1938

Cooking with Glass Ovenware

Phoenix Glass Oven Ware

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Cooking

with GLASS OVENWARE

PRICE SIXPENCE
CLASS OVENWARE
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PREFACE.

HAPPY the bride who counts a set of *Phoenix Glass Oven Ware* among her wedding presents. Many weary hours dishing up or washing up greasy pots and pans are spared her and she is sure of good, even cooking, while the appearance of her recipes will be enhanced on her dining table.

This Collection of Recipes is essentially a book of ideas rather than a Cookery Book in the ordinary sense, and it will undoubtedly stimulate the Phoenix Bride to do more and better cooking. This is true domestic economy because the household will be better fed, the appetites improved, and therefore the digestive systems kept in good order. One might also say that good digestions ensure good tempers, which make for more permanent marriages.

M. S. BRUCE MCGEE, M.C.A.,
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The Midland School of Domestic Science.

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**Vegetarian Dishes**

**BAKED STUFFED CUCUMBERS**

**INGREDIENTS:**

3 cucumbers.
1 cup bread crumbs.
1 teaspoonful of chopped onion.
1 teaspoonful of chopped parsley.
Salt, pepper and paprika.
¼ teaspoonful of celery salt.
1 tablespoonful of melted butter.
2 cupsful of thin tomato soup or stock.

**METHOD:** Peel the cucumbers, cut in halves lengthwise, remove the centres and fill with a stuffing made of all the remaining ingredients except the soup. Place the cucumber halves close together in a Phoenix dish UDB 500. Pour the soup around and cook for half an hour in a moderate oven. Sufficient for 6 persons.

**CHEESE CUSTARD**

Melt 4-ozs. of grated cheese in ½-pint of milk, pour on 3 egg yolks beaten with salt, pepper and half a teaspoon of dry mustard. Fold in whipped egg whites, pour in greased Phoenix dish SC 500, stand in a pan of water and cook in a slow oven for about 30 minutes. Sufficient for 3-4 persons.

**MARROW SOUP**

**INGREDIENTS:**

½ marrow.
3 potatoes.
1 onion.
1 stalk celery.
1-oz. butter.
⅛-pints stock.
Seasoning.
⅛-oz. Barley.
⅛-gills milk.

**METHOD:** Peel the marrow and remove the seeds. Cut into cubes. Peel and slice the potatoes and chop the onion and celery. Melt the butter in a Phoenix dish RD 500 and put in the vegetables. Cook gently for a few minutes, then add the stock and a little salt. Simmer gently for 45 minutes. Rub the vegetables through a sieve and return to the casserole. Throw in the scalded barley and cook for another ½-hour. Fifteen minutes before wanted add the boiling milk and seasoning to taste. Simmer but do not boil again. Serve from the casserole into Phoenix Soup-Pots SPR 500.
CHEESE SOUFFLÉS

INGREDIENTS:
- 1-oz. Butter.
- 1-oz. Flour.
- ½-pint Milk.
- ⅛-teaspoonful Pepper.
- ¼-teaspoonful Made Mustard (as for the dining room table).
- 3 Separated Eggs (yolks and whites)
- 4-ozs. Grated Cheese.

METHOD: Melt the butter in a saucepan. Add the flour. Cook for 2 minutes. Add the milk. Cook and stir until thick. Remove from stove. Add the seasoning and the egg yolks. Stir very quickly. Fold in the stiffly whipped whites of eggs and the grated cheese. Pour into a greased Phoenix dish FS 520 or RCB 520 and cook in a moderate oven for 30 minutes. Oven setting, 6 or D+

BREAD & CHEESE SAVOURY

Half a pound of brown or white bread cut into slices and buttered. ½-lb. grated cheese, pepper and salt. Two eggs and 1-pint of milk.

METHOD: Take a Phoenix dish PD 530, grease and fill with alternate layers of bread and butter, grated cheese and seasoning. Make a custard of the eggs and milk and pour over contents of dish. Bake in a moderate oven until a golden brown—about 35 minutes. Sufficient for 4 persons.

EGG PIE

Grease a Phoenix dish OD 520 and line it with fine bread crumbs. Season with pepper and salt, cover with a layer of mashed potatoes. On to this break 4 or 5 eggs, scatter chopped capers lightly on top, add some breadcrumbs and a layer of tomatoes. Fill the dish with alternate layers of tomatoes and bread crumbs—let the last layer be breadcrumbs. Place a few pieces of butter on the top and bake in a hot oven for about 20 mins. until brown.
Vegetarian Dishes

SUPPER PIE

INGREDIENTS:
3 cups mashed potatoes.
3 heaped tablespoons grated cheese.
2 tablespoons butter.
\( \frac{1}{2} \)-lb. tomatoes.
1 teaspoon grated onion.
\( \frac{1}{4} \)-pint white sauce.
4 eggs.
Pepper and salt.

METHOD: Slice tomatoes. Melt the butter in a saucepan. Add tomatoes, cover and simmer until a thick pulp. Rub through a sieve and beat into potato, seasoning to taste. Add the grated onion and half the grated cheese. Butter a Phoenix dish SEB 520; fill with the mixture. Make four wells in the mixture, into which the eggs should be broken. Cover with the white sauce and sprinkle with the remainder of the grated cheese. Bake in a hot oven for 25 minutes until brown on top. Sufficient for 4 persons. If 5 eggs are used the dish will serve 5 persons.

The lids of Phoenix dishes E 500, DC 530, UD 500 are also suitable for this dish according to the number of persons to be served.

MUSHROOMS AU GRATIN

INGREDIENTS:
\( \frac{1}{2} \)-lb. mushrooms.
2 tomatoes.
\( \frac{1}{4} \)-teacupful milk.
3 tablespoonsful grated cheese.
\( \frac{1}{4} \)-oz. butter.
Seasoning.

METHOD: Butter the Phoenix dish SE 500. Peel the mushrooms and pull out the stalks. Arrange them at the bottom of the dish. Peel and slice the tomatoes and lay on top of the mushrooms. Sprinkle with seasoning and pour the milk over. Sprinkle the cheese on the top. Bake for 35 minutes. Oven setting, 6 or 400.

EGGS FLORENTINE

Butter a Phoenix dish SE 500 and line it with a layer of cooked spinach. Slice 3 hard boiled eggs and arrange on the spinach. Cover with a thick cheese sauce, sprinkle with grated cheese, and bake, until brown, for 15 minutes in the top of the oven. Oven setting, 6 or 400.
Vegetarian Dishes

TOMATO
AND MACARONI
CHEESE

Put three slices of peeled tomato in each Phoenix Scallop-Shell used. Make a white sauce with ¾-pint of milk, 1-oz. each of flour and butter, a teaspoonful of dry mustard, salt and pepper. Add 4-ozs. of grated cheese and 4-ozs. of cooked macaroni. Divide among the dishes, sprinkle well with grated cheese and buttered crumbs, and bake in a moderate oven until browned. This dish can be prepared beforehand. Sufficient for 4 persons.

BRAISED
TOMATOES

INGREDIENTS:

4 tomatoes. Seasoning.
¾-oz. butter. 1 small teaspoonful brown sugar.
1 tablespoonful chopped onion. Pinch mixed spice.

METHOD: Cut the tomatoes into four. Melt ¾-oz. butter at the bottom of a Phoenix dish SE 500 and put in the tomatoes. Sprinkle with the onion, seasoning, sugar and spice. Dab with the remaining butter. Bake in a moderate oven till tender but not too broken, for about 20 minutes. Oven setting, 6, or electric cooker, 400.

