Zena Skinner's Cookbook

Zena Skinner

Follow this and additional works at: https://arrow.tudublin.ie/culhispm

Part of the Other Food Science Commons

Recommended Citation

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

This work is licensed under a Creative Commons Attribution-Noncommercial-Share Alike 3.0 License
Culinary History Pamphlets

WITH RECIPES, HINTS AND TIPS
FROM THE BBC-TV SERIES Indoors Outdoors
One of the nicest things about appearing on television is the
personal contact I have made over the years. I don't just
mean the folk in the studio and production departments, but the
thousands of viewers who have taken the trouble to write to me. Your
letters, it seems, are going to be responsible for this book.

I've had lots of fun writing it and it's difficult to know where to
start. It contains a 'Make Your Own' section and also many
instructions of use. At the same time, I've tried to include
something for the non-cook or those who cook very much on
economical, everyday dishes for the housewife and her family.

The recipes include most of the
indoor and outdoor dishes, some I'll be doing in the studio and
some I'll be cooking on my own premises. I've also included a
number of money-saving recipes
democratised by Simple Goods in the first section.

My thanks to all those who have contributed to the
production of this book and to all those who have asked me to
deliver it. You've been very kind.

Best wishes on your own happy occasions and to
enjoy them.

British Broadcasting Corporation
Published in conjunction with the second BBC-tv series of Indoors Outdoors, produced by Peter Riding and first broadcast on BBC-2 from 17th February 1978.

Cover photo by Tom Blau (Camera Press)
Photos by Peter Pugh-Cook
Illustrations by Ray Burrows
Meat diagrams by John Gilkes

Acknowledgment is due to:

THE MEAT AND LIVESTOCK COMMISSION for extracts from their leaflet 'British beef, lamb, pork - a guide to buying and cooking'.

THE METRICATION BOARD for weights and measures diagrams on page 8.

Published to accompany a series of programmes prepared in consultation with the BBC Further Education Advisory Council.

© Zena Skinner and the British Broadcasting Corporation 1977
First published 1977, reprinted 1978 (four times)

Published by the British Broadcasting Corporation, 35 Marylebone High Street, London W1M 4AA.

Set in 11/12 pt. Monophoto Plantin.
Printed in England by Belmont Press, Northampton.

ISBN 0 563 16213 9
One of the nicest things about appearing on television is the tremendous number of friends I have made over the years. I don’t just mean the folk in the studios and production departments, but you the thousands of viewers who have taken the trouble to write to me. Your letters, in fact, are partly responsible for this book.

I’ve had lots of fun writing it and it’s different to all my others as it contains a ‘Make Your Own’ section and also many ‘Hints and Tips’. At the same time, I’ve tried to include something for everyone, with the accent very much on economical, everyday dishes for the housewife and her family.

The recipes include most of the ones I showed you on the first Indoors Outdoors series, some I’ll be doing in the second, and some of my own favourites. I’ve also included a number of money-saving recipes demonstrated by Shirley Goode in the first series.

My thanks to everyone connected with the programmes and the production of the book, to my family who test the recipes and to ‘you’ the viewers, who I hope will enjoy them.

Best wishes to you all and Happy Cooking.

Zena Skinner
CONTENTS

FACTS AND FIGURES

| Abbreviations | 7 |
| Egg Sizes | 7 |
| Oven Temperatures | 7 |
| Metric Weights and Measures | 8 |

ECONOMICAL MAIN DISHES

| Meat: | Stuffed Roast Hand of Pork | 10 |
| | Spare Rib Pork Casserole | 10 |
| | Quick Lamb Stew | 11 |
| | Barley Lamb | 12 |
| | Roast Breast of Lamb | 12 |
| | Roast Brisket of Beef | 13 |
| | Savoury Beef Pudding | 13 |
| | Chicken Italian Style | 14 |
| | Crunchy Crisp Chicken | 15 |
| Fish: | Family Fish Pie | 16 |
| | Sprats | 17 |
| | Stuffed Mackerel | 18 |
| | Cod Fillets with Orange | 19 |
| | Savoury Plaice Fillets | 19 |
| Savoury: | Pizzas and Tomato Sauce | 21 |
| | Savoury Stuffed Pancakes | 22 |
| | Sweet and Sour Sauce | 23 |
| | Fried Rice | 23 |
| | Savoury Sausage Plait | 24 |
| | Bacon Scotch Egg | 24 |
| | Cornish Pasty | 25 |
| | Sausage Kedgeree | 26 |
| | Vegetable Hot-Pot | 26 |
| | Savoury Macaroni | 27 |
HOT AND COLD PUDDINGS

Hot:
- Crunchy Pear Pudding 29
- Mrs Bates’ Bread and Butter Pudding 29
- Old-Fashioned Rhubarb Pudding 30
- Pancakes and Fillings 30
- Meringue Layer Pancake 32
- Farmhouse Apple Pie 33
- Rhubarb and Orange Meringue 34

Cold:
- Crunchy Lemon Pie 34
- Lemon Yogurt Mousse 35
- Orange Cheesecake 36

MAKE YOUR OWN

Bread, Buns and Biscuits:
- Quick Wheatmeal Bread 39
- Soda Bread 40
- Currant Loaf 41
- Chelsea Buns 42
- Doughnuts 42
- Yeast Hot Cross Buns 43
- Millie’s Fruit Loaf 44
- Chocolate Wheatmeal Biscuits 44
- Savoury Biscuits 45

Preserves:
- Apple Chutney 46
- Seville Orange Marmalade 46
- Three Fruit Marmalade 47

Soups:
- Left-over Vegetable Soup 49
- Yellow Split Pea Soup (Baked Croutons) 49
- Thick Green Pea Soup 50

Miscellaneous:
- Home-made Sausages 51
- Liver Pâté 52
- Potato Crisps 52
- Whole Lemon Drink 53
- Muesli 53
- Yogurt 54
CHRISTMAS FARE

Turkey and Pudding:
- Buying Turkeys 56
- Thawing Frozen Turkeys 56
- Cooking Turkeys 56
- Carving a Turkey 57
- Roast Stuffed Turkey 58
- Gran’s Christmas Pudding 59

Cakes and Icing:
- Zena’s Christmas Cake 60
- Almond Paste and Royal Icing 62
- Christmas Cake Decorations 63
- Cake Frills 64
- Christmas Chocolate Log 65
- Candle Cake 65

Presents:
- Peppermint Creams and Fondants 66
- Marzipan Stuffed Dates 66
- Rum Truffles 67

TIPS AND HINTS

- Apples, Bacon, Batter, Bones, Bread, Breadcrumbs 68
- Butter, Cake Tins, Cheese, Chives, Cream 69
- Egg Whites, Egg Yolks, Frying Pan, Jam, Lemons 70
- Mayonnaise, Milk, Mushrooms, Onions, Parsley and Mint, Pasta, Preserving, Quick Soup 71
- Root Vegetables, Saucepans, Spinach, Sugar, Tomatoes, Vacuum Flasks, Vegetables 72

KNOW YOUR MEAT

- Cuts and ways of cooking Beef 73
- Cuts and ways of cooking Lamb 75
- Cuts and ways of cooking Pork 76

MONEY SAVERS

- Using a Pressure Cooker 78
- Using a Steamer 79
- Growing and Using Bean Sprouts 80
In this book I’ve used three abbreviations in the lists of ingredients. These are:

- tsp = teaspoon
- dsp = dessertspoon
- tbsp = tablespoon

**Egg Sizes**

From January 1st 1978 eggs sold in the United Kingdom must conform with EEC size regulations. There are seven sizes.

For the purpose of the recipes in this book, I have indicated at the side of the new sizes the terms we are all more familiar with:

- **No 1** eggs weighing over 70 g – Large
- **No 2** eggs weighing 65 g to 70 g – Large
- **No 3** eggs weighing 60 g to 65 g – Large
- **No 4** eggs weighing 55 g to 60 g – Standard
- **No 5** eggs weighing 50 g to 55 g – Medium
- **No 6** eggs weighing 45 g to 50 g – Small
- **No 7** eggs weighing under 45 g – Extra Small

**Oven Temperatures**

This table compares oven thermostats marked in °C with those marked in °F and with Gas marks. They are dial markings, not exact conversions.

<table>
<thead>
<tr>
<th>°F</th>
<th>°C</th>
<th>Gas mark</th>
<th>°F</th>
<th>°C</th>
<th>Gas mark</th>
</tr>
</thead>
<tbody>
<tr>
<td>550</td>
<td>290</td>
<td></td>
<td>325</td>
<td>170</td>
<td>3</td>
</tr>
<tr>
<td>525</td>
<td>270</td>
<td></td>
<td>300</td>
<td>150</td>
<td>2</td>
</tr>
<tr>
<td>500</td>
<td>250</td>
<td></td>
<td>275</td>
<td>140</td>
<td>1</td>
</tr>
<tr>
<td>475</td>
<td>240</td>
<td>9</td>
<td>250</td>
<td>130</td>
<td>½</td>
</tr>
<tr>
<td>450</td>
<td>230</td>
<td>8</td>
<td>225</td>
<td>110</td>
<td>¼</td>
</tr>
<tr>
<td>425</td>
<td>220</td>
<td>7</td>
<td>200</td>
<td>100</td>
<td>LOW</td>
</tr>
<tr>
<td>400</td>
<td>200</td>
<td>6</td>
<td>175</td>
<td>80</td>
<td></td>
</tr>
<tr>
<td>375</td>
<td>190</td>
<td>5</td>
<td>150</td>
<td>70</td>
<td></td>
</tr>
<tr>
<td>350</td>
<td>180</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*The table is based on information given by the Electricity Council/British Gas.*
Metric Weights and Measures

**GOLDEN RULE**

Never mix metric and the old imperial measures in one recipe. Stick to one system or the other.
Economical MAIN DISHES
STUFFED ROAST HAND OF PORK  
6 Portions

A really succulent and economical Sunday Roast with lots of lovely crisp crackling.

