated cheese
4 tomatoes  2 oz. dripping
2 small onions, if liked  1 teacupful breadcrumbs  Pepper and salt

Bring ⅛ pint water to the boil, put in the lentils (washed), simmer slowly for 20 minutes. Add sliced tomatoes, pepper and salt, and continue simmering until lentils are perfectly soft, adding more water if necessary. Meanwhile, slice onions, fry lightly in half the dripping then add to the lentils together with the cheese and half the breadcrumbs. Mix together, put in buttered pie dish, cover with rest of crumbs. Dot with remainder of the dripping and brown well under the grill.

**WELSH RABBIT**

½ lb. grated cheese  Small teaspoonful butter
2 tablespoonsful milk  Mustard, pepper and salt
2 large slices toast

Have some toast ready. Heat butter and milk in a pan, stir in the cheese, adding seasonings to taste. As soon as the cheese has melted, pour over the toast and brown quickly under the grill. Do not overcook, even for a minute, or it will be tough.
Simple

SUPPER SAVOURIES

STUFFED TOMATOES ON TOAST

4 large tomatoes  2 tablespoonsful cold meat, finely minced
4 slices buttered toast
2 tablespoonsful breadcrumbs  1 teaspoonful minced onion
½ tablespoonful butter  A little chopped parsley
Salt and pepper

Slice the tops off the tomatoes and scoop out the pulp. Mix together breadcrumbs, meat, onion, parsley, half the butter, salt and pepper, and enough of the tomato pulp to moisten. Pile this mixture into the tomatoes, replace the tops, put a tiny shaving of butter on each and bake in a fairly hot oven for 20 minutes. Serve on the rounds of toast.

LENTIL RISSOLES

8 oz. lentils  1 oz. grated cheese (if liked)
2 onions  Salt and pepper
1 oz. butter or dripping  1 egg, beaten
4 tablespoonsful breadcrumbs  A few fine breadcrumbs
Frying fat

Wash the lentils, cover with boiling salted water and cook until tender and mashed. All the water should be absorbed.

Slice the onions finely, fry in the fat and add to the lentils, together with the breadcrumbs, cheese, pepper, and half the beaten egg. Shape into rissoles, dip in beaten egg, roll in fine breadcrumbs and fry in very hot fat or bake in brisk oven.
COOKING WITH CONFIDENCE

RICE AND TOMATO SAVOURY

4 oz. rice 1 tablespoonful chutney (if 1/2 lb. tomatoes liked)
3 oz. grated cheese 1 oz. butter
Salt and pepper

Wash the rice and boil in salted water until tender but not mushy. Make the butter hot in a pan, add the rice and finely sliced tomatoes and simmer for 10 minutes. Stir in half the cheese, add the chutney, put in a fireproof dish, sprinkle the rest of the cheese over and brown in the oven or under the grill. A little fried onion is a pleasant addition to this dish.

SCALLOPED FISH

2 cooked herrings or equal 1 teaspoonful lemon juice
amount of other cooked fish 1/2 lb. cooked potatoes
1/2 pint white sauce 1 tablespoonful milk
4 tablespoonsful breadcrumbs
Lemon and parsley for 1 oz. butter garnishing
Salt and pepper

Sieve the potatoes. Put in a pan with 1/2 oz. butter and the milk. Beat well over heat until creamy. Butter 4 to 6 scallop shells according to size, line with breadcrumbs, and put a tablespoonful of sauce in each. Remove skin and bone from the fish and divide the flesh among the shells. Season with salt, pepper, and lemon juice. Cover with breadcrumbs and sprinkle with remainder of butter (melted). Put the potato mixture into a forcing bag with a large rose pipe and force it round the fish in each shell. Grill until golden brown, or bake in a hot oven. Garnish with a butterfly of lemon and sprig of parsley.

VEGETABLE CURRY

2 onions 2 tablespoonsful desiccated coco-nut
1/2 teacupful cooked haricot beans
3 or 4 tomatoes 1 tablespoonful brown sugar
Any cold cauliflower, potato, etc. 1 tablespoonful curry powder
1 tart cooking apple 1 tablespoonful gravy powder
2 tablespoonsful raisins A little vinegar
Pepper and salt

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Melt dripping in frying-pan, put in sliced onions, apple, and tomatoes and fry until tender. Add beans, sliced cold vegetables, coco-nut and raisins, sugar, pepper, and salt. Mix the curry and gravy powders together with a little vinegar, add a large teacupful hot water and pour into the pan. Simmer for 10 minutes and serve with plain boiled rice.

**POULTRY**

**HINTS ON BUYING POULTRY**

Be careful to look at the eyes, feet, and flesh when choosing poultry. Reject birds with clouded, sunken eyes. Feet must not be stiff and dry, as this means the bird has been killed some time. If the flesh is turning blue, that also means that the bird is stale.

You can tell if a fowl is young by looking at its comb, which should be smooth and red, and its legs and feet, which should be smooth.