LOVE APPLE
PIE

Put about 2 tablespoons of nice bacon fat or butter into Phoenix dish DC 500. Slice a large onion thinly, sprinkle with seasoning and put into the dish. Bake in a hot oven. Meantime, skin, slice and season a pound of tomatoes and prepare some mashed potatoes for the top of the pie. When the onions are cooked, remove them and fill the dish with alternate layers of onion, tomato and brown bread-crumbs. Finally, put a thick layer of the well-mashed potatoes on top of the pie. Bake in the top of the oven until golden brown. Oven setting, E, 7, or 425, for 25 minutes.
Vegetarian Dishes

SUPPER
FOR ONE

Take a Cos lettuce, tear it roughly into pieces and put in a Phoenix dish SE 500. In the centre of the lettuce leaves place a heap of fresh green peas, a finely shredded onion, baby carrots, a large lump of butter, and a little pepper, salt and castor sugar. Cook for 25 minutes. Oven setting, D, 5, or 370.

EGGS AND MUSHROOM

Slice some hard boiled eggs into Phoenix Scallop Shells SS 500. Cover with a good mushroom sauce and put in oven for a few minutes to glaze. Serve very hot.

CHEESE SAVOURIES

Take one Phoenix Scallop Shell SS 500 for each person to be served. Grease well. Spread with a layer of seasoned grated cheese. Break an egg into each dish and cover with another layer of grated cheese. Put a teaspoonful of tomato ketchup in each shell. Bake for 3 or 4 minutes. Oven setting mark, E, or 7, or 425.

VEGETABLES AU GRATIN

Mix 2 cups of cooked carrots, sliced, with 1 cup cooked peas. Add 3 tablespoons melted butter, 1/3 cup grated cheese, 1 cup milk, 1 beaten egg, 1/2 teaspoon salt. Put in a greased Phoenix dish OS 520. Top with breadcrumbs and brown in a moderate oven for 30 minutes.
FOR YOUR OWN RECIPES:

BAKED HERISSON

COOKING INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Season the herisson with garlic and herbs.
3. Place the herisson in the oven and cook for 30 minutes.

NOTE:

- Use fresh herbs for best flavor.
- Serve with a side of crusty bread for dipping.
Fish Dishes

FISH & BATTER

INGREDIENTS:

Steaks of fish.
Salt and pepper.
Chopped parsley.

Grated lemon rind.
Grated carrot.
Make a batter of 1 egg, 4-ozs. flour, and half pint of milk.

METHOD: Place a small piece of butter in a Phoenix dish CB 510 or PD 530 and melt in the oven. Put the fish in the pie dish, sprinkle with the salt, pepper, grated carrot, chopped parsley, and grated lemon rind. Pour over the batter, and bake in a moderate oven for 50 minutes. Oven setting mark, 6 or D.

BAKED HERRINGS

Remove the heads from 6 fresh herrings, clean thoroughly, and place in Phoenix dish RD 500, together with salt, allspice, cloves, pepper, a blade of mace, and a teaspoonful of grated horse-radish. Add 1-gill of cold water and 1-gill of vinegar. Bake in a slow oven for 1 hour. Serve cold.

FISHERMAN’S PIE

INGREDIENTS:

1½-lbs. of fresh herrings. 2-lbs. mashed potatoes.
1 large apple. 2 tablespoons breadcrumbs.
2 onions. Salt and pepper.

METHOD: Cut the heads and tails off fish and wash well. Grill the fish and the roes a nice brown on both sides. Line a Phoenix dish UD 500 with the nicely seasoned mashed potatoes. Peel, core and chop the apple and onions. Mix these together with the crumbs and seasoning. Cut each herring right across in half. Put a layer of fish on the potatoes and fill dish with alternate layers of apple and onion mixture and the fish. Pour over any oil from the baking dish. Cover with the rest of the potato, smoothing it over and marking it with a fork. Bake in a quick oven until crisp and brown. Oven setting, F or 8, for 30 minutes. Sufficient for 4-6 persons.

NOTES:  

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FISH PIE

INGREDIENTS:

- ¼-lb. short crust pastry
- 1-oz. butter
- ½-pint shrimps
- 2-lbs. cod
- 1 hard boiled egg
- ½ cup milk
- Pepper and salt

METHOD: Skin and bone the fish, cut into fairly large pieces, and place in a Phoenix dish CB 510 with a seasoning of pepper and salt, the picked shrimps and hard boiled egg cut into slices. Pour in enough milk to come one-third up the dish, break the butter into small pieces and place on top of the fish. Cover the pie with short crust pastry. Bake in a moderate oven for 45 minutes. Oven setting mark, 7 or E. 4-6 persons.

BACON AND FISH ROLLS

Place a fillet of fish on each rasher of bacon. Season with pepper, and sprinkle with lemon juice. Make into rolls and place in a Phoenix dish—the lid of DC 500 or 510, C 500 or 510, or DC 530 may be used according to the number of fillets used. Bake for about an hour. Excellent breakfast or supper dish. Oven setting, 6 or D.

SCALLOPED FISH

INGREDIENTS:

- Cooked fish
- Anchovy essence or ½-pint shrimps
- 1-pint of well-seasoned white sauce
- Mashed or sieved potatoes

METHOD: Grease some Phoenix Scallop Shells and place a tablespoonful of the white sauce in each. Pour a teaspoonful of anchovy essence or sprinkle a few shrimps on the sauce. Skin and bone the fish, and divide among the Scallop Shells. Place the potato neatly round the edge of each shell. Bake for 10 minutes in moderate oven. Oven setting, 7 or E. These may be prepared in the morning for the evening, in which case 15 mins. must be allowed for the cooking. SS 500, 5d. each.
Fish Dishes

COD MORNAY

Poach fillets of cod on a buttered Phoenix plate PL 510, with a little lemon juice and a small piece of onion. Take off the skin and put in a greased Phoenix dish E 500. Make a white sauce with ¾-pint of milk, 1-oz. each of flour and butter, a teaspoonful of mustard; salt and pepper. Add 4-ozs. of grated cheese. Cover fish with this sauce and sprinkle with grated cheese and breadcrumbs, and brown in the oven. This dish can be prepared beforehand and will not hurt if left in a very slow oven. Sufficient for 4 persons.

The lid of a round casserole RC 510 or 520 may be used to cover a pie plate PP 510 or 520 for this recipe.

SAVOURY BUTTER BEANS IN CASSEROLE

INGREDIENTS:

- 1-pint white sauce
- Grated cheese
- Seasoning
- Cooked butter beans
- 1 egg per person
- 2-ozs. cooked fish per person

METHOD: Place the beans in a greased Phoenix dish—the size depends on the number of persons to be served. (The lid of RD 500, E 500, UD500, and DC 530 may be used). Break the eggs over the beans, add the fish, and cover with the white sauce. Sprinkle grated cheese over the sauce and bake in a moderate oven for 30 minutes.

FISH AND TOMATO CUPS

Flake the remains of any cold fish and place in greased Phoenix Scallop Shells. Sprinkle with salt, pepper and flour. Cover with brown bread crumbs and a slice of tomato. Place a little butter on the top of the tomato and bake in a hot oven for about 20 minutes.
HAKE AU GRATIN

INGREDIENTS:
- 3/4 oz. butter.
- 3/4 oz. flour.
- Seasoning.
- 11/2 gills milk.
- Half a hard boiled egg.
- 2 tablespoonsful buttered crumbs.
- 1 cup flaked cooked hake.
- 1 tablespoonful lemon juice.
- 4 tablespoonsful grated cheese.

METHOD: Put the milk into a hot oven in Phoenix dish SE 520. Mix the flour and butter, until smooth, in a basin, with a fork. Add to the now hot milk; continue the cooking. Remove any skin and bones from the fish, sprinkle with lemon juice, add seasoning and chopped hard boiled egg. When the sauce is cooked, season to taste, stir in the fish mixture, sprinkle with cheese, then with crumbs. Cook for 20 minutes. Oven setting, E, 7, or 425.

FILLETS
OF WHITING
IN SAUCE

Use a Phoenix dish SEB 500, 510 or 520, EB 500 or UDB 500, according to the number of persons to be served. Roll one fillet of fish for each person, and place in a well buttered Phoenix dish. Cover with tomato sauce, or white sauce flavoured with lemon, parsley, or anchovy. Cook for 30 minutes. Oven setting, D, 5, or 370.