Ingredients

<table>
<thead>
<tr>
<th>Hand of Pork</th>
<th>Stuffing</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 lb hand of pork</td>
<td>2 large onions</td>
</tr>
<tr>
<td>(cut from the 'hand and spring')</td>
<td>(finely chopped)</td>
</tr>
<tr>
<td>little oil or lard</td>
<td>4 oz white or brown breadcrumbs</td>
</tr>
<tr>
<td>salt</td>
<td>1 tsp dried sage</td>
</tr>
<tr>
<td>dripping</td>
<td>1 oz butter</td>
</tr>
</tbody>
</table>

Method
Cook onion in a little water until tender (about 5 minutes) then drain well. Add all other ingredients for the stuffing and mix well together.

Ask the butcher to score the rind of the hand of pork finely and to remove the bone.

Wipe the joint with a damp cloth, then rub a little oil or lard into the rind. Sprinkle well with salt and rub into the score marks.

Put the stuffing into the cavity left by the bone, then tie with string in several places, but not too tightly or the stuffing will come out during cooking.

Place the joint into a roasting pan, add a little dripping and roast at approximately 375 F or 190 C or mark 5 for about 2½ to 3 hours, or until the meat is tender and the crackling crisp.

Serve with roast or boiled potatoes and fresh vegetables in season.

SPARE RIB PORK CASSEROLE  
4 Portions

These chops are probably the best value for money you can buy, and if you're just two in family halve the ingredients.

Ingredients

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>4 pork spare rib chops</td>
<td></td>
</tr>
<tr>
<td>1 tsp basil</td>
<td></td>
</tr>
<tr>
<td>1 large onion (thinly sliced)</td>
<td></td>
</tr>
<tr>
<td>salt and pepper</td>
<td></td>
</tr>
<tr>
<td>½ pint stock</td>
<td></td>
</tr>
<tr>
<td>1 large cooking apple (sliced ½” rings)</td>
<td></td>
</tr>
<tr>
<td>2 large tomatoes (sliced)</td>
<td></td>
</tr>
</tbody>
</table>
Method
Put the chops in the centre of a 3–4 pint ovenproof casserole and sprinkle with basil.

Arrange onions on either side of the chops, season and pour over stock.

Cover with a well fitting lid and cook at approximately 350°F or 180°C or mark 4 for 1 hour.

Remove casserole from oven, add apple and tomatoes, replace the lid and continue cooking for a further 15 minutes at the same temperature.

Serve with baked potatoes in their jackets cooked at the side of the casserole.

QUICK LAMB STEW  4–6 Portions

A complete meal in one saucepan, which is cooked in just about 1 hour and can be made in most months of the year.

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 lb middle neck lamb</td>
<td>2 tbsp seasoned flour</td>
</tr>
<tr>
<td>1 oz dripping</td>
<td>1 ½ pints stock</td>
</tr>
<tr>
<td>4 carrots (sliced)</td>
<td>4 small onions (sliced)</td>
</tr>
<tr>
<td>4 medium potatoes</td>
<td>4 tomatoes</td>
</tr>
<tr>
<td>1 tsp mixed herbs</td>
<td></td>
</tr>
</tbody>
</table>

Method
Trim any excess fat from meat, then wash, dry and toss in seasoned flour.

Using a 6 pint saucepan, melt the dripping and fry the meat until it is brown all over.

Add stock, carrots, onions and potatoes cut into pieces and season with herbs, salt and pepper.

Put lid on pan, bring to the boil, then simmer for ½ hour, add tomatoes and simmer a further ½ hour or until the meat is tender.
BARLEY LAMB

3–4 Portions

This dish uses one of the cheaper cuts of lamb to make a family casserole. A good mid-week idea for saving money.

Ingredients

- 1 lb scrag end or neck of lamb
- 1½ oz seasoned flour
- 1 oz butter or margarine
- 1 medium sized onion (thinly sliced)
- ½ pint stock
- 1 large carrot (sliced)
- ¾ oz pearl barley
- 1 large potato (thinly sliced)
- little parsley (chopped)
- black pepper

Method

Trim the meat, remove any excess fat and cut into even-sized pieces, then dip in seasoned flour.

Melt the fat and fry the meat for about 5 minutes or until brown all over. Put meat into a deep ovenproof casserole and fry onions golden brown in remaining fat then add to casserole.

Stir remaining flour into frying pan and cook for about 2–3 minutes, remove pan from heat and gradually add the stock, stirring all the time.

Return pan to the heat, bring to the boil and cook for 1 minute. Remove pan from heat and stir in carrot and barley. Pour into casserole.

Arrange potatoes on top, cover and bake at approximately 325°F or 160°C or mark 3 for 2–2½ hours. Remove lid for the last 30 minutes cooking to brown the potatoes. Serve sprinkled with parsley and black pepper.

ROAST BREAST OF LAMB

3 Portions

A succulent cut of meat, very often forgotten these days. A really good buy for the smaller family.

Ingredients

- 1 breast of lamb
- salt and pepper
- 3 oz fresh breadcrumbs
- 1 level tbsp parsley (chopped)
- ½ lemon (grated rind)
- 1 oz butter (melted)
- 1 standard egg
Method
Remove all the bones, or ask the butcher to do this.

Place lamb skin-side down and season with salt and pepper.

Mix together the breadcrumbs, parsley, lemon rind and butter and bind together with the beaten egg. Spread the stuffing on the inside of the lamb, roll up and secure (but not too tightly) with string in several places.

Roast at approximately 375°F or 190°C or mark 5 for about 1 1/4 hours.
Serve hot with vegetables in season and roast or boiled potatoes.

ROAST BRISKET OF BEEF
4 Portions

This is one of the cheaper cuts of beef, but roasted in this way it will be both tender and succulent.

Ingredients
2 1/2 lb brisket of beef (rolled)
good beef dripping

Method
Pre-heat oven to 425°F or 220°C or mark 7.

Put joint into a roasting pan, pour in about half an inch of cold water and cover the top of the joint with a layer of dripping. Cover pan or not as preferred. Roast at pre-heated temperature for 20 minutes.
Reduce temperature to 225°F or 110°C or mark 4 1/2 and continue cooking until tender, approximately 2 1/2–3 hours to be cooked right through.

SAVOURY BEEF PUDDING
4–6 Portions

A simple, tasty and filling pudding for a cold day. It saves fuel as it is cooked on one hotplate.

Ingredients

Pastry
8 oz plain flour
4 oz butcher’s suet (minced)
pinch salt
cold water to mix

Filling
8 oz stewing steak (minced)
1 pig’s kidney (skinned, cored and finely chopped)
4 oz bacon pieces (chopped)
1 tbsp seasoned flour
1 small onion (chopped)
2 tomatoes (skinned and chopped)
1/2 pint beef stock
salt and pepper
Method
Put all the ingredients for the pastry into a basin and mix to a soft but not sticky consistency with the water.

Turn out on to a floured board and roll out two-thirds to line a well buttered 2 pint pudding basin. Roll out remaining one-third to form a lid.

Toss the mince and kidney in the seasoned flour. Fill the lined basin with a layer of mince, half the bacon, onion and tomato. Continue with another layer in the same way, seasoning as you go. Pour in stock.

Dampen the edge of the pastry lid with water, place on top of the mixture and seal the edges well together.

Cover the pudding with a piece of well buttered foil or double thickness greaseproof paper and steam for 2 hours.

To serve – remove foil and wrap a folded napkin round the basin.

CHICKEN ITALIAN STYLE
4 Portions

If you have a Pressure Cooker and don’t use it – get it out and try this. You’ll be surprised how easy it is.

Ingredients

| 4 chicken portions | 4 medium sized potatoes |
| (skinned, fresh or thawed) | 4 medium sized carrots |
| 2 small onions | 8 oz frozen peas |
| (finely chopped) | small can tomato purée |
| 4 oz mushrooms (sliced) | 1 tbsp flour |
| ½ pint chicken stock | little milk |
| salt and pepper | 1 oz butter |
| 1 bouquet garni | parsley for garnish |

Method
Using a high dome 12½ pint size Pressure Cooker, lift the trivet from the pan, add stock, mushrooms, onions, bouquet garni, chicken and seasoning. Lay trivet on top, then put in potatoes and season.

Put cooker on a high heat, allowing liquid to boil and the pan to fill with steam. Then add container with frozen peas on one side and carrots on the other. Season...

Put the cover on, sliding the handles together until they cover each other. Once a steady flow of steam escapes through the centre vent, put on 15 lb weight, pressing down firmly.

Bring the cooker to pressure, indicated by a loud hissing noise (about 5 minutes), then time a 5 minute cooking period.
Reduce the heat during this period until you get a gentle ‘muttering’ sound, and keep this sound throughout the cooking period.

While the cooking is taking place, blend the flour with a little milk and stir into the tomato purée.

Immediately the cooking time is finished, reduce the pressure by standing the cooker in a bowl of cold water. About 1½ minutes.

Open the cooker, serve the potatoes and carrots with the butter and parsley. Serve the chicken. Remove the bouquet garni. Serve the peas.

Add the thickening to the remaining stock, bring to the boil in the open pan, stirring all the time, check the seasoning, pour over the chicken and serve.

Note If you have a different size of pressure cooker to the one indicated in the recipe, consult the instruction book that came with it for quantities and details of cooking.

CRUNCHY CRISP CHICKEN 2 Portions

If you’re two in family or live on your own, here’s a chicken recipe with a slight curry flavour.

Ingredients

- 2 chicken joints
- 1 oz plain flour
- ½ level tsp salt
- ¼ level tsp curry powder
- little milk
- 2 packets potato crisps (approx.)

Method

In a polythene or clean paper bag shake together the flour, salt and curry powder, until thoroughly mixed.

Coat the washed and dried chicken joints with this mixture, by shaking them around in the bag.

Dip joints in milk, drain and coat in potato crisps which have been crushed with a rolling pin.

Make sure the joints are covered thickly and evenly, before placing them skin-side up in a greased baking dish.

Cook at approximately 350 °F or 180 °C or mark 4 for about 40 minutes, when the outside will be crunchy crisp and the meat cooked.

Note If you cook vegetables and a pudding in the oven at the same time it will save fuel.
FAMILY FISH PIE 4 Portions

Coley is also known as Saithe, and many people think it is only good enough for the cat! It makes a lovely pie, is available all the year round and is always relatively cheap.