Young geese and ducks have yellow feet and bills which become darker as they grow older.

Young turkeys have short spurs and smooth black legs. A moderately sized bird, with white flesh and full breast, will make the best eating.

**ROAST CHICKEN**

Your poulterer will prepare and truss the chicken for you. He will give you the neck, liver, and gizzard separately. Put these in a pan with sufficient water to cover and simmer to make stock for the gravy.

It makes the chicken go much farther if you stuff it. Prepare a forcemeat as on p. 27. Stuff both body and crop, if liked.

Place the chicken on its back in a roasting pan with 2 tablespoonsful of fat. If possible, cover its breast with thin slices of streaky bacon. If not, spread the breast with a little butter or bacon fat. Place in a hot oven (450° F.). After 15 minutes cover with a piece of greaseproof paper and switch to “Low.” Cook until tender (about 1 hour). Ten minutes before serving, remove the paper to crisp the chicken.
To make the gravy, strain off fat, add stock, a little gravy powder and boil up in pan. Serve the chicken with bread sauce.

**ROAST DUCK**

1 duck  *Sage and onion stuffing*

Stuff the body of the duck with sage and onion stuffing made by mincing 2 lb. boiled onions with 1½ cupfuls breadcrumbs, 1 oz. butter, 1 teaspoonful powdered sage, pepper and salt to taste. Truss the duck for roasting, sprinkle with salt and pepper, and put in a hot oven (450° F.) for ¾ hour, then reduce heat and continue cooking, allowing 15 minutes to the pound. Serve with apple sauce and brown gravy.

**ROAST TURKEY**

1 turkey  *A few slices fat bacon*

Stuffing  *A little butter or dripping*

Get your poulterer to prepare the bird for roasting. It is a good plan to use two stuffings, one for the crop and one for the body.

Ordinary stuffing (see p. 27) may be used or sausage meat or chestnut stuffing. To make the last named, nick a pound of chestnuts with a knife, boil for 20 minutes in salted water, then drain, peel, and mash. Add these to 1 cupful of breadcrumbs, 1 teaspoonful mixed sweet herbs, 1 teaspoonful minced onion, 4 tablespoonsful melted butter and a little stock or milk. Season with salt and pepper.

Spread a little fat over the bird and put it in a very hot oven (500° F.) for 10 minutes. Switch "Low," cover the bird with a piece of greaseproof paper and continue cooking. Allow about 2 hours for a 10-lb. bird, 2½ hours for a 10 to 12 lb. bird, 2½ hours for a 12 to 14 lb. bird, and a maximum of 3 hours for a bird weighing 16 lb. or over. Remove the greaseproof paper 30 minutes before the bird is ready and place two rashers of fat bacon across the breast. Garnish with bacon rolls or chipolata sausages and serve with bread sauce and brown gravy.

**ROAST GOOSE**

Proceed as for a duck. Allow 15 minutes per pound for a full-grown bird and less for a very young one.
COOKING WITH CONFIDENCE

BOILED FOWL

1 fowl  Bunch of thyme, parsley,
1 carrot, 1 onion  bayleaf
¼ lemon  6 peppercorns
Salt

FOR THE SAUCE:

1½ oz. butter  1½ oz. flour
Salt and pepper

Rub the breast of the bird with lemon, wrap it in greased paper and put into a pan with enough boiling water to cover it. Bring to the boil and skim. Add the sliced vegetables, herbs, and seasonings and cook as gently as you can until the bird is quite tender, usually about 1½ hours.

Melt the butter in a pan, mix in the flour smoothly, cook for a few minutes, then add ¾ pint of the stock in which fowl has boiled. Simmer for 10 minutes and season.

Dish up the fowl on a hot dish, pour over the sauce and serve.

CHICKEN RISOTTO

This is an excellent way of using up left-overs of chicken or other poultry.

6 oz. unpolished rice  6 oz. cooked chicken, cut in
1 onion  tiny pieces
1 oz. butter  1 pint white stock or
2 oz. grated cheese  water
Salt, pepper, and pinch of nutmeg

Melt the butter in a pan, add the onion finely sliced and toss it in the hot fat for a few minutes without browning. Add the rice, which must be quite dry, to the onion and butter and simmer for a few minutes, stirring all the time. Add the stock or water and the chicken, bring to the boil and simmer slowly for about 20 minutes or until the stock is completely absorbed and the rice tender but not mushy. Season and serve very hot.

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COOKING WITH CONFIDENCE

HOME-MADE PRESERVES

HINTS ON JAM-MAKING

1. Use a preserving pan with a flat, rigid bottom.
2. Simmer steadily with switch at “Low” after preserve comes to boil.
3. Use only sound fresh fruit.
4. Bring the fruit to the boil before adding the sugar.
5. Warm your sugar before adding it.
6. Have your pots all ready before you begin to make the jam. They should be spotlessly clean and should be warmed before the jam is put in.
7. A nut of butter added after the sugar has dissolved prevents scum.
8. To test the preserve, drop a little on a cold plate. If ready, the surface should set and wrinkle when you touch it.