STUFFED
BAKED
HADDOCK

Make a stuffing of breadcrumbs, grated suet, mixed herbs, lemon peel and a shred of onion, and seasoning of salt and pepper. Bind with beaten egg and milk. Stuff the haddock with this mixture, and sew the fish up with thread. Lay on a well greased Phoenix dish MP 500 with three or four pats of butter. Sprinkle with the juice of half a lemon, cover with buttered greaseproof paper, and bake for 1/2 to 3/4 of an hour, according to the size of the fish.

MP 500, 5/6 each.
Fish Dishes

**FRIDAY’S DISH**

**INGREDIENTS:**
- Fish.
- Tomatoes.
- Onion.
- Large spoonful of chopped parsley.
- Cayenne pepper and salt.
- Half a cup of fine oil or melted butter.

**METHOD:** Wash and dry fish, dredge with salt and pepper, and put in a greased Phoenix dish, size according to the number of persons to be served. Add the tomatoes, chopped small, the shredded onion, and the parsley. Season with a little cayenne pepper and salt, and pour the oil or melted butter over. Bake slowly until well done, for 30 to 50 minutes according to the size of the dish. Oven setting, 5 or C.

**NOTES:**
FOR YOUR OWN RECIPES:
Meat Dishes

STUFFED TRIPE

INGREDIENTS:

1-lb. tripe. 
Powdered sage. 
Chopped onion. 
Breadcrumbs. 
A little milk. 
Pepper and salt. 
Some rashers of streaky bacon.

METHOD: Wash the tripe well and put it in warm water and bring to the boil. Grease a Phoenix dish RC 510 and cover the bottom with thin slices of bacon. On these spread a layer of stuffing made from the breadcrumbs mixed with the sage, onion and the seasoning moistened with milk. Take the tripe from the water and cut into convenient pieces and fill dish with alternate layers of tripe and stuffing. Garnish with neat rolls of bacon and cook in a moderate oven for an hour. Serve with some good gravy, for which the water in which the tripe was boiled may be used as a base. Oven setting, number 7. Sufficient for 4 persons.

BAKED LIVER

INGREDIENTS:

1-lb. calves liver. 
1 teaspoonful mixed herbs. 
1 tablespoonful chopped onion. 
1 teaspoonful chopped parsley. 
1 tablespoonful tomato ketchup. 
1 breakfastcup breadcrumbs. 
1 egg, salt and pepper. 
Rashers of fat bacon.

METHOD: Wash and dry liver and cut into wide slices. Mix together breadcrumbs, herbs, seasoning and one finely chopped rashers of bacon. Bind with beaten egg and tomato ketchup. Spread each slice of liver thickly with this mixture, and put a rashers of bacon on each. Put in a Phoenix greased dish E 500 with enough water or stock to prevent liver from sticking to dish. Cover with lid of dish and bake in moderate oven for 3-hour. Sufficient for 3-4 persons.

BRAISED CHICKEN

Put two gammon rashers at the bottom of a Phoenix dish RD 500. Lay a jointed chicken on top with a few mixed herbs. Slice 1-lb. of tomatoes and place on chicken, season with pepper and salt and a finely minced onion. Pour over half a pint of milk, cover with lid of dish, and cook in a moderate oven for 2 hours. Oven setting, number 6. Sufficient for 6 persons.
Meat Dishes

BACON & EGG

INGREDIENTS:
- 4 rashers of bacon,
- Finely chopped parsley or onion,
- 4 eggs,
- Salt and pepper,
- 4 tablespoonful milk.

METHOD: Cut up the bacon and place in a Phoenix dish (the lid of E 500 or UD 500 may be used). Beat up the eggs and milk and pour over the bacon. Add the flavouring and seasoning. Bake in a moderate oven for 25 minutes. Sufficient for 4 persons.

BREAKFAST

BACON & EGGS

INGREDIENTS:
- 2 rashers of bacon per person,
- A very little butter to grease the centre of the plates,
- 1 egg (or 2 if desired) per person,
- A Phoenix plate PL510 for each person.

METHOD: Grease the centre of each plate slightly. Cut the rind off the bacon (with scissors for quickness). Put the bacon on the plates, leanest part to the centre. Break eggs as for frying on top of bacon. Bake for 12 minutes at mark 8.

BAKED

BEEF STEAK PUDDING

INGREDIENTS:
- 6-ozs. flour,
- 1 egg,
- 1-pint milk,
- 1½ lbs. steak,
- 1 kidney,
- Pepper and salt.

METHOD: Cut steak and kidney into small pieces and season with pepper and salt. Make a batter of the flour, egg and milk. Lay a little of this in a greased Phoenix dish UDB 500. Put in the steak and kidney and pour over remainder of batter. Bake for 1½ hours in brisk oven. Sufficient for 4-6 persons.
Meat Dishes

FRICASSEE
OF CHICKEN

Stew a boiling fowl in a Phoenix oven dish RD 500. When tender take all the meat from the bones and cut into convenient pieces. Make a pint of white sauce, using some of the chicken liquor, flavour well, and add ½-lb. cooked mushrooms, two or three pimentoes, and the chicken, well seasoned. Two tablespoonsful of sherry and a little cream added at the last minute are a great improvement. Sufficient for 6-8 persons.

ROAST
CHICKEN

INGREDIENTS:
Chicken, Streaky Bacon, Sausages, Bacon Dripping or Butter, third pint water or stock. Phoenix dish No. RD 500.

METHOD: Grease the Phoenix dish and lid. Remove the sausage skins, make the sausage meat into balls on a floured board, allowing half a sausage for each ball. Remove the rinds and cut the bacon into 3 or 4in. strips, then roll neatly and stick a skewer through the rolls to keep them in position. Put the chicken into the prepared dish, add the liquid, arrange the sausage and bacon on top of the chicken, put the lid on the dish and roast for 1 to 1½ hours according to the size of the chicken.

See art inset for illustration.

BRUNSWICK
STEW

Take an old fowl, cut into convenient joints and put into a Phoenix dish RD 500 with ½-lb. of sliced bacon. Cover with water and simmer in a slow oven for 4 hours. Add 1-lb. of sliced tomatoes, ½-pint each of cooked butter beans and tinned corn, seasoning, and 1 tablespoonful of butter. Simmer for an hour longer. Oven setting, number 4. Sufficient for 6-8 persons.

RABBIT PIE

Cut a young rabbit into neat pieces, roll in flour, and put in a Phoenix dish CB 510. Add small slices of bacon, chopped onion, grated nutmeg and seasoning. Top with a layer of sliced potatoes, add ½-pint of water and cover with a short crust. Bake until tender, 1½ hours. Oven setting mark, 7. Sufficient for 4-6 persons.
ROLLED AND STUFFED BREASTS OF LAMB

INGREDIENTS:
Two breasts of lamb. Veal Stuffing. Onions.

METHOD: With a sharp knife remove all bones from the breasts and lay them out flat on a board. Cut off any superfluous fat. Spread the stuffing on the meat and roll the breasts up lightly, keeping them in place with skewers and string. Roast them carefully in a Phoenix dish RD 500 for 1 hour to 1½ hours according to weight. Remove the skewers and string, and serve garnished with a few small boiled onions and good gravy.

BACON AND WALNUT SAVOURY

Roll each pickled walnut in a piece of bacon and cook in a Phoenix dish SE 500, PL 510, E 500 (according to the number of persons to be served) in a hot oven for ten minutes. Serve on rounds of hot buttered toast.

NEW ZEALAND STEAK

INGREDIENTS:
1½-lbs. shoulder steak well beaten. 1 teaspoonful each of salt and sugar 3 teaspoonful of white pepper. 1 tablespoonful flour.

A small pinch of bicarbonate of soda. 1 dessertspoonful vinegar.

