Try These Recipes : with the Compliments of Brown and Polson (Ireland)

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TRY THESE RECIPES

With the Compliments of

Culinary History Pamphlets

BROWN & POLSON (IRELAND) LTD.

MAKERS OF FINE FOOD PRODUCTS
## RECIPES FOR SPRING SHOW 1952

### CAKES
- Boston Brownies
- Creole Cake
- Gingerbread
- Ginger Cake
- Mushrooms
- Battenberg Cake
- Cauliflower Cake
- Queen Cakes
- Tuck Box Cake
- Honey Tartlets

### BISCUITS
- Almond Rings
- Swedish Biscuits
- Petits Fours
- Vanilla Creams
- Chocolate Logs
- Fairy Rings
- Cocoanut Cherry Pyramids

### SWEETS
- Fruit Blancmange
- Apricot Creams
- Mocha Cream
- Chocolate Nut and Raisin Desserts
- Nightlights
- Balmoral Pudding

### SAVOURIES
- Vol au Vent of Chicken
- Savoury Cornets
- Stuffed Eggs
- Scotch Galantine
CAKES

BOSTON BROWNIES.

2 eggs.
6 oz. sugar.
3 oz. butter
2 oz. cocoa
1/2 teaspoon vanilla essence.
3 oz. plain flour.
1 teaspoonful Raisley Baking Powder.
3 oz. chopped nuts.

Break the eggs into a mixing bowl. Reserve a little of the white for brushing over, then beat the eggs, add the sugar and beat again. Melt the butter in a saucepan, stir in the cocoa and essence, and add to the egg mixture. Sift flour, cornflour and Raisley together and add to the mixture. Add chopped nuts (except for two tablespoonsful). Put into a greased and floured shallow tin, brush over with egg white and sprinkle with remaining nuts. Bake about 30 minutes in a moderately hot oven. Regulo 5. Temperature 400°F. Mark into squares while hot and remove when cool.

CREOLE CAKE.

4 oz. butter.
4 oz. sugar.
2 eggs.
1 tablespoonful coffee essence.
6 oz. plain flour.
1 oz. cocoa.
1 teaspoonful Raisley Baking Powder.

Beat the butter and sugar until white and creamy. Add the eggs one at a time, beating well between each addition. Stir in the coffee essence. Sift the flour, cornflour, cocoa and Raisley together and stir lightly, into the creamed mixture. Put the mixture into two greased sandwich tins and bake for 20-25 minutes in a moderate oven. Regulo 4. Temperature 375°F.

Leave the cakes to cool on a wire tray. When cold, sandwich them together with the following filling:

2 oz. butter.
3 oz. caster sugar.
1 dessertspoonful cocoa.
Few drops of coffee essence.

Beat the butter and sugar until white and creamy. Add the cocoa and coffee essence.

Ice with coffee glace icing and decorate as liked.

Coffee Glacé Icing.

4 oz. icing sugar.
1 teaspoonful coffee essence.
Cold milk.
CREOLE CAKE—Continued

Sift the icing sugar, add the coffee essence and enough cold milk to make a stiff coating consistency. Pour over the cake and smooth with a palette knife dipped in hot water.

GINGERBREAD.

6 oz. plain flour.
1 teaspoonful ground ginger.
1 teaspoonful cinnamon.
1 level teaspoon bicarbonate of soda.
Pinch of salt.
3 oz. dates (chopped).
1 egg.
3 oz. brown sugar.
2 oz. lard.
5 oz. treacle.
2 tablespoonsful milk.

Sift the dry ingredients into a bowl, add the chopped dates. Beat the egg and sugar together. Warm the lard and treacle over gentle heat until the lard has melted. Add to the dry ingredients together with the beaten egg, sugar and milk. Mix thoroughly and pour the mixture into a well greased tin. Bake for 40 minutes in a moderate oven. Regulo 4. Temperature 375°F.

GINGER CAKE.

2 oz. butter.
2 oz. sugar.
1 large tablespoonful syrup.
3 oz. plain flour.
1 teaspoonful Raisley Baking Powder.
1 level teaspoon ground ginger.
2 eggs.
2 oz. preserved ginger (chopped).

Glace Icing.

4 oz. icing sugar.
Cold milk.

Beat the butter, sugar and syrup until white and creamy. Sift the flour, cornflour, Raisley and ground ginger together. Beat the eggs into the creamed mixture, and gradually add the dry ingredients, stir in the preserved ginger. Turn the mixture into a greased deep sandwich tin and bake for 20 minutes in a moderate oven. Regulo 4. Temperature 375°F. Leave on a wire tray to cool, then ice with glace icing and decorate as liked with preserved ginger.