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/4 lb coley (skinned)</td>
<td></td>
</tr>
<tr>
<td>1 oz butter or margarine</td>
<td></td>
</tr>
<tr>
<td>1 oz plain flour</td>
<td></td>
</tr>
<tr>
<td>1/2 pint milk</td>
<td></td>
</tr>
<tr>
<td>1 dsp fresh lemon juice</td>
<td></td>
</tr>
<tr>
<td>1 tbsp anchovy essence</td>
<td></td>
</tr>
<tr>
<td>salt and pepper</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Topping</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 oz cornflakes</td>
<td></td>
</tr>
<tr>
<td>(finely crushed)</td>
<td></td>
</tr>
<tr>
<td>1 oz strong Cheddar cheese</td>
<td></td>
</tr>
<tr>
<td>(grated)</td>
<td></td>
</tr>
<tr>
<td>1/2 oz butter (melted)</td>
<td></td>
</tr>
<tr>
<td>pinch cayenne pepper</td>
<td></td>
</tr>
</tbody>
</table>

Method

First cook the coley in a saucepan with sufficient liquid (1/4 milk 1/2 water) to cover. Simmer until tender about 10–15 minutes. Remove fish from liquid and flake, removing any bones. Strain the liquid through a sieve and use this to make the sauce.

In a saucepan melt the butter or margarine, add the flour and cook for about 3 minutes, stirring constantly. Remove the pan from the heat and gradually stir in the stock. Return pan to heat and bring to the boil stirring all the time and cook for 2 minutes.

Add flaked fish, lemon juice, anchovy essence and seasoning, stir until blended. Pour into a 2 pint greased ovenproof pie dish.

Mix ingredients for topping and when blended together, sprinkle over the top of the fish.

Bake at approximately 425°F or 220°C or mark 7 for 20–25 minutes, until the top is crisp.

Note: When you buy coley you will notice that it is a darker colour than cod, but when cooked it turns white.

To ring the changes why not try smoked haddock instead of coley and substitute 1 tablespoon of chopped parsley for the anchovy essence.
SPRATS

These are delightful little fish and one of the cheapest you can buy. They are always good value for money, when available.

**Ingredients**
- quantity of sprats according to number of persons

**Batter**
- 4 oz plain flour
- pinch salt
- 1 egg
- ¼ pint milk or milk and water

**Method**
Put the flour and salt into a basin, add the egg and beat together, gradually adding the milk or milk and water to make a smooth batter.

Remove the heads and clean the fish carefully without splitting them.

Wash and thoroughly dry.

Meanwhile, heat oil or fat for frying and when hot, dip each sprat into the batter and then put into the hot fat.

Cook for 2–3 minutes, turning them once during cooking.

Drain on absorbent paper and serve with cayenne pepper, wedges of lemon and thin brown bread and butter.
More ways of cooking Sprats

**Fried** Prepare as given in the recipe, then toss in seasoned flour and fry until golden brown 2–3 minutes, turning once during cooking.

**Grilled** As above but grill for 3–4 minutes under a medium grill.

**Pickled** Prepare as given in the recipe, then wash and place in a greased ovenproof dish. Just cover them with a mixture of two-thirds water to one-third vinegar, season with plenty of black pepper and add 3 or 4 bay leaves.

Cover and bake at 325°F or 160°C or mark 2 for 10–15 minutes. Serve hot or cold.

**Note** These are cheap and nourishing fish which are available usually between October and January, providing there is no really rough weather.

---

**STUFFED MACKEREL** 2 Portions

*Mackerel should be a good buy during the early months of the year and quite often I eat this recipe over the Easter holidays.*

**Ingredients**
- 2 mackerel (split and boned)
- 1 1/2 oz butter
- 1 oz fresh breadcrumbs
- 1 1/2 level tbsp watercress (chopped)
- salt and pepper

**Method**

Wipe the mackerel inside and out with a clean cloth and lay them in a lightly greased ovenproof dish, which has a lid.

Cream the butter until soft, add the breadcrumbs and watercress, season to taste and mix well together.

Put half the mixture into each mackerel, cover the dish and bake at approximately 375°F or 190°C or mark 5 for 30–35 minutes, until the fish is tender.

Serve with wedges of lemon and garnish with sprigs of watercress. Mashed potatoes go very well with this dish.
COD FILLET WITH ORANGE

3 Portions

Cod cooked this way makes a change, but at the same time gives a reasonably priced meal.

Ingredients
- 2 oz butter
- 2 oz brown breadcrumbs (fresh)
- 1 large orange (rind and juice)
- 1 clove garlic (crushed) (optional)
- ½ lb fresh cod fillet
- salt and pepper

Method
Melt the butter in a frying pan, add breadcrumbs, orange rind and garlic and stir until the butter has been absorbed.

Divide the cod fillet into portions, place in a buttered ovenproof dish and season well. Cover fillets with breadcrumb mixture, pour over the orange juice and bake uncovered at approximately 375 °F or 190 °C or mark 5 for 20–30 minutes, depending on the thickness of the fillets.

Serve with new potatoes and a green salad.

SAVOURY PLAICE FILLETS

4 Portions

This makes a nice change from plain fried or grilled fillets, and as you have the vegetables in the stuffing, you only need to serve with mashed potatoes.

Ingredients
- 4 plaice fillets
- 4 oz mushrooms (thinly sliced)
- 1 small onion (finely chopped)
- 2 small tomatoes (skinned and chopped)
- little butter or oil
- salt and pepper
- few drops lemon juice

Method
Into a greased ovenproof dish place 2 of the fillets, sprinkle with lemon juice and half the mushrooms.

Fry the onion and tomatoes until tender and scatter on top. Season well, cover with remaining fillets and then mushrooms.

Cover the dish securely with a well buttered piece of paper or foil, to keep in all the juices.

Bake at approximately 300 °F or 150 °C or mark 2 for about 20–25 minutes, depending on the thickness of the fillets. Garnish with parsley.
How to fillet flat fish

1. Cut down its back from head to tail on either side of, and close to, the backbone.

2. Cut between fins and edge of the fish, and remove the head.

3. Insert a sharp, pliable knife under the flesh; keeping the blade flat and working the knife from the backbone outwards from head to tail. Slice the flesh carefully away from the bones, using long clean strokes. Remove the fillet from the fish and repeat process for the other fillets.

4. To remove the black skin, grip the tail of the fillet and saw along the skin with the blade of a knife.
PIZZAS

24–30 Portions

This is one of Shirley Goode’s recipes for a large buffet party. Not only does it look good, but it is filling as well!

**Ingredients**

**Dough**
- 1 lb plain flour
- 1 oz fresh yeast or ½ oz dried yeast
- 3 tbsp cooking oil
- 1 teacup plus 3 tbsp tepid water
- 1 tsp sugar
- 1 tsp salt

**Method**

Crumble fresh yeast into 3 tablespoons of tepid water, add sugar. Cover and leave for 2 minutes. Stir, cover and keep warm for a further 5 minutes, until froth has risen. If using dried yeast see directions on packet.

Add salt to flour and make a well in the centre. Add yeast mixture together with the oil and remaining cup of tepid water.

Mix well with a wooden spoon or by hand until smooth. Knead well and divide into four.

Roll out on a floured board into four circles about 10" in diameter. Leave to rise in a warm place.

Cover with tomato sauce and grated cheese and add toppings if desired of bacon scraps or sliced mushrooms. Bake at approximately 425°F or 220°C or mark 7 for about 20 minutes.

**Tomato Sauce**

**Ingredients**
- cooking oil
- 1 medium onion (chopped)
- 14 oz can tomatoes (roughly chopped)
- 5½ oz can tomato purée
- ground black pepper
- basil, oregano, bay leaf (fresh or dried)
- 1 tsp sugar
- ½ tsp salt

**Method**

Heat the oil and fry the onion for a few minutes until transparent. Add tomatoes, together with the liquid.

Mix in tomato purée and stir well.

Add ½ teaspoon of basil and oregano or 1 dessertspoon of fresh herbs and one bay leaf. Season with pepper, salt and sugar and simmer until thickened, about 1 hour. Remove bay leaf and spread on risen dough.
SAVOURY STUFFED PANCAKES 8 Pancakes

These are served with Sweet and Sour Sauce and Fried Rice. An economical dish and another of Shirley’s creations.

**Batter**

**Ingredients**

- 3 oz plain flour
- ½ oz dried milk powder
- ½ pint water
- 1 standard egg
- 1 tsp vegetable oil

**Method**

Mix milk powder with water until smooth.

Whisk in egg and beat in flour. Leave to stand in a cool place for about 1 hour.

Stir in vegetable oil before cooking.

Cook quickly in a frying pan until golden brown on the underside. Turn over and cook the other side the same.

**Pancake Stuffing**

**Ingredients**

- bean sprouts (grown from 1½ oz seed)
- any available meat scraps (chicken, bacon, etc)
- oil for frying

**Method**

Divide bean sprouts and meat scraps into 8 portions. Place each portion in the centre of a pancake, season and wrap up like a parcel.

The trick is to fold the bottom of the pancake up over the filling, fold in both sides and continue folding up from the bottom.

Place fold side down in hot oil and fry until crisp.

Turn and cook on other side. It takes about 1 minute for each side.

Serve on fried rice and cover with sweet and sour sauce (see page 23).

**Note** Any spare bean sprouts can be stirred into the fried rice.
SWEET AND SOUR SAUCE

Serve this with Savoury Stuffed Pancakes – see recipe on facing page.

Ingredients
- 4 fluid oz malt vinegar
- ½ pint water
- 2 oz granulated sugar
- oil for frying
- 3 oz onion (finely chopped)
- thick tomato juice drained from 15 oz can of tomatoes
- 1 dsp cornflour
- celery salt
- salt
- pepper
- soy sauce

Method
Fry onion in a little oil until cooked but not brown.
Add vinegar, water and sugar and stir until sugar has dissolved.
Add tomato juice and season with salt and pepper and celery salt.
Add a shake of soy sauce and thicken with the cornflour, blended with a little water.

Note: This can be made a day or two in advance and kept covered in the refrigerator.

FRIED RICE

A nice accompaniment to many savoury dishes.