METHOD: Rub both sides of the steak well with the dry ingredients mixed together one hour before cooking. Put in a Phoenix dish DC 530 with the vinegar. Cover with lid and cook in brisk oven rather more than 1 hour. Oven setting mark, 8. Sufficient for 4-6 persons.
Meat Dishes

BAKED

PORK CHOPS

Allow a small onion and an apple to each chop. Slice onions and place in a Phoenix dish UDB 500, or the lid of RD 500. Arrange the chops on the onions, sprinkle with pepper and salt. Peel, core and slice the apples, and place on chops. Dot a few small pieces of butter on top, and bake in a brisk oven for three quarters of an hour. Oven setting, number 9.

INGREDIENTS:
1-lb. steak. 1-lb. flour. ½ pint milk.
2 sheep’s kidneys. 2 eggs.

METHOD: Make the batter 2-3 hours before you are going to bake it—beat well. Skin the kidneys, cut them and the steak into small pieces, fry in a little butter or dripping for a few minutes to brown. Turn the meat into a well greased Phoenix dish DC 530, pour the batter over it and bake for 1½ hours. Oven setting, number 6. Sausages may be used in place of steak and kidney if preferred.

TOAD IN THE HOLE

INGREDIENTS:
1-lb. minced steak. Paprika to taste. 4 slices bacon.
Pinch of pepper. ½ teaspoon salt. Stock or milk.

METHOD: Mix the steak with salt, pepper and paprika, then moisten with just enough stock or milk to hold mixture together. Shape into four small round cakes. Wrap a slice of bacon round each cake and fasten ends with a cocktail stick. Place in a Phoenix glass dish SE 510 and cook in a moderate oven until tender, for ¾-hour. Oven setting, 7. Garnish with parsley, and serve with creamed potatoes and brussels sprouts or spinach. Sufficient for 4 persons.

NOTES:

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BACON AND PRUNE SAVOURY

INGREDIENTS:
- 8 cooked prunes.
- 4 very thin rashers of bacon.
- 2 rounds of crisp fried bread.

METHOD: Remove prune stones and sprinkle prunes very lightly with seasoning. Wrap 2 prunes in each rasher and fasten if necessary with a cocktail stick. Place on fried or toasted bread in Phoenix dish SEB 500. Cook for 15 minutes. Oven setting, F, 8, or 450.

DEVILLED KIDNEYS ON CROUTONS

Use a Phoenix dish EB 500 for this recipe, or the lid of the Square Casserole, Utility Dish or Roasting Dish, according to the number of persons to be served.
Grease the dish well. Mount each kidney on a square of bread ½" thick, dipped in oiled butter. Spread them with a mixture made from 1 teaspoon of mustard, 1 teaspoon of Worcester Sauce, and 1 of Olive Oil. Dust with red pepper and cook for 30 minutes. Oven setting, 6 or 400.

MAYFAIR GRILL

Butter a Phoenix dish £ 500 and place in it a layer of sliced tomatoes, then a layer of pork sausages. On this lay sheep kidneys skinned and seasoned with pepper. Now a layer of thinly sliced gammon and a final layer of tomatoes. Put some small pats of butter on top and cook in a moderate oven for ¾ an hour. Raise the heat for a short while at the end to brown the dish.

E 500, 7/6 each.
Meat Dishes

CHICKEN CASSEROLE

INGREDIENTS:

1 chicken (an old boiling fowl will do),
2 small onions,
½ lb. mushrooms,
½ teaspoon dried parsley,
Seasoning,
1 bay leaf, 
½ pint stock.

METHOD: Cut the chicken into joints and lay in a Phoenix dish RD 500. Peel and cut the onions in half. Peel and cut up the mushrooms. Stir the parsley, seasoning and bay leaf into the stock, and pour over the chicken. Cover with the lid of the dish and cook for 3 hours. Oven setting, C, 3, or 300.

PIGEONS IN CASSEROLE

Grease a Phoenix dish C 510 or DC 510 well, and put in a layer of mushrooms and a sprinkling of diced celery and seakale. Put in two pigeons and strew with more mushrooms, celery and kale, salt and pepper. Cover the dish and cook for 2 hours. Oven setting, D, 5, or 370.

See art inset for illustration.

SAUSAGE IN CASSEROLE

INGREDIENTS:

4 sausages,
2 apples,
3 tomatoes,
½ oz. butter,
Seasoning,
1 dessertspoonful brown sugar.

METHOD: Put the sausages into boiling water for a few minutes, drain and skin. Put them at the bottom of a greased Phoenix dish SC 500 or OS 520. Peel, core and slice the apples and place in a layer over the sausages. Sprinkle with the sugar. Peel, slice and arrange the tomatoes on top. Sprinkle with seasoning and pats of butter. Bake for 40 minutes. Oven setting, 6 or 400.
SAVOURY VEAL

INGREDIENTS:
1 cutlet of veal weighing about 1-lb.
Two or Three rashers of bacon.
Veal Stuffing.

METHOD: Flatten out the veal with a cutlet bat or a broad knife. Place in the well greased lid of a Phoenix dish No. DC 530, UD 500 or E 500. Cover with the stuffing made as follows:
Mix dry ingredients, add the lemon juice to taste, and bind the mixture with the beaten egg, using a little milk if necessary. Put the rashers of bacon on top of the stuffing, and bake in a moderate oven for 50 minutes. Oven setting, number 6. Serve with a good gravy. Sufficient for 2-3 persons.

SAUSAGE & HAM PIE

INGREDIENTS:
3 sausages.
6-ozs. of cooked ham or bacon.
6-ozs. potato.
2 teaspoonsful chopped parsley. Made mustard.
6-ozs. short crust.

METHOD: Skin sausages and cut into small pieces. Mince ham or bacon. Parboil the potatoes, cut into slices, and put a layer at the bottom of a Phoenix pie dish PD 520, CB 500, or DC 500. Fill the dish with alternate layers of ham, sausage-meat, and potatoes, sprinkling each with parsley, and seasoning with a little mustard. Half fill with water or stock. Cover the pie with pastry, making a hole in the centre. Brush over with beaten egg and bake in a moderate oven for 1 hour. Oven setting, No. 7. Sufficient for 4-5 persons.
Meat Dishes

CUTLET
OF VEAL

Put slices of bacon into a hot oven in a Phoenix dish EB 500 or UDB 500. Trim and season some veal cutlets. Cut and season some tomatoes. Put the cutlets on the cooked bacon. Sprinkle with lemon juice and breadcrumbs. Arrange the tomatoes round the cutlets. Place small pats of butter here and there. Bake in the top of the oven for 35 minutes. Oven setting, E, or 7, or 425.

INGREDIENTS:
- 2 rashers of bacon.
- ¼-lb. steak.
- 2 onions.
- 1 cup of good stock.
- Seasoning.
- Mixed herbs.
- ¼-lb. small mushrooms.

METHOD: Put the rashers at the bottom of a Phoenix dish DC 510 and stand in a slow oven until the fat runs off. Cut the steak into pieces and sprinkle with seasoning. Put into the casserole with the onions finely chopped, the herbs, and the stock. Put the lid on the casserole and cook very slowly for 2 hours. At the end of this time put in the mushrooms peeled and seasoned, and cook for another ¼-hour. Oven setting, C, 3, or 300.

NOTES:

See art inset for illustration.
SPECIALLY CHOSEN

RECIPES

prepared by the
well-known expert in
modern cookery

Miss McGEE

Principal of

The MIDLAND SCHOOL of DOMESTIC SCIENCE
BIRMINGHAM

Timely Salad  FOR RECIPE SEE PAGE 42
Fillets of Whiting in Sauce

Casserole of Beef
Pigeons in Casserole

For recipe see page 22

Roast Chicken

For recipe see page 18
Lemon Pie

Swiss Apple Tart

Dundee Cake
FOR YOUR OWN RECIPES:
Sweets & Puddings

INGREDIENTS:
- 1 pint milk
- ½ lb. breadcrumbs
- 2 eggs
- 2 ozs. butter
- 1 teaspoon finely grated lemon peel
- 3 ozs. currants

METHOD: Boil the milk, pour on breadcrumbs, and soak for ½ hour. Beat the eggs, mix with breadcrumbs, add other ingredients, and mix well. Butter 8 Phoenix cups, IC 400 or SP 500, fill three-quarters full with the mixture, and bake in a moderate oven from 20 minutes to half an hour. Oven setting, No. 7. Serve with custard sauce. Sufficient for 8 persons.