Glace Icing

Sift the icing sugar and add sufficient cold milk to make a stiff coating consistency.
MUSHROOMS.

4 oz. short crust pastry.
little jam, chocolate butter icing, marzipan.

Filling:
2 oz. butter
2 oz. sugar.
1 oz. plain flour.

Line 12 patty tins with the pastry and place a little jam in each.

Cream the butter and sugar, beat in the egg, add the flavouring essence and then add the flour, cornflour and Raisley all sifted together, mix well and half fill each patty tin with the mixture. Bake about 15 minutes in a fairly hot oven. Regulo 6. Temperature 425°F. When cold pipe on the chocolate butter icing to resemble the underside of a mushroom and make a stalk with marzipan or whipped cream.

Marzipan
See recipe for Battenberg Cake.

BATTENBERG CAKE.

4 oz. butter.
4 oz. sugar.
2 eggs.
6 oz. plain flour.

Beat the butter and sugar till white and creamy, beat in the eggs thoroughly. Sift the flour, cornflour and Raisley together and fold into the mixture using a little milk if necessary to make a fairly soft consistency. Divide the mixture into two portions, add a few drops of cochineal to one half and the cocoa and a little extra milk to the other. Bake in two greased loaf tins for about half an hour in a moderate oven. Regulo 4. Temperature 375°F.

When cold trim each cake into an oblong shape and cut in half lengthways. Spread with warm jam and put together in alternate colours, then brush the cake lightly with warm jam.

Roll out the marzipan and cover the cake with it. Crimp the edges and the top and sprinkle with sugar.

Wrap in a piece of waxed paper and leave for a while.

MARZIPAN.

4 oz. icing sugar.
4 oz. caster sugar.
8 oz. ground almonds.

Sieve the sugar and mix with the ground almonds. Add flavouring and enough beaten egg to bind. Turn out onto a sugared board and knead till smooth.
CAULIFLOWER CAKE.
4 oz. butter.
4 oz. sugar.
2 eggs.
3 oz. plain flour.
½ level teaspoon Raisley Baking Powder.
Few drops flavouring essence.

Mock cream or butter cream

½-¾ lb. marzipan—see recipe for Battenberg Cake.

Beat the butter and sugar till soft and creamy. Beat in the eggs. Fold in the flour, cornflour and Raisley all sifted together and add a few drops of flavouring essence as liked. Bake in a small greased cake tin about half an hour in a moderate oven. Regulo 4. Temperature 375°F. When quite cold trim a little into the shape of a cauliflower and brush the sides of the cake lightly with warm jam.

Add a few drops of green colouring to the marzipan and knead it in evenly. Roll out thinly and cut into leaf shapes. Arrange these round the cake, then pipe the centre with rosettes of cream.

QUEEN CAKES.
4 oz. butter.
4 oz. sugar.
1-2 eggs.
4 oz. plain flour.
1 level teaspoon Raisley Baking Powder.
3 oz. sultanas.
1 oz. candied peel.
Rind of ½ lemon.

Beat the butter and sugar till white and creamy, beat in the eggs. Sift the flour, cornflour and Raisley together, and stir into the creamed mixture. Add the sultanas, chopped peel and grated lemon rind, and a little milk if necessary. Half fill some small greased tins with the mixture. Bake for 20 minutes in a moderately hot oven. Regulo 5. Temperature 400°F.

TUCK BOX CAKE.
7 oz. plain flour.
1 level teaspoon bicarbonate of soda.
1 level teaspoon salt—1 level teaspoon mixed spice.
3 oz. fat.
4 oz. sugar.
8 oz. mixed dried fruit.
1 oz. candied peel.
The grated rind of ½ a lemon.
1 egg.
4 tablespoonsful milk.

Sift the flour, cornflour, bicarbonate of soda, mixed spice and salt into a basin. Rub in the fat, add the sugar, dried fruit, chopped candied peel and the lemon rind. Mix to a fairly soft consistency with the beaten egg and milk. Turn the mixture into a greased cake tin and bake for 1½-2 hours in a moderate oven. Regulo 3. Temperature 350°F.
HONEY TARTLETS.

4 oz. short crust pastry.
1 egg white.
1 oz. caster sugar.
1 tablespoonful honey.
½ teaspoon almond essence.
Apricot jam.

