Try These Tasty Recipes: with the Compliments of Brown and Polson

Brown & Polson (Ireland) Ltd.

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Try these tasty Recipes

Culinary History Pamphlets

With the Compliments of

BROWN & POLSON (IRELAND) LTD.
MAKERS OF FINE FOOD PRODUCTS
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CAKES AND BISCUITS

STRAWBERRY SHORT CAKES

Beat together 4 oz. butter and 1½ oz. sieved icing sugar until light and creamy. Sieve together 3 oz. plain flour, 1 packet Brown & Polson Strawberry Flavoured Cornflour, ⅓ level teaspoon baking powder and stir into the creamed mixture. Half fill paper baking cases with the mixture, smooth the top, and make an indentation in the centre. Bake about 20 minutes in a moderate oven. Mark 4. Temperature 375°F. When cool, put a little jam in the centre of each and sprinkle with icing sugar.

PINEAPPLE CAKE

Beat until light and creamy 4 oz. butter and 4 oz. caster sugar. Sieve together 4½ oz. plain flour, 1 packet Brown & Polson Pineapple Flavoured Cornflour, 1 teaspoonful baking powder and add to the creamed mixture alternately with 2 beaten eggs. Stir in 2 oz. chopped glace pineapple. Divide the mixture between two greased sandwich tins and bake about 20 minutes in a moderately hot oven. Mark 5. Temperature 400°F.

When cold sandwich together with mock cream or butter cream and ice with PINEAPPLE GLACE ICING: sieve together ½ lb. icing sugar and 1 teaspoonful Brown & Polson Pineapple Flavoured Cornflour and mix with milk or water to a stiff coating consistency.
MARSHMALLOWS

2 level tablespoons gelatine (1 oz.)
4 tablespoonsful cold water
3 level teaspoons Brown & Polson Strawberry Flavoured Cornflour

\[ \frac{1}{2} \text{ pt. hot water} \]
1 lb. caster sugar

Mix the gelatine and Strawberry Flavoured Cornflour with the cold water until smooth and the gelatine softens. Stir in the hot water until the gelatine is well mixed then add the sugar. Set the bowl in a pan of hot water and stir the mixture until it feels perfectly smooth when rubbed between the thumb and finger. Keeping the bowl in the pan of water, beat with a wire whisk or rotary beater until the mixture forms a fluffy opaque mass. Pour into a wetted tin and leave to set. Turn out onto a mixture of half Strawberry Flavoured Cornflour and half icing sugar sifted together. Cut into squares or rounds and roll in the icing sugar—cornflour mixture.

Alternatives: Use Banana or Pineapple Flavoured Cornflour in place of Strawberry Flavoured Cornflour and roll in browned coconut in place of icing sugar and cornflour.

Makes about 1½ lbs.

AMERICAN SAND CAKE

4 oz. butter
4 oz. caster sugar
rind of 1 lemon
2 eggs
4 oz. Brown & Polson Cornflour
\[ \frac{1}{2} \text{ level teaspoon baking powder} \]
1 oz. Brown & Polson Semolina

Beat the butter and sugar till soft and creamy, add grated lemon rind and gradually add the beaten eggs, beating well between each addition. Fold in the cornflour and baking powder sifted together and the semolina. Put into a cake tin.
about 6" in diameter, greased and dusted out with 1 teaspoonful cornflour and 1 teaspoonful caster sugar mixed together.

Bake about ¾ hour in a moderate oven. Regulo 4. Temperature 375°F.

**CHOCOLATE CAKE**

6 oz. butter
4½ oz. sugar
4 oz. plain flour
2 oz. Brown & Polson Cornflour
1 teaspoonful baking powder
3 oz. chocolate powder
2 eggs

Cream the butter and sugar well. Sift flour, cornflour, chocolate powder and baking powder together and add to the creamed mixture alternately with the beaten eggs. Add a little milk if necessary to make a fairly soft mixture. Put into a greased square cake tin 7" × 7" × 2" and bake about ¾ hour in a moderate oven. Regulo 4. Temperature 375°F. When cold, split through the centre and spread with a layer of whipped cream or butter cream. Ice with chocolate glace icing.