APPLE SURPRISE

Phoenix dishes suitable for use according to the number of persons to be served: SEB 500, 510, or 520. EB 500, UDB 500, or the lid of RD 500. Peel and core one large apple per person and stuff with castor sugar and cinnamon. Place in the selected Phoenix dish with half a teacup of hot water and a tablespoonful of golden syrup. Bake for 20 minutes and then turn the apples. When they are almost cooked, cover with a meringue mixture of white of egg and castor sugar, and return to the oven to brown. Oven setting, E, 7, or 425.

BAKED CUSTARD

Beat one egg thoroughly, add ½ pint milk and one teaspoonful of castor sugar. Pour into a buttered Phoenix dish PD 500 and bake in a slow oven. Do not let it boil or the milk will curdle. If a larger custard is wanted allow two eggs and double the quantity of milk and sugar and use a Phoenix dish PD 520. Oven setting, number 4.
BAKED
GOOSEBERRY
PUDDING

Boil a quart of gooseberries with a little water and half a pound of castor sugar, until they form a soft pulp. Then beat into the pulp three eggs, one tablespoonful of butter, and one breakfastcupful of breadcrumbs. Put into a greased Phoenix pie dish PD 530 and bake in a moderate oven for 30 minutes. Oven setting, number 6. Sufficient for 4-6 persons.

THETFORD
PUDDING

Grease Phoenix pie dish—size according to the number of persons to be served. Fill with alternate layers of breadcrumbs, apple, suet and sugar. Let the last layer be breadcrumbs. Add ½-pint of water for every pound of apples. Bake until well browned for 1 hour at mark 6.

CASTLE
PUDDINGS

INGREDIENTS:

Weight of 2 eggs in flour, sugar and butter.
A few drops of vanilla, almond or lemon essence to taste.
½-teaspoon baking powder.

METHOD: Beat butter and sugar to a cream, add eggs. Stir flour in gradually. Mix well, adding a little milk and flavouring essence if mixture is too stiff. Grease 8 Phoenix cups, SP 500 or IC 400, fill three-quarters full with the mixture, and bake in a moderate oven for 20 minutes. Oven setting, No. 7. Serve with jam sauce.

If preferred, these puddings can be served cold. Turn out and cool. Roll in jam, sprinkle with desicated cokernut, and place half a glacé cherry on top.

IC 400, 1/- each.
ROAST APPLES

Peel and core number of apples required. Place in a Phoenix dish, using the lid of RD 500, DC 510, or DC 530, according to the number of apples used. Add a little water. Fill the cavity in apples with butter, brown sugar, more butter and a clove. As they cook, baste with the liquid produced, and refill with the same mixture. Bake in a slow oven until tender and a deep rose colour.

FRENCH PANCAKES

INGREDIENTS:

2 eggs. 2-ozs. castor sugar. ½-pint milk.
2-ozs. butter. 2-ozs. flour.

METHOD: Beat butter to a cream. Beat eggs thoroughly and add to butter. Stir in the sugar and flour. Beat mixture for 5 minutes. Butter 4 Phoenix plates PL 510, cover with mixture and bake in a quick oven for 20 mins. Oven setting, No. 8. Serve piled on top of one another with cut lemon and castor sugar or jam on each layer. Cut like cake—in wedges.

NOTES:
SWEETS AND PUDDINGS

ORANGE PUDDING

INGREDIENTS:

- 3-ozs. breadcrumbs
- 1-oz. candied orange peel
- 1-oz. self raising flour
- Grated rind and juice of 2 oranges
- 3-ozs. shredded suet
- 1 egg
- 3-ozs. sugar
- ½ cup of milk

METHOD: Grease a Phoenix dish PD 540 and decorate with strips of candied peel thinly sliced. Mix dry ingredients together. Beat egg, add milk and orange juice. Mix thoroughly with other ingredients. Pour into dish and bake for 1 hour at mark 6. Sufficient for 4-6 persons.

BAKED RHUBARB

Place 3 cups of rhubarb, cut into 1-inch lengths, in a greased Phoenix dish No. SE 510, with 1 cupful of brown sugar and 2 tablespoonsful of grated orange peel. Bake in a moderate oven (350° F.) for about 45 minutes.

BANBURY APPLE PIE

Butter a Phoenix pie dish CB 510. Peel and core some juicy apples, slice and put a layer of apple in the dish with a thick layer of chopped mixed candied peel, currants, a little ground cinnamon and ground ginger. Pour over this a little melted butter, then fill dish with alternate layers of apple, candied peel, currants and flavouring. Add a teacupful of sugar. Cover pie with short crust, and bake in a hot oven for ½-hour. Oven setting, number 8. Brush the crust with milk, sprinkle freely with sugar, and put back in oven for a few minutes to glaze. Sufficient for 6 persons.
CHERRY PIE

INGREDIENTS:

1½-lbs. cherries.  
2 tablespoonsful sugar.  
½ tumbler of water.  
½-lb. short pastry.

METHOD: Put cherries and sugar into a Phoenix deep pie dish CB 510. Put a pie funnel in centre to support crust. Cover with pastry and bake in a brisk oven for 30-40 minutes. Sprinkle with caster sugar. Sufficient for 6 persons.

SWISS RASPBERRY PUDDING

INGREDIENTS:

4-ozs. breadcrumbs.  
½-lb. raspberries.  
2-ozs. sugar.  
2-ozs. shredded suet.  
1 egg.  
¼-pint milk.

METHOD: Grease a Phoenix pie dish No. PD 530 and fill with alternate layers of breadcrumbs, suet and fruit, having layer of breadcrumbs on the top. Pour over the egg, sugar and milk beaten up together. Bake in a slow oven for 1 hour. Oven setting, number 5. Sufficient for 4 persons. Other summer fruits may be substituted for the raspberries.

COCONUT TART

INGREDIENTS:

1-oz. butter.  
3-ozs. sugar.  
1 egg.  
2-ozs. ground rice.  
1-oz. desicated cocoanut.  
1 teaspoonful baking powder.  
A little vanilla flavouring.  
A few walnuts.  
¾-lb. short pastry.  
Apricot jam.

METHOD: Cream butter and sugar, add egg and beat well, stir in ground rice, cocoanut, baking powder and vanilla to taste. Grease a Phoenix dish PP 520 and line with pastry. Spread with jam and pour in mixture. Put a few walnuts on the top and bake in a moderate oven for 30 minutes. Oven setting, No. 7. Sufficient for 6 persons.
**PINEAPPLE PUDDING**

**INGREDIENTS:**
- 2-ozs. butter.
- 2-ozs. sugar.
- 2-ozs. cornflour.
- 2 eggs.
- 2 teacups milk.
- 1 tin pineapple chunks.

**METHOD:** Arrange the pineapple in a greased Phoenix dish SE 520. Mix the yolks of eggs with the sugar and the pineapple juice. Melt the butter in a pan and add the cornflour gradually and then the milk. Let it boil for three minutes, stirring all the time. Add the sugar, juice and egg yolks as soon as it thickens, and pour over the pineapple in the dish. Put it in oven to heat through, make a meringue of the whites of egg, adding 1-oz. castor sugar to the stiff froth. Put the meringue roughly on the pudding. Sprinkle with castor sugar. Brown in the oven.

**APPLE SPICE PUDDING**

**INGREDIENTS:**
- 4 thin slices buttered bread.
- 2 cupsful stewed apple.
- 1 dessertspoonful lemon juice.
- 1 teaspoonful cinnamon.
- 1 tablespoonful sultanas.
- 1 tablespoonful of ground or chopped almonds.
- ½-oz. butter.
- 4 tablespoonsful sugar.