Roll out the pastry and use it to line 12 patty tins. Prick them well and bake for 10 minutes in a fairly hot oven. Regulo 6. Temperature 425°F. Whisk the egg white stiffly and stir in the caster sugar, honey, semolina and almond essence. Put a little apricot jam in each partly cooked pastry case and the mixture on top, continue baking for 20 minutes in a moderate oven. Regulo 4. Temperature 375°F.

ALMOND RINGS.

2 oz. butter.
1 oz. sugar.
1 egg.
3 oz. plain flour.
4 oz. ground almonds.
2 oz. sugar.
½ teaspoon almond essence.
2 oz. sliced blanched almonds.

Beat the fat with the 1 oz. sugar until white and creamy. Beat in the egg yolk alternately with some of the sieved flour and cornflour. Work in the rest of the flour and cornflour and knead until smooth. Roll out, cut into 2½” rounds and place them on a greased baking sheet.

Mix well together ground almonds, 2 oz. sugar, egg white and essence. Put into a forcing bag. Pipe through a rose tube in rings ¼” from the edge of the biscuit. Sprinkle the piped mixture with sliced blanched almonds and bake for 25 minutes in a moderate oven. Regulo 3. Temperature 350°F. Remove and when cool fill the centres with jam, jelly or curd.

SWEDISH BISCUITS.

6 oz. short crust pastry.
3 oz. butter.
3 oz. sugar.
1 egg yolk.
4 oz. plain flour.
½ level teaspoon Raisley Baking Powder.
Few drops Vanilla essence.
Lemon curd, raspberry jam.

Seven
SWEDISH BISCUITS—Continued

Roll the pastry into a strip about 4" wide and put on a baking tray. Prick with a fork. Beat the butter and sugar till white and creamy, add the egg yolk. Add the flour, cornflour and Raisley sifted together and a little milk if required to give a piping consistency. Pipe a line of the mixture down each side of the pastry and down the centre. Bake about 15 minutes in a fairly hot oven. Regulo 6. Temperature 425°F.

When cold fill one side with lemon curd and the other with raspberry jam.

Cut into fingers.

PETITS FOURS.

1 oz. sifted icing sugar. Few drops almond essence.
2 oz. plain flour.

Beat the butter and sugar till soft and creamy. Fold in the flour and cornflour and add almond essence. Using a forcing bag and a star tube, pipe the mixture on to a greased baking sheet or on to rice paper in rosettes or scrolls, or use a teaspoon and flatten with a fork.

Decorate each with a smaller piece of glacé cherry or angelica and bake about ten minutes in a moderately hot oven. Regulo 5. Temperature 400°F.

VANILLA CREAMS.

3 oz. butter. 1 level teaspoon Raisley Baking Powder.
3 oz. sugar. 1 egg.
5 oz. plain flour. Few drops vanilla essence.

Beat the butter and sugar till soft and creamy. Add the flour, flavoured cornflour and Raisley all sifted together—alternately with the beaten egg. Add a little vanilla and knead all well with the hand to make a smooth firm dough. Roll out thinly and cut into rounds with a plain cutter about 2-2½". Bake about 15 minutes in a moderate oven. Regulo 4. Temperature 375°F.

When cold, sandwich two together with vanilla butter cream.

Butter Cream

2 oz. sifted icing sugar.
1 oz. butter.

Beat well together and add a few drops of vanilla essence.

CHOCOLATE LOGS.

4 oz. butter. 1 level teaspoon Raisley Baking Powder.
4 oz. sugar. 1½ oz. cocoa.
1 egg. Little milk.
5 oz. plain flour.
**CHOCOLATE LOGS—Continued**

Beat the butter and sugar till soft and creamy. Beat in the egg. Add the flour, cornflour, Raisley and cocoa all sifted together and work well into the creamed mixture using a little milk if necessary to give a piping consistency. Using a forcing bag and small star tube, pipe the mixture on to a greased baking tin in 3" lengths. Bake for 12 minutes in a moderately hot oven. Regulo 5. Temperature 400°F.

When cold dip the ends in chocolate glacé icing.

**FAIRY RINGS.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>6 oz. plain flour.</td>
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<tr>
<td>1 level teaspoon Raisley</td>
<td></td>
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<tr>
<td>Baking Powder.</td>
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Sift the flour, cornflour and Raisley together. Rub in the butter, add sugar. Mix to a stiff dough with beaten egg or milk. Roll out thinly and cut into rounds with 3" cutter, then remove the centre with a thimble. Bake for 15 minutes in a slow oven. Regulo 3. Temperature 350°F. When cold, sandwich two together with a little jam and ice with glacé icing.