**COCONUT, BISCUITS**

½ lb. plain flour
4 oz. Brown & Polson Cornflour
1 level teaspoon cream of tartar
½ level teaspoon bicarbonate of soda
4 oz. butter
2 oz. caster sugar
4 oz. desiccated coconut
1 egg
about 1 tablespoonful milk

Sift flour, cornflour, cream of tartar and bicarbonate together. Rub in the butter, add sugar and coconut. Mix to a dry dough with the beaten egg and milk. Roll out ¼" in thickness cut into rounds and bake 20–30 minutes in a moderate oven. Regulo 4. Temperature 375°F.
GOLDEN CROWNS

6 oz. plain flour
1 pkt. Brown & Polson Vanilla Flavoured Cornflour
3 oz. butter
3 oz. sugar
1 egg

Sift flour and Vanilla Flavoured Cornflour together. Beat the butter and sugar till soft and creamy. Add the sifted flour and beaten egg alternately, kneading the mixture lightly with the hand and making a smooth firm dough. Roll out thinly and cut with a heart shaped cutter, then cut across the pointed end to make a crown shape. Bake in a moderate oven 10–15 minutes. Regulo 4. Temperature 375°F. When cold sandwich two together with jam or butter cream and decorate with butter cream and silver balls.

HONEY BISCUITS

3 oz. butter
3 oz. sugar
1 tablespoonful honey
2 oz. cornflakes
2 oz. Brown & Polson Cornflour
4 oz. plain flour
2 oz. finely chopped nuts
1 egg

Cream the butter, sugar and honey together. Work in the crushed cornflakes, and sifted cornflour and flour, use the egg to mix to a stiff dough then add the finely chopped nuts.

Roll out the dough thinly and cut into biscuit shapes. Bake in a moderate oven for 15–20 minutes. Regulo 4. Temperature 375°F
QUEEN CAKES

4 oz. butter
4 oz. caster sugar
4 oz. plain flour
2 oz. Brown & Polson Cornflour
1 level teaspoon baking powder
2 eggs
3 oz. sultanas or currants
1 oz. chopped candied peel
Rind of ½ a lemon

Cream the butter and sugar. Sieve the flour, cornflour and baking powder together and add alternately with the beaten eggs to the creamed mixture using a little milk if necessary to make a soft consistency. Stir in the fruit. Half fill greased tins with the mixture and bake for about 15–20 minutes in a moderate oven. Regulo 5. Temperature 400°F.

SHORTBREAD

4 oz. Brown & Polson Cornflour
8 oz. plain flour
6 oz. butter
3 oz. caster sugar

Sift cornflour and flour together. Beat butter and sugar till very soft and creamy. Add the flour mixture and knead with the hand till well mixed. Press into a mould or shape with the hand, fluting the edges.

Put on to a lightly greased baking tin, and bake 50–60 minutes in a slow oven. Regulo 3. Temperature 350°F.
WALNUT CAKE

3 oz. butter
3 oz. caster sugar
2 eggs
1 oz. plain flour
1 oz. Brown & Polson Cornflour
1 level teaspoon baking powder
1 oz. chopped walnuts

Beat the butter and sugar together until white and creamy. Beat the eggs. Sift the flour, cornflour and baking powder together and stir lightly into the creamed mixture, alternately with the eggs. Stir in the walnuts. Place the mixture in a greased tin 5" in diameter and bake for 35 minutes in a moderate oven, Regulo 3. Temperature 350°F. When cold, ice with Glace Icing and decorate with halves of walnut.

HOT AND COLD SWEETS

TUTTI-FRUTTI BLANCMANGE

Decorate the bottom of a wetted mould with a few glace cherries and angelica. Make a blancmange as directed on a packet of Brown & Polson Strawberry Flavoured Cornflour. Stir in 2 oz. chopped glace cherries and 1 oz. chopped angelica. Pour into the prepared mould and leave to set.

PINEAPPLE CREAM

Make a syrup with ¼ pt. water or pineapple juice and 3–4 oz. sugar. Take the packet of Brown & Polson Pineapple Flavoured Cornflour and mix smoothly with 2 tablespoonsful cold water, then stir into the hot syrup and boil 1 minute. When cool, gradually beat this cooked mixture into 4 oz. butter which has been well creamed. Add tinned or crystallized pineapple as liked.
PINEAPPLE-MALLOW CANDY

1 lb. caster sugar
\( \frac{1}{4} \) pt. evaporated milk (1 small tin)
\( \frac{1}{4} \) pt. plus 1 tablespoonful fresh milk
1 oz. butter
Pinch of cream tartar
3 teaspoonsful Brown & Polson Pineapple Flavoured Cornflour
1 lb. chopped marshmallows
1 lb. chopped glace pineapple.