**METHOD:** Grease a Phoenix dish UDB 500 and put two slices of bread at the bottom. Beat up the apple with the lemon juice, half the sugar, the cinnamon, sultanas and almonds. Turn the mixture into the dish. Lay the other slices of bread on top, and sprinkle with the rest of the sugar. Put the butter in small pats on top and bake for 30 minutes.
Sweets and Puddings

**CHOCOLATE JUNKET**

**INGREDIENTS:**
- 3 tablespoonsful of cocoa.
- 1½ tablespoonsful of castor sugar.
- ¼ cupful of boiling water.
- 3 cupsful of milk.
- ½ junket tablets.
- 1 tablespoonful of cold water.

**METHOD:** Mix the cocoa, sugar, and boiling water, and cook slowly for three or four minutes. Add the milk gradually and heat only until luke warm. Dissolve the junket in the cold water and add to the mixture. Pour into a Phoenix dish UBD 500, lid RD 500, SEB 520, and leave until set. Then place in the refrigerator to chill. Just before serving, quartered marshmallows or chopped nuts or ratafias may be placed on the top. Sufficient for 6 persons.

**SWISS APPLE TART**

**INGREDIENTS:**
- ½-pint of egg custard.
- 3-ozs. butter.
- 3 or 4 apples.
- 5-ozs. flour.
- 1-oz. castor sugar.
- 1 egg.

**METHOD:** Rub the butter into the flour, add the yolk of egg and sugar. Mix well and roll out. Line a Phoenix dish PP 520 with the pastry. Cut the apples into very thin slices and put in dish, sprinkle with sugar, and pour the custard over. Bake in a moderate oven for about 25 minutes. Beat the egg white to a stiff froth, add 1-oz. of sugar. Put the meringue roughly on top of the tart, sprinkle with sugar and return to the oven for 5 minutes. Oven setting, number 7.

See art inset for illustration.

**NOTES:**
Sweets and Puddings

LEMON PIE

INGREDIENTS:
- Juice and grated rind of 1 lemon
- 1 cup sugar
- 2 eggs
- 2 tablespoonsful flour
- 1-pint milk
- Short pastry

METHOD: Line a greased Phoenix dish PP 520 with pastry. Make a sauce of the flour, milk, sugar and lemon rind. Cool. Add yolks of eggs and lemon juice. Pour into dish and bake until set. Beat the whites of egg to a stiff froth, add 4 tablespoons of castor sugar, spread over pie, and brown lightly in oven. Instead of meringue, diamonds of pastry may be used as decoration. Sufficient for 4-6 persons.

ALMOND TART

INGREDIENTS:
- 2-ozs. ground almonds
- 2-ozs. sugar
- 2 eggs
- 2-ozs. butter
- 1/2-lb. short pastry
- Almond essence

METHOD: Beat butter to a cream, add sugar and ground almonds. Beat the eggs well and add to mixture—flavour with almond essence to taste. Line a greased Phoenix dish PP 520 with pastry, spread a thin layer of raspberry jam on bottom, pour in mixture and bake in a moderate oven for 30 minutes. Oven setting, No. 7. Sufficient for 6 persons.

GOLDEN RICE PUDDING

Wash a teacupful of rice and soak for two hours in a pint of milk. Beat two eggs with two teaspoonsful of castor sugar. Add to another pint of milk, mix with rice, and 1 tablespoonful of shredded suet or butter. Cook very slowly in a Phoenix dish PD 530 for 3 hours until a golden brown. Oven setting, No. 3. Sufficient for 6 persons. The base of OD 520 may also be used for this recipe.

PD 530, 3/4 each.
Carraway Cake

**INGREDIENTS:**
- ½ lb. flour.
- 4 ozs. butter.
- 1 teacup brown sugar.
- ½ to ¾ teacup of caraway seeds.
- 1 heaped teaspoon baking powder.
- 2 eggs.

**METHOD:** Rub butter into flour, add dry ingredients. Mix well with eggs and a little sour milk. Grease a Phoenix dish DCB 510 or RCB 520, fill with mixture, and bake in a hot oven for ¾ hour. Oven setting mark, 7 or E.

Sultana Cake (Plain)

**INGREDIENTS:**
- 1 lb. flour.
- ½ lb. sultanas.
- ¼ lb. butter.
- 2 eggs.
- ½ teaspoon bicarbonate of soda.
- ½ teaspoon cream of tartar.
- Half a grated nutmeg.
- ¼ lb. castor sugar.

**METHOD:** Cream butter and sugar, beat in eggs. Mix dry ingredients together and add to the wet mixture gradually. Grease a Phoenix dish No. DCB 530 or RCB 520, fill with mixture, and bake in a moderate oven for 1½ hours. Oven setting mark, 4 or C.

Sultana Cake

**INGREDIENTS:**
- ½ lb. flour.
- Heaped teaspoonful baking powder.
- 3 eggs.
- Pinch of salt.
- 5 ozs. butter.
- 5 ozs. castor sugar.
- Tablespoonful of sherry.
- Mixed spice.
- ¼ lb. sultanas.
- 2 ozs. chopped peel.

**METHOD:** Beat the sugar and butter together until smooth and creamy, add the sherry and mixed spice. Beat in the eggs. Mix the flour, sultanas, and chopped peel. Add the dry ingredients very slowly and beat for 5 minutes. Grease a Phoenix dish RCB 520 or DCB 510, according to the shape of cake required, fill with the mixture and bake in a moderate oven, ¾ of an hour. Oven setting, No. 6.
Cakes

ORANGE SANDWICH

INGREDIENTS:
- 4-ozs. butter
- 2 eggs
- 4-ozs. castor sugar
- 4-ozs. flour
- Rind of half an orange
- 1 teaspoonful baking powder

METHOD: Beat the butter and sugar to a cream, add the grated orange rind, add the beaten eggs gradually and then the dry ingredients. Put the mixture into two greased Phoenix dishes PP 520 (lids of DC 510 or E 500 might be used or SER 500), bake in a fairly hot oven for 20 to 25 minutes. Oven setting, number 8. When cool, spread orange icing on both halves of the sandwich and put together. Spread the icing on the top as well and decorate with crystallized orange slices and angelica.

ORANGE ICING.

Sift ½-lb. of icing sugar. Heat the juice of 2 oranges and pour it on to the sugar. Colour with a little orange vegetable colouring. Pour over the cake immediately.

NOTES:

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MOCHA CAKE

INGREDIENTS:

4-ozs. butter. 5-ozs. flour.
2 eggs. Coffee essence.
4-ozs. castor sugar. 1/2 teaspoonful baking powder.

METHOD: Beat the butter and sugar to a cream, add the beaten eggs gradually, then the dry ingredients, and lastly the coffee essence to taste. Grease a Phoenix dish DCB 500, 510, RCB 510, 520, or SEB 520, according to the shape of cake required, fill with the mixture and bake in a fairly hot oven. When cold, cut in half and spread with coffee butter icing, put together again and spread the icing all over the cake. Scatter chopped walnuts round the sides, and decorate the top with walnuts and angelica.

COFFEE BUTTER ICING.

4-ozs. sieved icing sugar beaten with 3-ozs. butter until smooth and creamy. Add coffee essence to taste and beat well.

SANDWICH SPONGE

INGREDIENTS:

The weight of 2 eggs in butter, 1/2 teaspoonful baking powder.
sugar, flour.

METHOD: Cream sugar and butter together. Beat eggs well, add to mixture, beating well. Add baking powder to flour and stir in gradually. Grease two Phoenix dishes PP 520, put half the mixture in each, and bake in a quick oven for 15 to 20 mins. Spread with jam when cool and sprinkle the top with icing sugar. Oven setting, number 7.
INGREDIENTS:
3 teacupsful of self raising flour. 1 teacupful of hot milk.
1 teacup castor sugar. 1 teacupful of chopped walnuts.
1 egg.