**COCOANUT CHERRY PYRAMIDS.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 oz. Brown &amp; Polson Cornflakes or Wheatflakes.</td>
<td></td>
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<tr>
<td>3 oz. desiccated cocoanut.</td>
<td></td>
</tr>
<tr>
<td>2 oz. glace cherries.</td>
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<tr>
<td>1 small tin condensed milk.</td>
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Mix all the ingredients together and place in heaps on rice paper or on a greased baking sheet. Bake about 15 minutes in a slow oven. Regulo 3. Temperature 350°F.

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**SWEETS**

**FRUIT BLANCMANGE.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 can or bottle fruit.</td>
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</tr>
<tr>
<td>1 packet Brown &amp; Polson Flavoured Cornflour.</td>
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<tr>
<td>1-2 tablespoonsful sugar.</td>
<td></td>
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<tr>
<td>Milk.</td>
<td></td>
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</table>

Drain the fruit from the syrup and make the quantity up to 1 pint with milk. Mix the cornflour and sugar with a little of the cold liquid. Put the rest on to heat. Add the cornflour, stir till boiling and boil for 1 minute. Cool, then pour into a glass dish. When set, arrange the fruit on top of the blancmange and decorate as liked.

**APRICOT CREAMS.**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>1 can or bottle of apricots.</td>
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<tr>
<td>1 oz. ground almonds.</td>
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<tr>
<td>1 oz. sugar.</td>
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<tr>
<td>1 egg.</td>
<td></td>
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<tr>
<td>½ teaspoon almond essence.</td>
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</table>
APRICOT CREAMS—Continued

Put the apricots through a sieve with their syrup, reserving 4-6 for decorating. Measure the quantity of puree and make it up to 1 pint with water. Put the cornflour, ground almonds and sugar together and mix smoothly with a little of the cold liquid. Put the rest on to heat. Add the mixed cornflour, bring to the boil and boil for 3 minutes stirring all the time. Remove from the heat, add the egg yolk and almond essence. Beat the egg white stiffly and fold into the mixture. Put into individual glasses. When cold put an apricot cut side uppermost in the centre. Arrange leaves of angelica and split almonds alternately in a circle around the apricot.

MOCHA CREAM.

1 packet Brown & Polson Vanilla Flavoured Cornflour,
1-2 tablespoonsful sugar.
1 pint milk.
1 tablespoonful coffee essence.
½ oz. butter.

Mix the cornflour and sugar with a little of the milk. Put the rest on to heat. Add the cornflour, stir till boiling and boil for 1 minute. Stir in the coffee essence and beat in the butter a little at a time. Turn into a wetted mould and turn out when set.

CHOCOLATE NUT AND RAISIN DESSERTS.

1-2 tablespoonsful sugar.
1 tablespoonful cocoa.
2 oz. raisins.
1 oz. chopped nuts.

Mix the cornflour, sugar and cocoa together smoothly with a little of the cold milk. Put the rest on to heat. Add the cornflour mixture. Stir till boiling and boil for 3 minutes. Stir in the raisins (seeded or seedless) and the chopped nuts and mix well.

Cool, then put into individual glasses and top with whipped cream.

NIGHTLIGHTS.

2-3 sponge fingers or sliced sponge cake.
Fruit juice or jelly.
½ pint Brown & Polson Vanilla Flavoured Cornflour.
2-3 bananas.
Glace cherries.

Put some sponge cake into flat individual dishes and soak with a little fruit juice or jelly. Make up ½ pint Vanilla Cornflour according to the directions and pour over the sponge cakes. When set, arrange a piece of banana in the centre and put a small piece of glacé cherry on top.

Ten
BALMORAL PUDDING.

1½ oz. Brown & Polson Cornflour. 1 egg.
1-2 tablespoonsful sugar. 1 teaspoonful butter.
1 pint milk. ½ teaspoon vanilla essence.
1 oz. blanched shredded almonds.

Mix the cornflour and sugar smoothly with a little of the cold milk. Put the rest on to heat. Add the cornflour, stir till boiling and boil for 3 minutes. Remove from the heat, add the egg yolk and stir in the butter. Beat the egg white very stiffly and fold into the mixture. Lastly stir in the flavouring essence. Put into a greased fireproof dish, sprinkle the shredded almonds on top and bake for 15-20 minutes in a moderate oven. Regulo 4. Temperature 375°F.

SAVOURIES

VOL-AU-VENT OF CHICKEN.

Rough Puff Pastry:
8 oz. plain flour. 3 oz. butter.
1 level teaspoon salt. Cold Water.
3 oz. lard. 1 teaspoonful lemon juice.