Put the sugar, cream of tartar, butter, evaporated milk and \( \frac{1}{4} \) pt. fresh milk in a saucepan and stir over low heat until all the ingredients are dissolved. Mix the Pineapple Flavoured Cornflour to a smooth paste with 1 tablespoonful milk and stir into the mixture in the saucepan. Boil to 240°F. (about 30 minutes or until the mixture forms a soft ball when a little is dropped into cold water)—stir frequently to prevent the candy burning.

Remove from the heat, add the chopped marshmallows and chopped glace pineapple and leave to cool until the pan may be held on the palm of the hand. Beat until the mixture becomes thick and creamy then pour into a greased tin. When cool, mark into squares and leave to set.

Makes about 1\( \frac{1}{4} \) lbs.

PINEAPPLE FUDGE

1 lb. caster sugar
2 oz. butter
3 teaspoonsful Brown & Polson Pineapple Flavoured Cornflour
\( \frac{1}{4} \) pt. plus 1 tablespoonful milk
\( \frac{1}{4} \) lb. glace pineapple.

Heat the sugar, butter and \( \frac{1}{4} \) pt. milk until the sugar dissolves. Mix the Pineapple Flavoured Cornflour to a smooth paste with 1 tablespoonful cold milk then stir into the melted sugar mixture. Boil to 240°F. (about 15 minutes until a little of the mixture forms a soft ball when dropped into cold
water). Remove from the heat, stir in the chopped glace pineapple, and beat until the mixture grains then pour into a greased tin. When cool, mark in squares and leave to set.

Makes about 1¼ lbs.

Alternative: Use Caramel Flavoured Cornflour and stir in chopped walnuts.

MARZIPAN DATES

Mix 4 oz. sieved stale sponge cake with 3 oz. caster sugar and 1 oz. Brown & Polson Semolina. Add a few drops of lemon juice and 1 teaspoonful almond essence and enough egg to bind the mixture together. Knead well and mix in a few drops of colouring if liked. Remove the stones from some dates, fill the cavity with marzipan. Put each into a small paper case.

STRAWBERRY VANILLA DELIGHTS

Make a blancmange as directed on the packet of Brown & Polson Strawberry Flavoured Cornflour. Pour into small wetted moulds and leave to set. Make up a Vanilla blancmange in the same way. When set turn out, and coat each blancmange with desiccated coconut. Decorate with glace cherries, etc., before serving.

TURKISH DELIGHT

\[
\begin{align*}
\frac{1}{2} \text{ lb. granulated sugar} \\
3\frac{1}{2} \text{ gills water (1 gill= } \frac{1}{4} \text{ pt.)} \\
\frac{1}{4} \text{ level teaspoon tartaric acid} \\
1\frac{1}{4} \text{ oz. Brown & Polson Patent Cornflour} \\
3\frac{1}{2} \text{ oz. icing sugar} \\
1 \text{ dessertspoonful honey} \\
\frac{1}{2} \text{ teaspoon rose water.}
\end{align*}
\]

Put the granulated sugar and 1 gill water into a strong saucepan and bring slowly to boiling point. Boil steadily to 240°F., about 10 minutes or until a little of the syrup forms
a soft ball when dropped into cold water. Remove from the heat and add the tartaric acid without stirring.

While the first mixture is cooking, mix the cornflour and icing sugar with a little of the remaining cold water. Put the rest on to heat. Add the mixed cornflour, stir till boiling and boil till thick and clear. Add the syrup gradually, beating well, then boil for 20 minutes (the mixture should be a pale straw colour and transparent).

Add the honey and flavouring and pour half the mixture into a lightly buttered tin, colour the remainder a pale rose colour with a little cochineal and pour it on top of the mixture already in the tin. Stand aside till quite cold, then turn out onto a mixture of equal quantities of cornflour and icing sugar sifted together. Cut up with a sharp knife and toss in the cornflour and icing sugar.