Ingredients
- 6 oz long grain rice
- 1 dsp oil for frying
- salt and pepper

Method
Boil rice in the usual way, but do not overcook. Ten minutes should be quite long enough.
Drain well, then pour boiling water through the rice and drain again.
When cold, this can be kept covered in a refrigerator for several days.

To fry the rice: heat oil in frying pan and stir rice into it.
Stir in extra bean sprouts and season to taste.
Quickly heat through and turn on to a plate.
SAVOURY SAUSAGE PLAIT  8–10 Portions

This is tasty served hot or cold. It can also be served at buffet parties.

Ingredients
- 12 oz rough puff pastry
- 12 oz pork sausage meat
- 1 tsp basil
- 1 rasher bacon (chopped)
- 1 small onion (finely chopped)
- beaten egg
- salt and pepper
- 1 dsp cheese (finely grated)

Method
Roll out pastry into an oblong approx: 10" × 8". Mix sausage meat and seasonings together, form into a roll and put down centre of pastry, leaving an equal amount of pastry on each side of the roll.

Cut an equal number of ½" strips obliquely down each side of the pastry. Make a small depression in the centre of the roll, fill with onion and bacon.

Plait alternate strips over the sausage.
Brush with beaten egg, sprinkle with cheese and bake at approximately 425°F or 220°C or mark 7 for 25–30 minutes.

BACON SCOTCH EGG  1 Portion

A tasty main course for 1 person. If you can’t manage it all at one meal – cut it in half and have this the next day cold with salad.

Ingredients
- 1½ oz sausage meat
- 1½ oz cooked bacon (minced) or 1½ oz fried bacon pieces
- tsp parsley (chopped)
- 1 large hard-boiled egg
- little beaten egg
- browned breadcrumbs
- salt and pepper
- fat or oil for frying
Method
Mix together the sausage meat, parsley and bacon and season to taste.

Shell the hard-boiled egg, lightly coat in plain flour, shaking off any excess flour.

Mould the meat mixture round the egg, making sure it is evenly covered.

Brush all over with beaten egg and coat in breadcrumbs. If possible leave it to ‘set’ for half an hour. Fry in hot deep fat until golden brown all over, about 7–8 minutes.

Serve hot with vegetables.

CORNISH PASTY

If you have a healthy appetite you will manage this on your own! On the other hand two people could share it.

Ingredients

\[
\begin{align*}
\frac{1}{2} \text{ lb short crust pastry} \\
\frac{1}{4} \text{ lb lean steak (ie chuck steak)} \\
2 \text{ medium sized potatoes} \\
1 \text{ small onion} \\
2 \text{ slices turnip} \\
salt and pepper
\end{align*}
\]

Method
Make the pastry the day before required, wrap in paper and leave in a cool place.

The following day – roll out the pastry into a 9” round.

Peel the vegetables and cut the meat into small pieces. Dry potatoes and turnip on a clean cloth.

Thinly slice the potatoes on to the pastry, then the turnip and onion, keeping the ingredients towards the centre.

Place the meat on top and season well.

Damp the edges of the pastry with water, pinch them together and crimp the edge along the top with the fingers.

Make a small hole in the top of the pastry, place on a baking tin and bake at approximately 425°F or 220°C or mark 7 for about 45–55 minutes.

To test when cooked, put a skewer in the hole at the top and if all the ingredients feel soft it’s done.
**SAUSAGE KEDGEREE** 2 Portions

This is one way of making two cold sausages into a hot meal for 2 people. If you are a larger family just double up on the ingredients.

**Ingredients**
- 2 pork sausages (cooked)
- 1 oz butter
- 6 oz long grain rice (cooked)
- 2 large hard-boiled eggs (chopped)
- salt and pepper
- little cayenne pepper
- small pinch nutmeg

**Method**
Cut each sausage into 6 slices.

Melt the butter in a frying pan, stir in the rice, sausages and hard-boiled eggs.

Season with salt, pepper, cayenne and nutmeg.

Stir until the ingredients are thoroughly heated through.

Serve with a green vegetable if liked.

---

**VEGETABLE HOT-POT** 3–4 Portions

A dish for those wishing to have a change from meat. It is also suitable for vegetarians.

**Ingredients**
- 2 large potatoes (peeled and sliced)
- 2 large carrots (cleaned and sliced)
- 2 sticks celery (cleaned and sliced)
- 1 large onion (peeled and sliced)
- 8 oz can baked beans in tomato sauce
- ½ pint hot water
- small level tsp yeast extract (eg Marmite, Bovril)
- pepper to taste
- 1–2 oz Cheddar cheese (grated)
- ½ oz margarine

**Method**
Melt the margarine in a frying pan and cook the onion (which has been pressed out into rings) until golden brown.

Using a 2 pint ovenproof dish, layer half the potatoes, then carrots, celery and onion.
Repeat layers of carrots, celery and onion, cover with baked beans and season well. Add remaining potatoes in a layer on top.

Mix yeast extract with the hot water, pour over ingredients, cover dish with a lid and cook at approximately 400°F or 200°C or mark 6 for 1–2 hours, depending on the thickness of the sliced vegetables.

Once the vegetables are tender, sprinkle on cheese and leave in the oven until the cheese has melted.

Serve very hot with a green vegetable.

SAVOURY MACARONI

4 Portions

A quick, easy and economical meal that doesn't need meat. I've found this popular with children coming home from school.

Ingredients
- 8 oz macaroni
- 3 oz onions (finely sliced)
- 1 oz butter
- can tomatoes (approx 14 oz)
- 4 oz Cheddar cheese (grated)
- salt
- black pepper
- 1 oz browned breadcrumbs

Method
Put the macaroni into boiling water, add salt and boil until just tender. Drain well.

Fry onions in ½ oz of butter until golden brown.

Mix together the macaroni, chopped tomatoes, onions and 3 oz of cheese.

Season with salt and black pepper.

Pour into a greased, deep ovenproof casserole.

Mix breadcrumbs and remaining cheese together, sprinkle on top and dot with remaining butter.

Bake at approximately 450°F or 230°C or mark 8 for 25–30 minutes until golden brown.
Hot and Cold PUDDINGS
CRUNCHY PEAR PUDDING

This cooks at the same temperature as the Roast Brisket of Beef and together they make a nice meal (see recipe on page 13).

Ingredients

- 1½ lb pears
- 1 oz granulated sugar
- 2 pieces stem ginger (chopped)
- 1½ tsp ginger syrup

Topping

- 2 oz butter
- 3 oz soft brown sugar
- 2 oz cornflakes (lightly crushed)

Method

Peel, core and slice the pears into a 2 pint ovenproof pie dish, add sugar, ginger and ginger syrup then cover and cook at approximately 225°F or 110°C or mark 4 for 45 minutes to 1 hour, or until tender.

To make the topping - melt the butter and sugar in a saucepan, add the cornflakes and stir until they are all well coated with the syrup.

Spread this mixture evenly over the pears and continue to bake at the same temperature for a further 20–25 minutes. Serve with cream, top of the milk or custard.

MRS BATES’ BREAD AND BUTTER PUDDING

This recipe was given to me by a friend who hadn’t named it, so the pudding is named after her. It’s quick to make and economical.

Ingredients

- 3–4 slices cut from a large loaf (in squares)
- 2 oz castor sugar
- 2 standard eggs
- 1 pint milk
- 2 heaped tbsp marmalade
- little butter

Method

Grease a deep 2–2½ pint ovenproof pie dish.

Tip in the cubes of bread to fill two-thirds full.

Beat the eggs with the sugar and milk, and when blended stir in the marmalade. Pour over the bread in the dish and dot the top with butter.

Cook at approximately 375°F or 190°C or mark 5 for about 1 hour, until the top is golden brown. Serve at once.
OLD-FASHIONED RHUBARB PUDDING  
6 Portions

This is just the pudding for a really cold day and I tried it out in January when the first rhubarb comes into season.

Ingredients

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 oz</td>
<td>butter</td>
</tr>
<tr>
<td>1 1/2 oz</td>
<td>Demerara sugar</td>
</tr>
<tr>
<td>8 oz</td>
<td>suet crust pastry</td>
</tr>
</tbody>
</table>

Filling

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb</td>
<td>rhubarb (thinly sliced)</td>
</tr>
<tr>
<td>1 oz</td>
<td>candied peel</td>
</tr>
<tr>
<td>2 oz</td>
<td>currants</td>
</tr>
<tr>
<td>1/2</td>
<td>lemon</td>
</tr>
<tr>
<td>(grated rind and juice)</td>
<td></td>
</tr>
<tr>
<td>4 oz</td>
<td>castor sugar (approx.)</td>
</tr>
<tr>
<td>small pinch</td>
<td>cinnamon</td>
</tr>
<tr>
<td>1/2</td>
<td>teacup water</td>
</tr>
</tbody>
</table>

Method

Use the 1 oz of butter to thickly coat the inside of a 2 pint pudding basin. Add the demerara sugar and turn the basin round and round until it is coated.

Line the basin with two-thirds of the pastry, roll out remaining one-third for the lid.

Layer the following ingredients in the basin: rhubarb, peel, currants, rind and juice of lemon and sugar to taste.

Finally, add the cinnamon and water, cover with the pastry lid, seal well and cover with a piece of greased greaseproof paper.

Bake at approximately 350°F or 180°C or mark 4 for 1 1/4–1 1/2 hours.

PANCAKES

Eight 7" Pancakes

These are very simple to make and you can ring the changes with the variety of fillings that follow the recipe.

Ingredients

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>4 oz</td>
<td>plain flour</td>
</tr>
<tr>
<td>pinch</td>
<td>salt</td>
</tr>
<tr>
<td>2 large eggs</td>
<td></td>
</tr>
<tr>
<td>1/2 pint</td>
<td>milk</td>
</tr>
<tr>
<td>lard or oil for frying</td>
<td></td>
</tr>
</tbody>
</table>
Method
Sieve the flour and salt into a basin or jug and make a well in the centre of the flour.

Add the eggs and a little milk, stir, drawing the flour from the sides of the basin, then beat until smooth.

Gradually add the remaining milk, beating all the time.

If using a basin to mix, transfer the batter into a jug, as it is easier to regulate the right amount of batter to be poured into the frying pan.

To fry – heat sufficient fat or oil in a frying pan to just cover the base, pour off any excess and then you’re ready for frying.