METHOD: Mix flour and sugar. Mix milk with beaten egg and a cupful of chopped walnuts. Knead into a flat loaf, place in a Phoenix dish DC 500 (grease or flour it first) and bake in a quick oven for 40 minutes. Oven setting mark, 8. Cut in slices when cool, and butter.

INGREDIENTS:
6-ozs. ground rice. 4-ozs. lard.
8-ozs. treacle. Ginger to taste—1 large teaspoonful.
½ teaspoonful bicarbonate of soda. 1 large teaspoonful of milk.
6-ozs. flour.

METHOD: Melt the lard and treacle over a low gas, stir into dry ingredients. Warm the milk and bicarbonate of soda together, then add to the rest of the cake mixture. Grease a Phoenix dish UDB 500 and fill with mixture. Paint the top of the cake with milk or water and sprinkle with sugar. Bake in a very moderate oven for an hour and a quarter, opening the oven door as seldom as possible and moving the dish as little as possible during the baking. If it gets too brown on top, cover with sheets of greased paper. Oven setting, 5.

INGREDIENTS:
½-lb. self raising flour. 2-ozs. castor sugar.
½-lb. fresh breadcrumbs. 4-ozs. butter.
1 egg. 1 teaspoonful of mixed spice.
4-ozs. currants. About ⅛-pint milk.

METHOD: Mix together the flour, sugar and spice. Rub in the butter. Add currants and breadcrumbs, and mix all together. Beat the egg well, add a little milk, and mix with dry ingredients. Grease a Phoenix dish DCB 510 and bake in a moderate oven for 50 minutes. Oven setting mark, 6.
**DUNDEE CAKE**

**INGREDIENTS:**

- 4-ozs. butter.
- 4-ozs. castor sugar.
- 2 eggs.
- 4-ozs. currants.
- 1-oz. mixed peel chopped.
- A little brandy.

- 5-ozs. flour.
- 1 teaspoonful baking powder.
- Grated nutmeg, ground cinnamon and grated rind of lemon to taste.
- 1-oz. almonds chopped.
- 2-ozs. raisins stoned and chopped.

**METHOD:** Cream the butter and sugar together, add the well-beaten eggs one at a time, add the brandy (about a tablespoonful) and stir quickly. Mix all the dry ingredients together, and add to the mixture, adding, if necessary, a little milk, but the mixture must not be too moist. Grease a Phoenix dish RCB 520 or DCB 510, fill with the mixture, hollow the centre a little, sprinkle the top with a few chopped almonds, and bake in a moderate oven for about 2 hours. Oven setting, number 4.

See art inset for illustration.

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**CHERRY CAKE**

**INGREDIENTS:**

- 1-lb butter.
- 1-lb. castor sugar.
- 4 eggs.
- 10-ozs. flour.

- 6-ozs. glace cherries.
- ½ teaspoonful vanilla essence.
- ½ teaspoonful baking powder.

**METHOD:** Mix the flour, baking powder and cherries together. Beat the butter to a cream. Add the sugar and beat well. Drop in one beaten egg and a little flour mixture, and beat for a few minutes. Continue until all the eggs and flour have been used. Add the essence. Butter a Phoenix dish DCB 510 or RCB 520, fill with the mixture and bake for an hour and three-quarters. The oven should be rather hot at first as the cherries, being heavy, are apt to sink to the bottom of the cake if it is cooked too slowly.
DATE AND WALNUT CAKE

INGREDIENTS:
- 2 breakfastcups flour.
- ½-lb. dates.
- 2-ozs. walnuts.
- 1 breakfastcup sugar.
- 1 teaspoonful baking powder.
- 1 teaspoonful bicarbonate of soda.
- 1 breakfastcup milk.
- 4-ozs. butter or margarine.

METHOD: Stone and cut up the dates. Sprinkle with the bicarbonate of soda. Add the milk. Put in a warm place. Rub the fat into the flour. Add the other dry ingredients. Lastly, add the date mixture. Stir well. Grease a Phoenix dish UDB 500 or DCB 510, fill with the mixture and bake in a moderate oven for about 1½ hours. Oven setting, No. 6.

RICE CAKE

INGREDIENTS:
- ½-lb. butter.
- ½-lb. castor sugar.
- 4 eggs.
- ½-lb self raising flour.
- ¾-lb. ground rice.
- ½-pint milk.
- ½ teaspoonful salt.

METHOD: Beat sugar and butter together until very creamy, add the eggs well beaten. Mix in dry ingredients gradually with a little milk if necessary. Grease a Phoenix dish DCB 510, RCB 520, fill with mixture and bake in a moderate oven for 1 hour. Oven setting mark, 6.

FRUIT CAKE

INGREDIENTS:
- ½-lb. butter.
- ½-lb. castor sugar.
- 2 eggs.
- ½-lb. flour.
- ½-lb. currants.
- 2-ozs. lemon peel.
- 1-oz. almonds.
- ½ glass rum.
- Grated nutmeg to taste.
- ½ teaspoonful of salt.

METHOD: Beat butter to a cream, add sugar. Beat eggs well and add. Mix dry ingredients and add slowly to the mixture. Grease a Phoenix dish DCB 510, fill with the mixture and bake in a moderate oven.
Refrigerator Dishes

SALADE LOUISE

Rub a Phoenix dish SEB 510 with an onion. Line with crisp lettuce leaves. Allow three peeled walnuts to each person and fill dish with these, pineapple cubes, and pimento sliced into small strips.

Make a dressing of salt, pepper, dry mustard, vinegar, oil and a teaspoonful of castor sugar. Chill 3 hours in refrigerator and just before serving ornament with a little whipped cream and pistachio nuts or crystallized cherries.

CHEESE AND PINEAPPLE SALAD

Drain well half a cup of crushed pineapple and mix with 1 1/2 cups of cream cheese. Pile lightly in a Phoenix dish SEB 500 and chill well. Serve on crisped lettuce leaves with mayonnaise. Sufficient for 3-4 persons.

This may be served as an individual dish by using one Phoenix plate PL 505 to each person.

TIMELY SALAD

INGREDIENTS:

- Watercress
- Oil and Vinegar
- 7 hard-boiled eggs
- Seasoning
- Strips of anchovy

METHOD: Wash and dry the watercress and cover Phoenix dish MP 500 with it. Sprinkle with seasoning and oil and vinegar. Cut 6 eggs in halves. Arrange on dish, yolks downwards. Make the clock numbers on the halved eggs. Cut 2 long white strips from the remaining egg to make the pointers. The remaining yolk can be served as a garnish for another dish.

See art inset for illustration.

NOTES:
Refrigerator Dishes

CORNED BEEF

SALAD

Dice 1-lb. of corned beef and add to half a pint of cooked peas. Sprinkle with salt and pepper and stir in one tablespoonful of vinegar and two tablespoonsful of salad oil. Chill in refrigerator for an hour or two, and just before serving mix in two tablespoonsful of salad cream. Serve in a Phoenix dish UDB 500, garnished with crisped lettuce leaves and watercress. Sufficient for 4-6 persons.

RICE

SALAD

INGREDIENTS:

- 6-ozs. of boiled rice (unpolished)
- 1 hard boiled egg
- Half a pint of shrimps or prawns
- 4 tablespoonsful of salad oil
- 2 teaspoonsful of chopped parsley
- 2 tablespoonsful of vinegar
- 2 inches of sliced, peeled cucumber
- Mustard, salt and pepper to taste

Line a Phoenix dish RCB 520, SCB 500, DCB 530, or UDB 500, with lettuce leaves and thin slices of beetroot. Add the shelled prawns to the rice, the egg chopped coarsely, the parsley, and the cucumber peeled and cut into fine shreds. Mix all these together with a dressing made of the vinegar, oil and seasonings. Pile into a mound in the centre of the dish. Chill in refrigerator.