Makes about 1 lb.

**CARAMEL CANDY**

1 lb. soft brown sugar  
2 oz. butter  
¾ pt. milk plus 1 tablespoonful  
3 teaspoonsful Brown & Polson Caramel Flavoured Cornflour.

Heat the sugar, butter and ¾ pint milk until the sugar dissolves. Mix the Caramel Flavoured Cornflour to a smooth paste with 1 tablespoonful cold milk then stir into the melted sugar mixture. Boil to 240°F. or until a little of the mixture forms a soft ball when dropped into cold water—requires about 20 minutes. Remove from the heat and leave to cool until the pan may be held in the palm of the hand then beat the mixture until it begins to grain. Pour into a shallow greased tin and mark into squares when cool. Leave to set.

Makes about 1 lb.
CARNIVAL BLANCMANGE

1 pkt. Brown & Polson Flavoured Cornflour
1½ oz. sugar
1½ pints milk
½ oz. gelatine
2 oz. glace cherries
1 oz. angelica

Rinse a mould out with cold water and decorate the bottom with a few glace cherries and angelica. Mix the Flavoured Cornflour and sugar together with a little of the cold milk. Put the rest on to heat. Add the cornflour, stir till boiling and boil for 1 minute. Remove from the heat, stir in the gelatine dissolved in a little hot water and the rest of the cherries and angelica finely chopped.

Pour into the prepared mould and leave to set.

To unmould dip quickly into hot water and turn on to a dish.

CORNFLOUR MERINGUE PUDDING

3 level tablespoons Brown & Polson Cornflour
2 tablespoonsful sugar
1 pint milk
1 small nut of butter
1 egg—pinch of salt

Mix the cornflour and 1 tablespoonful of the sugar to a smooth paste with a little of the cold milk. Put the rest on to heat. Add the mixed cornflour stirring well and boil for 3 minutes. Remove from the heat, stir in the butter, egg yolk and a pinch of salt. Pour into a lightly greased dish.

Add a pinch of salt to the white of egg and beat stiffly. Fold in 1 tablespoonful sugar mixed with 1 teaspoonful cornflour and pile this meringue on top of the pudding. Put into a slow oven to brown.
SAVOURIES

CHEESE ROLLS

Cheese Pastry

5 oz. plain flour
1 oz. Brown & Polson Cornflour
3 oz. butter
2 oz. finely grated cheese
Seasoning
1 egg yolk

Sift flour and cornflour together, rub in the butter, add grated cheese and seasoning. Mix to a firm dough with egg yolk and a little water.

Filling

1 oz. butter
3 teaspoonsful Brown & Polson Cornflour
\( \frac{1}{2} \) level teaspoon dry mustard
\( \frac{1}{2} \) gill milk
2 oz. grated cheese
1 egg yolk
Salt and pepper

Melt the butter in a pan, add the cornflour and dry mustard and cook for a few minutes. Remove from the heat, add the milk stirring well. Return to the heat stir till boiling and boil for 3 minutes. Remove from the heat, add grated cheese, salt, pepper and egg yolk. Mix well and leave to cool. Roll the pastry thinly and cut into sections approx. \( 2\frac{1}{2}'' \times 3'' \). Shape the filling into rolls and put a roll on each piece of pastry. Damp one edge of the pastry and roll up. Brush over with beaten egg and bake 20–25 minutes in a fairly hot oven. Regulo 6. Temperature 425°F.
SUPPER SAVOURY

1½ oz. rice
3 level tablespoons Brown & Polson Cornflour
1 Pint milk
3 oz. grated cheese
1½ oz. butter
¼ teaspoon made mustard
Salt, pepper cayenne
1-2 tomatoes.

Boil the rice in ½ pt. water till it is tender and has absorbed all the water. Mix the Cornflour smoothly with a little of the cold milk. Put the rest on to heat, add the mixed Cornflour, rice, most of the grated cheese, butter and seasonings. Stir till boiling and boil for 3 minutes. Pour into a lightly greased dish sprinkle the remaining cheese and a few breadcrumbs on top, dot with margarine and if liked arrange slices of tomato on top. Brown under the grill or in a moderate oven.
Thom, Dublin.