Cover the base of the pan thinly with batter and when brown on the underside, toss or turn the pancake to cook on the other side. Turn on to a hot plate, add the filling and serve at once.

Note To keep cooked pancakes from becoming hard and dry while cooking enough for the family, place them between two plates over a pan of hot water.

Here are some of my favourite pancake fillings. The quantities can be varied to suit the numbers of pancakes you’re making. For a change, try orange instead of lemon or almonds instead of walnuts.

Spiced Banana Filling

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>4 Portions</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ lb diced bananas</td>
<td>4 Portions</td>
</tr>
<tr>
<td>½ oz castor sugar</td>
<td>4 Portions</td>
</tr>
<tr>
<td>¼ level tsp cinnamon</td>
<td>4 Portions</td>
</tr>
<tr>
<td>small pinch salt</td>
<td>4 Portions</td>
</tr>
<tr>
<td>1 oz melted butter</td>
<td>4 Portions</td>
</tr>
<tr>
<td>2 tsp fresh lemon juice</td>
<td>4 Portions</td>
</tr>
<tr>
<td>icing or castor sugar</td>
<td>4 Portions</td>
</tr>
</tbody>
</table>

Method
Mix well together the sugar, cinnamon, salt and lemon juice.

Fold in the bananas until evenly blended.

Brush some melted butter on to the cooked pancake, spread with the mixture and roll up in the usual way.

Sprinkle with castor or icing sugar and serve.
**Lemon Butter Filling**

**Ingredients**
- 2 oz butter
- 1 lemon (grated rind)
- 2 tsp lemon juice
- 2 level tsp castor sugar

**Method**
Beat the butter until smooth and creamy. Add remaining ingredients and beat thoroughly until blended.
Fill pancake and roll up.

**Nutty Filling**

**Ingredients**
- 1 oz walnuts (finely chopped)
- 1 level dsp brown sugar
- little lemon juice
- pinch mixed spice or nutmeg

**Method**
Mix together sugar, walnuts and spice or nutmeg.
Trickle lemon juice over cooked pancake, sprinkle over nutty mixture, roll up and serve.

**MERINGUE LAYER PANCAKE**

This is absolutely gorgeous if you are four in a family, but if you are two just halve the ingredients, except for the meringue.

**Ingredients**
- 4 hot cooked pancakes (see page 30)
- lemon curd, red currant jelly or marmalade
- 1 large egg white
- 1 oz castor sugar
- few blanched, flaked almonds
- pinch cream of tartar

**Method**
Slightly warm sufficient lemon curd, jelly or marmalade to spread on 3 pancakes.
Then start cooking the pancakes and while they’re cooking, whisk the egg white and cream of tartar together until very stiff. Fold in the sugar until evenly blended.
Don’t forget to keep an eye on the pancakes in the meantime. As each pancake is cooked, put it on to a hot plate and spread with the preserve you’ve chosen, piling them one on top of the other. When the last pancake is on top, spread the meringue over, sprinkle on the flaked almonds and put in an oven of 450°F or 230°C or mark 8 for 2–4 minutes, until the meringue is lightly browned. Serve immediately and cut into wedges as you would a cake.

Note If you don’t happen to have the oven on when you make this, the meringue can be browned under the grill, providing you have space.

FARMHOUSE APPLE PIE 4 Portions

This recipe was given to me by a friend who lives on a farm and jolly good it is too.

Ingredients
6 oz short crust pastry
3/4 lb cooking apples (peeled and cored)
3 oz Demerara sugar
2 oz sultanas
pinch nutmeg
pinch cinnamon
1/2 oz butter

Method
Line a deep ovenproof pie plate with half the pastry. Thinly slice half the apples into the dish.
Sprinkle over the sugar, sultanas, nutmeg and cinnamon.
Add remaining apples thinly sliced and dot the butter over them.
Cover with the remaining pastry, press the pastry edges well together, knock up the pastry edge with the back of a knife and flute the edge.
Bake at approximately 400°F or 200°C or mark 6 for about 35 minutes, or until the apples are tender and the crust golden brown.
Sprinkle the pie with castor sugar and serve with cream or custard.
RHUBARB AND ORANGE MERINGUE  4–6 Portions

This is one of my favourite rhubarb dishes and the great thing about it is that the base can be made the day before you want it.

Ingredients

\[
\begin{align*}
\text{Meringue} & \\
\frac{3}{2} \text{ lb trimmed rhubarb} & \\
4 \text{ individual sponge cakes} & \\
2 \text{ oz castor sugar} & \\
2 \text{ tbsp cold water} & \\
1 \text{ large orange (rind and juice)} & \\
\text{small pinch cinnamon} & \\
\end{align*}
\]

\[
\begin{align*}
\text{Meringue} & \\
4 \text{ oz castor sugar} & \\
2 \text{ egg whites} & \\
\end{align*}
\]

Method

Slice sponge cakes through the middle, and cut rhubarb into thin slices.

Into a 2 pint ovenproof pie dish put a layer of sponge cake, half the rhubarb, sprinkle on half the sugar, cinnamon, orange rind and juice.

Continue with another layer the same, finally adding the water.

Cover and cook at approximately 375°F or 190°C or mark 5 for 35–45 minutes, until the rhubarb is tender.

Whip egg whites stiffly, gradually add sugar and fold in until evenly blended.

Pile on top and bake a further 10–12 minutes at the same temperature.

CRUNCHY LEMON PIE  6–8 Portions

A delicious dessert for a special occasion, not as expensive as the ingredients suggest, because it is rich and therefore you only serve small portions.

Ingredients

\[
\begin{align*}
\text{Filling} & \\
1 \text{ pkt ginger nut biscuits} & \\
(\text{finely crushed}) & \\
4 \text{ oz butter} & \\
\text{large can condensed milk} & \\
3 \text{ lemons medium size} & \\
(\text{grated rind}) & \\
7 \text{ tbsp lemon juice} & \\
\frac{1}{2} \text{ pint whipping or double cream} & \\
\text{grated chocolate for decoration} & \\
\end{align*}
\]
**Method**
Melt butter over a low heat. Remove pan from heat, add crushed biscuits and mix well together.

Press mixture into sides and base of a 9" pie plate or into a flan ring (standing on a baking sheet) and put in a cold place to set.

Stir the lemon rind and juice into the condensed milk, until it starts to thicken.

Whip the cream until fairly stiff and stir into the mixture until evenly blended.

Pour into the prepared case and level the top.

Cover and chill until required.

Sprinkle the top with grated chocolate, just before serving.

This dessert can be eaten the day it is made or stored in the refrigerator until the next day.

---

**LEMON YOGURT MOUSSE**

*4 Portions*

One of Shirley's reasonable puddings for the family. It's even cheaper if you make your own yogurt.

**Ingredients**
- 5 oz plain yogurt
- ¼ packet lemon jelly
- 1 standard egg
- ¼ oz sugar
- ½ pint water
- 1 heaped tsp gelatine

**Method**
Put jelly into a small saucepan with half the water, scatter over gelatine and add sugar.

Heat very gently until dissolved, but do not boil.

Add beaten egg yolk and blend into jelly. Cook for 1–2 minutes, but do not boil.

Remove pan from heat, add remaining water and stir well.

Cool until just beginning to set.

Beat yogurt until frothy and beat into setting jelly.

Beat egg white stiffly and fold into jelly mixture.

Serve in individual dishes, decorated with a fan type wafer, divided into four.

**Note** The yogurt can be bought or home-made (see page 54).
ORANGE CHEESECAKE

Approx. 20 Portions

Cheesecake is ideal for party fare – this was made by Shirley for a party of 20 people. The recipe is in three sections and the Curd Cheese should be made the day before.

Curd Cheese

Ingredients
- 2 pints gold top milk or
- 3 pints silver top milk
- 1 dsp rennet

Method
Warm milk for curd cheese to blood heat. Add rennet and leave to stand until set.

- Chop into squares and drain in muslin bag or in a colander lined with kitchen paper over a basin (preferably overnight).
- When whey has drained off, the curds can be used for the cheesecake (½ lb curd cheese).

Note
The whey can be used in making bread, or used in milk puddings with the addition of 4 teaspoons of milk powder per pint.

Orange Filling

Ingredients
- 1 orange jelly
- ¼ can frozen concentrated orange juice
- ½ oz gelatine
- 2 standard eggs
- ½ pint top of the milk
- ¼ lb curd cheese
- ½ oz sugar

Method
Heat the concentrated orange juice over a low heat. Add the jelly and gelatine and stir until melted. Do not boil.

- When melted, add egg yolks beaten in ½ pint of milk. Stir for a few minutes – again do not boil.
- Remove pan from heat and cool.
- When beginning to set, stir in curd cheese which has been broken up with a fork. Mix well.
Fold in stiffly beaten egg whites to which has been added the sugar. Put into a deep 10” flan ring or loose-bottomed cake tin or spring sided tin. Chill until firm.

**Topping**

**Ingredients**
- 6 oz coarse wheatmeal or
- 6 oz wheatmeal biscuits (crushed)
- 3 oz butter
- 2 oz brown sugar

**Method**
Place all ingredients in a saucepan and mix until butter has melted and the ingredients are blended.

Press on top of cheesecake, smooth off and chill. When set, slide knife round tin and remove carefully by placing plate over biscuit base and turning upside down.

To serve – cut through centre of cheesecake with a plain pastry cutter and then cut outer ring into individual portions and the centre circle into 4.

Decorate each portion with a cream rosette and a small piece of orange peel.
MAKE YOUR OWN
QUICK WHEATMEAL BREAD
2 small loaves

* A quick and easy to make home-made bread. It will save you money, is satisfying and has a good flavour.

**Ingredients**
- 8 oz plain white bread flour
- 8 oz plain brown bread flour
- ¼ oz lard
- ½ oz fresh yeast or ½ oz (2 tsp) dried yeast
- 2 level tsp salt
- 2 level tsp sugar
- ½ pint warm water

**Method**

**a** Using *fresh* yeast: Blend yeast with 1 tsp sugar until it is liquid, then add water and stir well.

**b** Using *dried* yeast: Dissolve 1 tsp sugar in a cup of warm water (taken from the amount stated in the recipe). Sprinkle on the dried yeast and leave until frothy (about 10–15 minutes). Add this to remaining liquid.