STRAWBERRY JAM

6 lb. strawberries 6 lb. sugar
Juice of 2 lemons

Bring fruit slowly to the boil, add the lemon juice and sugar (warmed) and boil gently, stirring occasionally, taking care to keep the fruit whole. Test on plate. Usual time after sugar has dissolved, about $\frac{1}{4}$ hour.

BLACKBERRY AND APPLE JAM

4 lb. blackberries 2 lb. cooking apples
6 lb. sugar

Peel and slice the apples, and stew very gently for about 15 minutes. Then add the blackberries and bring to the boil, stirring frequently. Put in the sugar (warmed) and boil briskly until jam sets on a plate (about 40 minutes).

APRICOT JAM

6 lb. fresh apricots $\frac{1}{2}$ pint water
6 lb. sugar

Simmer the apricots in the water until just tender. Then cut each in two and remove stones. Crack the stones, remove kernels, blanch with boiling water, and return to pan. Bring the fruit to the boil, add the sugar (warmed), and boil steadily until jam sets on a plate (about 45 minutes).
SAUCES

for Everyone

A FAMOUS chef once said that if you want to know whether a woman is a good cook or not, it is only necessary to ask her one question. "How do you make white sauce?" Sauces certainly are important, because not only do they make dull dishes interesting, but also, if properly made, they can add greatly to the food value of a meal.

WHITE SAUCE

White sauce is the foundation of so many sauces that it is essential to make it really well.

1 oz. butter ½ pint milk
1 oz. flour Salt and pepper to taste

Melt the butter in a saucepan, cool slightly, then mix the flour in smoothly. Simmer for a minute or two so that the flour can swell in the butter (this is most important), but do not let it brown unless you want a brown sauce.

Heat the milk and add it to the flour very gradually, stirring all the time with a wooden spoon. Season with salt and pepper and simmer for at least 10 minutes, stirring carefully.

Alternative Quick Method.—After cooking the flour and butter, pour on all the milk cold, allow to come to the boil, whisk thoroughly and season.

MUSTARD SAUCE

Add 1 dessertspoonful made mustard to ½ pint white sauce and heat up. More mustard may be added if liked.
COOKING WITH CONFIDENCE

EGG SAUCE

Add a hard-boiled egg, finely chopped, to ½ pint of white sauce. Heat up and season with a little more salt and pepper if liked.

PARSLEY SAUCE

Add 1 tablespoonful chopped parsley to ½ pint white sauce and heat up.

ONION SAUCE

1 large Spanish onion 1 oz. butter
½ pint milk 1 oz. flour
½ pint water Pepper and salt, and a pinch of nutmeg if liked

Peel and slice the onion finely. Simmer in the milk and water until tender. Then make the sauce in the same way as white sauce, using the milk and water in which the onion has cooked, and boil up with the onion before serving.

APPLE SAUCE

2 large cooking apples 1 teaspoonful butter
A little sugar

Bake the apples in the oven, then carefully remove skins and core. Beat up the pulp with the butter and sugar and heat up before serving.

BREAD SAUCE

(for poultry, game, etc.)
½ small onion ½ pint milk
4 cloves ½ oz. butter (if liked)
2 oz. breadcrumbs Salt and pepper

Peel onion, stick with cloves and put into saucepan with the milk. Simmer for 15 minutes, then remove onion and add the breadcrumbs, butter and seasoning. Cook very slowly for a few minutes to allow the breadcrumbs to swell.
COOKING WITH CONFIDENCE

HOLLANDAISE SAUCE
A rather more expensive sauce. Very delicious with fish.

2 oz. butter  Juice of ½ lemon
2 egg yolks  Salt and pepper

Cream the butter in a double saucepan with hot water in the lower pan. Beat the egg yolks and add them to the butter. Heat very cautiously, stirring all the time, but do not allow the sauce to boil or it will curdle.

When smooth stir in the lemon juice and add the seasoning.

HARD SAUCE
(for Christmas Pudding)

2 oz. butter  2 oz. castor sugar
1 dessertspoonful brandy

Beat butter and sugar to a cream, add the brandy, whip well together, pile up in a little fancy dish and allow to get cold before serving.

JAM OR MARMALADE SAUCE
(for puddings)

3 tablespoonsful jam or 1 teaspoonful cornflour
marmalade  Squeeze of lemon juice (for
1 pint water  jam sauce only)

Mix cornflour with a little of the water. Boil rest of water and pour on to cornflour, return to pan, add jam and lemon juice. Simmer for 5 minutes.

MINT SAUCE

2 tablespoonsful chopped mint 1 tablespoonful boiling water
4 tablespoonsful vinegar 1 dessertspoonful brown sugar

Dissolve sugar in the water, add mint and when cold add the vinegar. Leave for 2 or 3 hours before using.
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