KIPPER

SALAD

INGREDIENTS:

- 1 cupful of diced cooked potatoes
- 1/2 cupful of cooked kipper
- Half a teaspoonful of finely shredded onion
- 1 egg
- 1 small beetroot
- Shredded Cabbage

METHOD: Chop the kipper coarsely and mix with the onion and potatoes. Pour over a little French dressing and let it stand for half an hour. Boil the egg hard and dice it when cold. Mix lightly with the kipper mixture and pile in a Phoenix dish RC 520, SCB 500, E 500. Surround with very finely shredded cabbage, moistened with mayonnaise. Garnish with rounds of beetroot. Chill in refrigerator.
INGREDIENTS:

2-ozs. of castor sugar.  
3 eggs.  
1-oz. gelatine.

Beat the yolks of eggs with sugar, add the lemon rind. Beat the whites of egg well and add. Melt the gelatine in a little cold water and add to mixture. Spread a Phoenix dish SEB 500 with a layer of raspberry jam, pour mixture over, and cover top with whipped cream. Decorate with pistachio nuts and chill in refrigerator.

If small individual moulds are preferred, SP 500 or IC 400 may be used.

GINGER PEAR SALAD

Make the syrup from one large tin of pears up to one pint with water and bring to boiling point. Dissolve in this a lemon jelly.

Moisten a Phoenix Utility dish UDB 500 and put into it 2 tablespoons of chopped preserved or candied ginger, and the pears, cut side down. Pour over the jelly, set and chill in refrigerator. Sufficient for 8 persons.

If individual moulds are preferred, use Phoenix SP 500.

APPLE SNOW

INGREDIENTS:

3 large cooking apples.  
1-oz. gelatine.  
2 whites of new laid eggs.  
Sugar.

Peel and core apples, cut in thin slices, and cook until soft. Pass through a hair sieve. Beat the whites of egg very stiffly and add to fruit. Soak gelatine in a little cold water for 5 minutes, dissolve, and add to mixture. Pour into a Phoenix Shallow Baking dish SEB 510, and chill in refrigerator. Decorate with slices of apple.
RHUBARB
FOOL

INGREDIENTS:

Raspberries, strawberries, gooseberries, loganberries, red, white, or black currants may be used in season.

\( \frac{1}{2} \)-pint of fruit pulp.
\( \frac{1}{2} \)-pint cream.
Sponge fingers.
Sugar to taste.

METHOD: Whip the cream. Stew the fruit if rhubarb, gooseberries or blackcurrants are used, but the soft fruits can be passed through a hair sieve without cooking. Mix cream and fruit pulp together, pour into a Phoenix dish SEB 500, chill in the refrigerator, and serve with sponge fingers. If preferred, individual dishes may be used, Phoenix SP 500 or IC 400. To lessen the cost of this dish, use half custard and half cream.

CHOCOLATE
ICE BOX
CAKE

Melt in a double boiler over hot, but not boiling water, 2-ozs. of bitter chocolate. Add \( \frac{1}{4} \) cup of castor sugar and \( \frac{1}{4} \) cup of water. Beat well and add 4 yolks of eggs. Cook in double boiler stirring all the time until very thick. When cool, chill in refrigerator. Now cream \( \frac{1}{2} \) cup of butter well, and gradually work in \( \frac{3}{4} \) cups of icing sugar. Beat until very fluffy. Mix well with chocolate custard. Beat the whites of the 4 eggs well and fold into mixture.

Line a Phoenix Utility dish UDB 500 with split sponge fingers, pour in half the mixture. Arrange another layer of sponge fingers on this. Cover with rest of mixture and finish off with another layer of sponge fingers. Chill thoroughly for 24 hours. Serve with whipped cream.

Sufficient for 6-8 persons.

The lid of the Phoenix dish RD 500 may also be used for this recipe.
INGREDIENTS:

- ½ lb. sweet almonds
- ½ lb. butter
- ½ lb. castor sugar
- 1 pint of thick vanilla custard

Chop the almonds very fine and mix well with the butter and sugar. When creamy pour over the custard and stir until well mixed and cool. Line a Phoenix Pudding dish RCB 520 with sponge fingers slightly moistened with sherry. Pour in the mixture, cover with a layer of the sponge fingers and put a Phoenix plate PP 520 over the top. Stand in the refrigerator for at least 2 hours to chill. Decorate with cherries and almonds. Turn out on to the pie plate.

CHEESE AND FRUIT SALAD

3-ozs. cream cheese, mashed and blended with ½ cup of mayonnaise and 2 teaspoonsful of lemon juice. Fold into ½ cup of thick whipped cream. Mix in lightly ½ cup of shredded pineapple, ½ cup chopped dates. Put into a Phoenix Shallow Baking dish SEB 500, and chill in refrigerator. Garnish with crisp lettuce leaves. Serve in same dish. Sufficient for 3-4 persons.

NOTES:
CHICKEN AND HAM MOUSSE

Mince very finely 2 cups of cold chicken (or veal) and 2 cups of cold ham and pound together until smooth. Mix with 1 teaspoonful of made mustard, and a sprinkling of cayenne. Soak 1 good tablespoonful of gelatine in \( \frac{1}{2} \) cup of cold water for 5 minutes and dissolve in \( \frac{1}{2} \) cup of boiling soup or stock. Season well and add to the mixture. Beat well 1 cup of cream and fold into mixture. Pour into a moistened Phoenix Utility dish UDB 500, set and chill in refrigerator. Serve in same dish garnished with lettuce, cress or asparagus points. Sufficient for 6 persons.

TOMATOES A L'AMERICAINE

Select 6 tomatoes all the same size and not too ripe. Cut a circular slice off the top of each, and with a small spoon remove the seeds and centre of flesh, care being taken not to break the sides of the tomatoes. Rub the flesh through a sieve into a basin, add 4 tablespoonsful of chopped celery, and 4 tablespoonsful of chopped pineapple. Season with salt and pepper, and add sufficient stiff mayonnaise to bind the mixture. Fill the tomatoes. Arrange on Phoenix Oval Platter MP 500, garnish with lettuce leaves and watercress. Chill in refrigerator.

MOULDED FISH SALAD

SALMON, LOBSTER, SHRIMP OR CRAB.

Mix well in a double boiler—
1 tablespoonful castor sugar,
\( \frac{1}{2} \) tablespoonful salt,
\( \frac{1}{2} \) tablespoonful mustard.
Sprinkling of white pepper.

Beat 2 eggs slightly and add to mixture; then add \( \frac{3}{4} \) cup of milk and stir in \( \frac{1}{2} \) cup of vinegar slowly. Cook, stirring constantly, until thick. Have ready 1\( \frac{1}{2} \) teaspoons gelatine soaked in \( \frac{1}{4} \) cup of cold water. Add gelatine to hot mixture and stir until dissolved. Add 1-lb. of fish which has been broken into flakes. Turn into Phoenix dishes IC 400 or SP 500. Set and chill in refrigerator.
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PHOENIX IMPROVED OVEN GLASS

★ The special glass of which Phoenix Oven-Glass is made has the unique property of being able to withstand very high temperatures without cracking and, properly used, Phoenix Oven-Glass will last you for many, many years. There is, in fact, no more efficient heat-resisting glass obtainable than Phoenix.

★ There is, however, no glass yet discovered which will stand violent or sudden changes in temperature. Be careful, therefore, to see that your Phoenix Glass is not put into direct contact with a naked flame, especially when the glass is cold. If you place it on very hot metal, such as a gas ring or boiling plate, the violence of the temperature change may be too great. Conversely, do not handle a very hot Phoenix dish with a damp or wet cloth. What is even worse is to place a hot dish into cold water.

★ CLEANING. Phoenix dishes do not require abrasives or harsh scouring brushes to clean them. Such methods only destroy the brilliant high finish which makes Phoenix so attractive on the table and actually it is never necessary to do more than leave the dish to soak for a while in warm water containing soft soap or washing soda.

★ Food that has been burnt on to the glass may be removed by rubbing the dish with a damp cloth sprinkled with pure soap powder.