In a large basin mix together the flours, salt and remaining tsp of sugar. Rub in lard.

Make a well in the centre of the flour and pour in the liquid yeast all at once.

Mix to a soft, scone-like dough, until the dough leaves the bowl clean.

Turn on to a lightly floured board and knead well, until it feels firm and elastic and no longer sticky.

Divide dough into two equal pieces and press out each piece until it is fairly flat. Roll up dough, and tuck in ends to fit into 2 well-greased tins measuring approximately $7\frac{1}{2}" \times 3\frac{1}{2}" \times 2"$.

Press dough firmly down into tins, then place tins in a polythene bag in a warm place, leaving sufficient room for the dough to rise to the top of the tins.

When risen, remove from the bag and bake at approximately 450°F or 230°C or mark 8 for 20–30 minutes.

To test when cooked, remove loaves from tins, tap the base of each with the knuckles and if the loaves sound hollow they are done.

Cool on a wire tray.
This recipe will make:
2 loaves in tins, or same size foil containers (usually sold for use in freezers).
or 1 small plait and 1 small bloomer.
or 12 rolls.
or 2 small loaves and 1 very small plait.

Notes on bread making

1 Rising times can suit your convenience.
   QUICK RISE – allow about ½ hour in a warm place.
   SLOWER RISE – allow about 1½–2 hours on a kitchen table.
   OVERNIGHT RISE – allow up to 12 hours in a cold larder.

2 To make all white bread, use all white flour and make as recipe for Quick Wheatmeal Loaves.

3 To make all brown bread use brown flour and make as Quick Wheatmeal Loaves, using a little extra water if required.

4 Surplus dough can be kept in the refrigerator, loosely tied in a polythene bag or in a plastic container with a lid. Use the following day or the day after.

5 To use refrigerated dough, allow to stand in a warm place for 15–20 minutes to soften the dough. Then shape the loaves from the cold dough.

6 To freshen stale bread – wrap loosely in foil, sealing the ends, and put into a hot oven for about 10 minutes.

SODA BREAD

If you haven't any yeast and need a loaf quickly, then make this. Be sure to eat it fresh as it doesn't keep.

Ingredients

- 1 lb plain white bread flour
- 1 level tsp salt
- 2 level tsp bicarbonate of soda
- 4 level tsp cream of tartar
- 1 oz fat
- ½ pint milk (approx.)
MAKE YOUR OWN

Method
Sieve together flour, salt, bicarbonate of soda and cream of tartar.
Rub in fat and add sufficient milk to make a soft dough.
Turn on to a lightly floured board and knead lightly for 1 minute.
Shape into a round, place on a greased baking tin and mark with a cross, cutting almost to the bottom of the dough.
Bake at approximately 425°F or 220°C or mark 7 for 35–45 minutes, until well risen, lightly browned and firm underneath.

CURRANT LOAF

A delicious home-made tea bread that all the family will enjoy. Raisins or sultanas could be used instead of currants if preferred.

Ingredients
- 1 lb strong plain white flour
- 1 oz granulated sugar
- 1 tsp salt
- 1 oz margarine
- 4 oz currants
- 1 oz fresh yeast or ¼ oz dried yeast
- 1 tsp castor sugar
- ½ pint milk and water (warm)

Method
a Using fresh yeast: Blend yeast with tsp sugar until liquid, then add liquid and stir well.
b Using dried yeast: Dissolve tsp sugar in liquid, sprinkle on yeast and leave until frothy – about 10 minutes.
Mix flour, sugar and salt together and rub in margarine, add currants.
Add yeast liquid, mix to a firm dough until it leaves the bowl clean.
Turn on to a lightly floured board, knead well until firm, elastic and no longer sticky. Return to bowl and put into a large polythene bag to rise to double the size.
Turn dough out on to floured board, flatten to knock out the air bubbles and knead until firm.
Divide into two. Flatten each piece into an oblong the width of the tin and roll up like a swiss roll.
Place in two greased 1 lb loaf tins and return to polythene bag to rise to the top of the tins.
Bake at approximately 375°F or 190°C or mark 5 for 40–45 minutes.
Brush tops of hot loaves with a wet brush dipped in honey. Cool on a wire cooling tray.
CHELSEA BUNS

These have always been a favourite of mine and I am sure your family and friends will enjoy them too.

Ingredients

Dough
- ½ lb strong white bread flour
- ½ oz fresh yeast or ¼ oz dried yeast
- pinch salt
- 1 oz butter (melted)
- 1¼ oz castor sugar
- ½ pint milk

Filling
- ½ oz melted butter
- 2 oz castor sugar
- 2 oz currants
- 1 oz mixed peel
- small pinch mixed spice

Method

Cream fresh yeast with 1 dessertspoon of sugar.
Sieve flour and salt and add remaining sugar.
Heat butter and milk together until just warm, add yeast mixture and pour into flour. (If dried yeast is used see directions on packet.)
Mix to a soft dough and knead until smooth. Cover basin with a polythene bag or cloth. Leave to rise in a warm place until it doubles its size.
Knead the dough lightly on a floured board. Roll into an oblong and brush with the ½ oz of melted butter. Mix the filling ingredients together and sprinkle over the dough. Roll up like a swiss roll, and cut into 10 slices. Put these into greased sandwich tins, leaving room for them to rise. Five slices in a 7” tin is sufficient.
Leave to rise in a polythene bag for about 20–30 minutes.
Bake at approximately 425°F or 220°C or mark 7 for 15–20 minutes.

To glaze the buns: Mix 1 dessertspoon of castor sugar with 1 tablespoon of cold water, brush the tops of the buns when cooked and put back into the oven for about 1 minute.

Turn out on to wire cooling trays and separate when cold.

DOUGHNUTS

Approx. 12 doughnuts

If you start eating them as soon as they are cooked, they won’t last very long, but this is the best time to eat them.

Ingredients
- dough from Chelsea Bun recipe
- castor sugar and cinnamon
- jam
- fat or oil for frying
Method
Turn the dough on to a lightly floured board, knead well then divide into equal-sized pieces.

Shape each piece into a ball then flatten slightly. Place a little jam in the centre of each piece and gather up the edges over the jam, taking care to seal the jam inside.

Place the doughnuts on floured baking tins, put into a polythene bag and leave to rise in a warm place until they double in size, approximately 10 minutes.

Heat the fat or oil, fry the doughnuts until golden brown all over, turning them over during cooking, approximately 5 minutes.

Drain well and toss in the sugar and cinnamon until coated all over.

YEAST HOT CROSS BUNS

These taste like the old-fashioned buns, but you must be around at the right time for the various processes.

Ingredients

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 lb plain bread flour</td>
</tr>
<tr>
<td></td>
<td>1 level tsp salt</td>
</tr>
<tr>
<td></td>
<td>1 level tsp mixed spice</td>
</tr>
<tr>
<td></td>
<td>2 oz butter</td>
</tr>
<tr>
<td></td>
<td>3 oz currants</td>
</tr>
<tr>
<td></td>
<td>1 oz candied peel</td>
</tr>
<tr>
<td></td>
<td>1 oz fresh yeast or</td>
</tr>
<tr>
<td></td>
<td>½ oz dried yeast</td>
</tr>
<tr>
<td></td>
<td>1½ oz castor sugar</td>
</tr>
<tr>
<td></td>
<td>½ pint warm milk</td>
</tr>
</tbody>
</table>

Method
Cream yeast with 1 dessertspoon of sugar until it becomes a liquid, then add the milk. (If dried yeast is used, see directions on packet.)

Into a basin sieve flour, salt, spice and remaining sugar, then rub in butter. Add currants and peel.

Pour yeast into dry ingredients, beat well, cover with a clean cloth and leave in a warm place to rise to double its size.

Turn out on to a floured board and knead well, divide into 12 equal portions and knead each one into a bun.

Place buns on floured baking tins, flatten slightly and cut a deep cross into each. Prove buns in a warm place until double their size.

Bake at approximately 400°F or 200°C or mark 6 for 10–15 minutes. When cooked they should be golden brown on top and sound hollow when tapped on the base with the fingers.

Brush with a little sugar and water glaze. Serve hot with butter.
MILLIE’S FRUIT LOAF  2 lb loaf

In this recipe you can use some of that cold tea that is normally thrown down the sink. The loaf keeps fresh for a week, if allowed to!

**Ingredients**

(The cup I use holds 8 fluid oz of water)

- 1 teacup cold tea (without milk)
- 1 teacup granulated sugar
- 1 teacup mixed dried fruit
- 2 oz butter or margarine
- 1 large egg
- 2 teacups self-raising flour

**Method**

In a saucepan put the tea, sugar, butter and fruit, bring to simmering point and simmer for 2–3 minutes.

Take the pan from the heat and allow to cool until lukewarm.

Add the beaten egg and sieved flour.

Mix all well together with a wooden spoon, and pour into a greased and lined 2 lb loaf tin.

Bake at approximately 350°F or 180°C or mark 4 for 1–1 1/4 hours.

Turn out on to a wire cooling tray and allow to get cold before storing in an airtight container.

CHOCOLATE WHEATMEAL BISCUITS

Approx. 36 biscuits

If you’ve never tried making home-made biscuits, you really should try Shirley’s recipe.

**Ingredients**

- 6 oz wheatmeal flour
- 3 oz self-raising flour
- 1 level tsp baking powder
- good pinch salt
- 1 oz granulated sugar
- 2 oz lard (or good clarified dripping)
- 2 oz margarine
- *very little* milk to mix

**Method**

Mix dry ingredients together, rub in fats very thoroughly.

Mix in only enough milk to give a firm dough.
Turn out on to floured board, knead lightly and roll out to about 
\(\frac{1}{4}\)" thick.

Cut into rounds with a 2\(\frac{1}{2}\)" pastry cutter.

Place on greased and floured baking tins, prick well and bake at 
approximately 375°F or 190°C or mark 5 until lightly browned, about 
10–15 minutes.

Cool on wire tray.

When cold, cover with \(\frac{1}{4}\) lb of chocolate, melted in a basin over a 
pan of hot but not boiling water. Spread a little on the back of each 
biscuit to cover and mark wavy pattern with a fork.