Sift the flour and salt into a bowl. Add the fat and cut it into pieces the size of walnut. Add a little cold water and lemon juice then carefully gather the flour and fat together with a palette knife until a soft dough is formed. Roll into a strip about three times as long as it is broad, fold in three, give the pastry a half-turn to the right so that the folded edges are to the sides, press the open edges with the rolling pin to keep in the air and roll again. Fold in three, turn in the same way and roll again. Repeat the process once more. Leave the pastry to stand in a cool place about 1 hour before using.

Filling:
1 oz. butter. ½ pint milk.
3 teaspoonsful Brown & Polson Cornflour. 6 oz. diced cooked chicken.
Seasoning—lemon juice.

Roll the pastry to about 1" in thickness and cut into a round or oval shape using a large cutter or saucer. With a small cutter of the same shape mark out a ring or oval in the centre to form a lid. Brush with a little egg or milk and bake about 30 minutes in a hot oven. Regulo 8. Temperature 475°F.

When cooked remove the lid with a sharp pointed knife and take out any soft dough.

Make a sauce with the butter, cornflour and milk.

Add the diced chicken, season carefully and fill the vol-au-vent case.

SAVOURY CORNETS.

4 oz. Rough Puff Pastry.

See Vol-au-Vent of Chicken.

Roll the pastry about $\frac{3}{8}$" in thickness and cut into strips $\frac{1}{4}$" wide. Damp one edge of each strip and wind round the cornet tins beginning at the closed end of the tin and allowing the dampened edge of the pastry to just overlap. Place well apart on a lightly greased Eleven
SAVOURY CORNETS—Continued

Baking tin, and bake about 10 minutes in a hot oven. Regulo 8. Temperature 475°F. Remove from the heat, brush lightly with milk or beaten egg. Return to the oven to finish cooking—reducing the heat to Regulo 6, Temperature 425°F. When cooked remove the tins carefully and leave the cases to cool.

**Filling:**

- \(\frac{1}{2}\) pint milk.
- \(\frac{1}{2}\) oz. butter.
- 3 teaspoonsful Brown & Polson Cornflour.
- 3 tablespoonsful cooked green peas, diced carrots.
- Seasoning.
- Chopped parsley.

Melt the butter in a saucepan, stir in the cornflour and mix well. Stir in the milk—bring the sauce to the boil, boil for three minutes stirring all the time. Remove from the heat, stir in the cooked green peas and diced carrots. Season carefully and leave to cool. Pile the mixture into the cornet cases, sprinkle the filling with chopped parsley. Serve cold with salad.

**STUFFED EGGS.**

- 3 hard boiled eggs.
- 2 oz. chopped ham or bacon.
- 2 teaspoonsful Brown & Polson Cornflour.
- 1 teaspoon made mustard.
- \(\frac{1}{2}\) pint milk.
- Seasoning.

Cut the eggs in halves length-wise and remove the yolks. Mix the cornflour smoothly with a little of the cold milk. Put the rest on to heat, add the cornflour, stir till boiling and boil for 3 minutes. Add egg yolks, ham, parsley and seasoning and mix all well. Pile into the egg cases. Arrange on oval pieces of toast or fried bread and serve with salad.

**SCOTCH GALANTINE.**

- 2 oz. dripping.
- 1 onion.
- 2 tomatoes.
- \(\frac{1}{2}\) oz. Brown & Polson Cornflour.
- 1 pint stock.
- 6 oz. cooked ham.
- 6 oz. cooked beef.
- 1 teaspoonful chopped parsley.
- Seasonings.
- 2 hard boiled eggs.

Melt the fat in a pan, fry the onion, peeled and finely chopped and the tomatoes, peeled and sliced. Add the cornflour and cook all well together. Add the stock, stir till boiling and boil for 3 minutes. Add the minced meat, parsley and seasonings. Slice the eggs and arrange round the side of a lightly greased tin or basin. Put the mixture in carefully, cover with greased paper and bake about one hour in a very moderate oven. Regulo 3. Temperature 350°F. Leave till cold, then turn out and brush with meat glaze. Serve with salad.

**Meat Glaze.**

- 2 teaspoonsful meat or vegetable extract.
- \(\frac{1}{2}\) pint boiling water.
- \(\frac{1}{2}\) oz. powdered gelatine.

Dissolve the meat extract in the boiling water. Add gelatine and stir over gentle heat till melted. Leave to cool then brush over the galantine giving several coats until the whole surface is evenly glazed.

John T. Drought, Ltd., 5/6 Bachelor’s Walk, Dublin.