**SAVOURY BISCUITS**

84 biscuits

*Another of Shirley Goode’s home-made recipes. Cut this recipe in half unless you are having a very large party!*

**Ingredients**

- 9 oz self-raising flour
- 1 tsp salt
- 2 oz margarine
- cold water

**Flavourings**

- parmesan cheese (grated)
- onion salt
- celery salt or seeds

**Method**

Sieve flour and salt, rub in fat and mix to a firm dough with water. 
Knead thoroughly and turn on to a floured board.

Roll into an oblong and divide this into three equal pieces.

Using one third, sprinkle with one of the flavourings, fold into three 
and roll out into an oblong. Repeat this and roll out very thinly.

Cut into circles with a 2" cutter.

Repeat this process with remaining pastry, using optional flavourings.

Prick biscuits well before baking at approximately 350°F or 180°C or 
mark 4 for about 10 minutes, until light golden in colour and crisp.

If salty biscuits are wanted, shake salt over biscuits before baking.

Serve as canapes, topped with pâte, hard-boiled egg and tomato. 
Decorate with cucumber and radish.
APPLE CHUTNEY  
Yield approx. 4½ lb

This makes a good accompaniment to cold meat as it has a hot flavour. Windfall apples can be used, but only the good parts.

**Ingredients**  
3 lb cooking apples (peeled and cored)  
1 lb onions  
¼ pint water  
3 oz salt  
pinch cayenne pepper  
¼ oz ground cinnamon  
¼ oz ground ginger  
1 pint vinegar  
1 lb sugar  
½ lb golden syrup

**Method**

Finely chop the apples and onions and simmer in the water for about ½ hour.

Add salt, spices and half of the vinegar and cook over a low heat until the ingredients are soft.

Add sugar, syrup and remaining vinegar and simmer until desired consistency is obtained in about 1 hour.

Put into hot jars, seal in the usual way and finally cover with waxed paper tops to stop the vinegar evaporating.

**Note**  The waxed paper from cereal packets is ideal for covering the pots, simply cut into rounds and secure with fine string.

SEVILLE ORANGE MARMALADE  
Yield approx. 5½ lb

This marmalade has to be made at the beginning of the year when the Seville oranges are about, so make plenty to last you for several months or as I do for the whole year.

**Ingredients**  
1½ lb Seville oranges  
1 lemon  
3 pints water  
3 lb granulated sugar
Method

Scrub fruit in cold water. Cut fruit in half and squeeze out the juice.

Put pith and pips into a muslin bag or a piece of muslin. Tie the top of the bag tightly, but leave room for the pith and pips to move around.

Slice or mince the peel.

Into a 9” or 10” pan (ie 8½–10 pints) put the juice, bag of pith and pips, cut up peel and water.

Cook very slowly until the peel is soft and the water has reduced by half (approx. 1½–2 hours).

Remove the bag of pith and pips and squeeze into the pan when it is cool enough to handle.

Add the sugar and stir over a low heat until it has dissolved, then boil rapidly until setting point is reached (approx. 15–20 minutes).

To test for a set: take the pan off the heat and put a little marmalade on a saucer. Allow it to get cold, then push with a finger; if it wrinkles, the marmalade is done.

Next, remove any scum if necessary. Allow the marmalade to cool slightly, then pour into heated jars.

Cover with waxed circles while still hot and tie down when cold.

Label before storing in a cool, dry place.

THREE FRUIT MARMALADE Yield approx. 5½ lb

Make this at any time during the year. A few jars sell very well at Fêtes and Christmas Fairs.

Ingredients

\[ \begin{align*}
1 \text{ grapefruit} & \quad \{ \quad 1 \frac{1}{2} \text{ lb} \\
1 \text{ sweet or Seville orange} & \quad \text{in weight} \\
2 \text{ lemons} & \\
3 \text{ lb granulated sugar} \\
3 \text{ pints water}
\end{align*} \]

Method

Scrub fruit, cut in half and extract the juice. Remove pith and pips and tie in muslin bag.

Cut the skins into shreds or mince.

Put the fruit, juice, bag of pith and pips and water into a large saucepan (approx. 9”–10”).

Simmer slowly until the fruit is tender and the water has reduced by half (approx. 1–1½ hours).
Remove bag of pith and pips, allow to cool then squeeze into pan. Add sugar, and stir over a low heat until it has dissolved. Boil rapidly until setting point is reached, by testing in the way described on page 47. Remove any scum if necessary, allow to cool slightly before pouring into heated jars. Cover with waxed discs and tie down. Label when cold.

**Notes on marmalade making**

1. The fruit should be well washed before using.
2. Any pith removed when cutting up the peel should be put into a muslin bag with the pips and left in the pan while cooking the peel. In this way, the pectin will be extracted which is necessary to make the marmalade set.
3. The fruit must be evenly shredded or minced as the skin is tougher than most fruits used for jam making.
4. The cut up peel may be soaked overnight in the water with the bag of pith and pips if liked, as this helps to soften the peel and reduce the cooking time.
5. The sugar must not be added until the peel is quite soft and the excess water has been boiled off.
6. The sugar should be dissolved over a low heat.
7. Cooking time for the peel to soften is at least 1 hour.
8. The marmalade should be boiled rapidly once the sugar has dissolved until setting point is reached.
9. Remove scum if necessary as soon as setting point has been reached.
10. Allow marmalade to cool slightly before potting, otherwise the fruit will rise to the top of the jars.
LEFT-OVER VEGETABLE SOUP 1–1½ Pints

When you're next cooking vegetables cook a few more, then make this soup for the evening or the following day.

**Ingredients**

- 1 breakfast cup of cooked vegetables
- 1 small stick celery
- 1 tbsp peas
- 1 medium carrot
- 1 slice swede
- ½ medium onion
- 2 small potatoes
- 1 pint milk, water or stock (or a mixture)
- 1 tbsp mushroom ketchup or little Worcester sauce
- salt and pepper

**Method**

Put vegetables and milk, water or stock into a liquidiser.

Switch to 'blend' for 20–30 seconds. If you do not possess a liquidiser, purée the cooked vegetables by rubbing them through a sieve with a wooden spoon.

Pour vegetables into a saucepan, add ketchup or sauce and season to taste. Stir well and bring to the boil.

Serve garnished with chopped parsley or croûtons of bread.

**Note** The vegetables can be varied as to what is available. Herbs or a little finely chopped left-over cooked meat or bacon can be added when re-heating if so desired.

YELLOW SPLIT PEA SOUP 1½–2 Pints

Lentils are cheap and very nutritious and combined with fresh vegetables they make a good thick soup. The croûtons are tasty as well.

**Ingredients**

- 2 oz yellow split peas
- 2 sticks celery (chopped)
- 1 medium sized onion (chopped)
- 1 medium sized potato (peeled and chopped)
- ½ pint water
- 1 chicken stock cube
- 2½ fluid oz milk
Method
Soak the split peas for at least 1 hour in enough cold water to cover them, then drain well.

Into a large saucepan put peas, celery, onion, potato, water and stock cube. Bring to the boil stirring now and again, then cover and simmer gently for 1½—2 hours, or until the ingredients are cooked.

Purée the ingredients using a liquidiser or rub them through a fine sieve.

Wash the pan and return the purée to it, add milk and re-heat, seasoning to taste.

Garnish with finely chopped parsley or baked croûtons of bread.

Alternatives: Green split peas or lentils can be used instead of yellow split peas. One leek and one carrot can be substituted for the celery and onion.

If you have a freezer, make double the quantity and freeze half.

Baked Croûtons
Cut slices of bread about ¼" thick, remove the crusts and butter on both sides.

Cut into small squares, place on a baking tin, or a piece of foil on a baking tin and bake in the oven when it is being used for other baking.

When they are golden brown all over, remove from the oven, allow to get cold and then store in an airtight container up to 2—3 days.

THICK GREEN PEA SOUP  
4 Portions
One of Shirley’s favourite family soups, but don’t forget to soak the peas overnight.

Ingredients
- 4 oz dried peas
- 1½ pints bone stock
- 1 level dsp sugar
- pinch dried mint (optional)
- few bacon scraps or rinds
- 1 level dsp cornflour
- salt and pepper
Method
Soak peas overnight in cold water. Drain and add to stock with sugar, mint and bacon scraps. Simmer until peas are cooked and soft.

Remove pan from heat, take out bacon scraps and rub through a sieve or liquidise to a purée.

Season to taste.

Mix cornflour with a little water and blend with a little of the warm soup, then pour into the rest of the soup.

Heat until thickened and serve.

HOME-MADE SAUSAGES Approx. 15 sausages

These sausages are skinless and they don’t contain bread or any preservative, so they must be eaten freshly cooked.

Ingredients
1 lb lean pork or beef (minced)
12 oz butcher’s suet (minced or grated)
½ lemon (grated rind)
½ level tsp sage
pinch mixed herbs
good pinch nutmeg
salt and pepper
1 standard egg

Method
Into a basin put the pork or beef, suet, lemon rind, sage, herbs, nutmeg, salt and pepper and stir until thoroughly mixed.

Lightly beat the egg and add to the mixture, stirring all well together.

Mould into sausage shapes with the hands.

Lightly grease a frying pan and once hot, fry the sausages very gently for about 8-10 minutes, turning them frequently to ensure they’re cooked right through. Serve hot or cold.

Notes on Home-made Sausages

1 As these sausages do not contain bread or a preservative, they must be eaten fresh, otherwise the meat could go off.
2 Herbs may be varied to suit own personal taste.
3 Do not have the frying pan too hot when cooking them as otherwise they could be overdone on the outside, before they are thoroughly cooked through.
**LIVER PATE**

*Ox liver and bacon scraps make this a liver pâté most people can afford. Shirley serves it on her savoury biscuits.*

**Ingredients**

- ½ lb ox liver
- 2 oz bacon scraps
- 1 onion (small)
- 4 oz soft butter
- black pepper
- sherry or brandy to taste (optional)

**Method**

Mince liver, bacon and onion and add a little ground black pepper.

Into a blender put the liver mixture and spirit and blend until smooth.

Place in a buttered dish, and stand this in a dish of hot water.

Cover liver mixture with buttered paper and cook at approximately 325 °F or 160 °C or mark 3 for about 1 hour.

Press through a sieve and add soft butter and a little more spirit if desired and beat well.

Keep covered in the refrigerator, but use at room temperature. Freezes very well.

---

**POTATO CRISPS**

*You can make an awful lot of crisps from one potato, so you save money by making your own.*

**Ingredients**

- 2 lb potatoes
- oil or fat for frying
- salt

**Method**

Peel and slice the potatoes very thinly.

Leave to soak in cold water for half an hour.

Dry off thoroughly in a tea towel and deep fat fry until golden brown and crisp and they’ve stopped sizzling.

Drain and store in airtight containers until required.

Salt just before serving.
WHOLE LEMON DRINK

Approx. 1\(\frac{1}{2}\) pints

Here you have the real flavour of lemonade as you use the whole lemon, but you need a liquidiser.

**Ingredients**

- 1 medium sized thin-skinned lemon
- 6 ice cubes
- 2 tbsp granulated sugar
- cold water
- 1 egg (optional)

**Method**

Into the goblet of a liquidiser or blender put the lemon, ice cubes, sugar and egg.

Add sufficient cold water to come up to the 1\(\frac{1}{2}\) pint mark indicated on the goblet.

Put the lid firmly on and turn to ‘Hi-Speed’ for 10 seconds.

Strain into a serving jug and serve at once.

**Note** To give the serving glasses a party finish – dip the rim of each glass into lightly beaten egg white and then into castor sugar. This will give them a frosted effect.

MUESLI

16 Portions

I believe everyone should eat something for breakfast and you’ll find this is a simple and sustaining recipe which can be made in advance.

**Ingredients**

- 16 oz porridge oats
- 4 oz sultanas
- 4 oz raisins
- 4 oz chopped nuts
- 4 oz brown sugar

**Method**

Mix all ingredients together and store in an airtight container until required.

To serve: Allow 3 or 4 tablespoons per portion, add milk or yogurt. Top with sliced banana or chopped apple if liked.

**Note** The quantities of ingredients can be varied to suit personal taste.
MAKE YOUR OWN

YOGURT

There are a number of appliances on the market for making yogurt at home. However, it can be just as easy to make your own yogurt in a wide-necked vacuum flask or in small jars.

Ingredients
- 1 pint sterilised or UHT (long life) milk
- 1 tbsp fresh natural yogurt

Method
Pour the milk into a saucepan and heat to 43°C (110°F). Use a jam thermometer to ensure that the temperature is correct.

Add the yogurt, mix well and pour into a clean and pre-warmed wide-necked vacuum flask. Close the flask securely and leave undisturbed for 8–10 hours, to allow the yogurt to set.

Remove yogurt from the flask by shaking it, then put into a covered container in the refrigerator or a cool place until required for use.

You can make your own fruit yogurt by stirring in fruit or jam after it has set, or sweeten to taste by adding sugar.
Alternatively, the yogurt can be made in small glass jars and eaten straight from these. Heat milk and add yogurt as already mentioned; pour milk into jars and cover. Put jars into a cake tin packed with insulating material, or lined with cotton wool and leave undisturbed in a warm place for 8–10 hours. If the yogurt is not eaten immediately, place the jars in the refrigerator or a cool place.

Notes on yogurt making
It’s a good idea to read these notes before you make your first batch.

1. As milk and milk products are perishable foods, care should be taken to ensure they are in good condition when you use them.
2. All equipment used should be sterilised (by boiling in water or by using a commercial sterilising solution).
3. Sterilised or UHT (long life) milks give the best results. Fresh pasteurised milk may be used but must be boiled first, then covered and allowed to cool to the required temperature (43°C or 110°F).
4. From each batch of freshly made yogurt, keep a tablespoonful in a covered container in the refrigerator for up to two days. This can then be used to make the next batch. If you haven’t a refrigerator, then when making yogurt be sure to use a fresh bought one as a ‘starter’.
5. Ensure that any bought yogurt is fresh. Check the date code. Yogurt caps should be secure and flat – not ‘blown’. Buy only from chilled cabinets (these keep it in the best condition).
CHRISTMAS FARE
Turkeys

It’s as well to know what to look for when buying a turkey, how long to defrost it (if frozen) and how many it will feed. Here are a few helpful hints.

Buying Turkeys

1. A cock bird is usually larger than a hen bird, but is not as economical as the bone weighs heavily, so there is comparatively less flesh on it.
2. A hen bird is more compact, has smaller legs and is more succulent.
3. Fresh birds are sold by dead weight, including head, neck and innards.
4. Oven-ready birds include neck, gizzard, liver and heart.

6–8 lb bird serves 6–10 people
8–12 lb bird serves 10–20 people

Thawing Frozen Turkeys

Allow a minimum of 48 hours for a 15 lb oven-ready weight.
Allow a minimum of 36 hours for a 10 lb oven-ready weight.
Allow a minimum of 24 hours for a 5 lb oven-ready weight.
It is best to allow the bird to thaw naturally in the bag in a cool place.

Cooking Turkeys

<table>
<thead>
<tr>
<th>Size</th>
<th>Servings</th>
<th>Quick Oven 450°F or 230°C or mark 8</th>
<th>Slow Oven 325°F or 160°C or mark 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>6–8 lb</td>
<td>6–10</td>
<td>2½–2¾ hrs</td>
<td>3–3½ hrs</td>
</tr>
<tr>
<td>8–10 lb</td>
<td>10–20</td>
<td>2½–2¾ hrs</td>
<td>3½–3¾ hrs</td>
</tr>
<tr>
<td>10–12 lb</td>
<td>10–20</td>
<td>2¾–3 hrs</td>
<td>3½–4 hrs</td>
</tr>
<tr>
<td>12–14 lb</td>
<td>20–30</td>
<td>3 hrs</td>
<td>4–4½ hrs</td>
</tr>
<tr>
<td>14–16 lb</td>
<td>20–30</td>
<td>3–3¼ hrs</td>
<td>4½–4¾ hrs</td>
</tr>
<tr>
<td>16–18 lb</td>
<td>30–40</td>
<td>3½–3¾ hrs</td>
<td>4½–5 hrs</td>
</tr>
</tbody>
</table>

Turkeys can be loosely wrapped in foil or covered with greased grease-proof paper to roast.

All times may vary slightly according to the shape of the bird, age and whether two stuffings are used. Allow an extra 20–30 minutes if the turkey has been stuffed in the body cavity as well as the neck end.
Carving a Turkey

1. Remove the leg of the turkey, by cutting down between the leg and main body of the bird, easing the leg away gently as you cut.

2. Remove the two end sections of the wing, not the whole wing. The base of the wing helps to keep the turkey stable for carving.

3. Slice the breast thinly from the top to the bottom, running the entire length of the turkey. When carved on one side, start all over again on the other side.

4. Separate the leg into the drumstick and thigh and then carve slices from the drumstick and the thigh as shown.

Serve slices of leg and breast meat with each portion.
ROAST STUFFED TURKEY  10–20 Servings

The traditional dish for Christmas Day and cooked in this way the breast will be moist and the thighs cooked through.

Ingredients

10 lb turkey (dressed weight)  
few slices fat bacon

Stuffing

4 oz fresh breadcrumbs  
2 oz suet (chopped)  
1 tsp mixed herbs  
1 tbsp parsley (chopped)  
liver from giblets  
(cooked and chopped)  
little grated lemon rind  
egg or milk for mixing  
salt and pepper

Method

To make stuffing – mix together breadcrumbs, suet, herbs, parsley, liver, lemon rind and seasoning, then add sufficient beaten egg or milk to bind the mixture together.

Wash the remaining giblets and simmer covered with water – this makes the gravy.

Wash the body of the bird through with cold water and drain.

Stuff the neck end of the bird with the stuffing.

Place a large piece of foil in the roasting pan, put the bird in on its side, cover the breast with bacon and fold the foil loosely round the bird. Seal the ends of the foil to keep in the juices.

Roast in a slow oven 325 F or 160 C or mark 3 for approximately 3½–4 hours, turning the bird on to its other side after one-third of the cooking time is completed, then on to its back for the remaining time.

Then half an hour before the cooking time is finished, remove the bacon from the breast and fold back the foil to brown the bird.

To test when cooked – the leg joints should move easily and no pink liquid should be visible when a skewer is put into them.
GRAN’S CHRISTMAS PUDDING

This recipe has been in our family for well over a hundred years, so you can imagine it has been well tested!

Ingredients

- ½ lb grated butcher’s suet
- ¼ lb fresh white breadcrumbs
- ¼ lb self-raising flour
- ½ lb currants
- ½ lb sultanas
- ½ lb raisins
- ¼ lb candied peel
- ½ lb Demerara sugar
- 1 lemon (grated rind only)
- ½ of 1 nutmeg (grated)
- 1 ½ oz blanched almonds (chopped)
- ½ tsp salt
- 4 standard eggs
- ¼ pint barley wine
- 1 oz butter (melted)

Method

Grease three 1 pint pudding basins with butter (or a 2 pint and a 1 pint). Beat the eggs together then add the barley wine. Melt the butter.

In a large mixing bowl, mix all the dry ingredients together until evenly blended, then add eggs, barley wine and lemon rind and mix before adding the butter.

Stir well, then put into basins leaving about ¼” at the top. Cover the mixture with a piece of buttered greaseproof paper and a pudding cloth, but leave room for the puddings to rise during cooking.

Place the basins in a large steamer and steam for 6 hours. From time to time add more boiling water to the saucepan to ensure it doesn’t boil dry.

If preferred, the basins can be placed in large saucepans, in which case have the water level only half way up the basins, and top up from time to time to keep the right water level.

When required for eating, place the basins in a steamer or saucepan and re-heat for 2–3 hours.
ZENA’S CHRISTMAS CAKE

This recipe has been used in our family for years. I make my cakes early in October so that they have time to mature before Christmas. I hope you’ll find the size you want in the following charts.

Chart for Round Cake

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>10” Round</th>
<th>8” Round</th>
<th>7” Round</th>
<th>6” Round</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raisins (seedless)</td>
<td>16½ oz</td>
<td>8 oz</td>
<td>5⅛ oz</td>
<td>4 oz</td>
</tr>
<tr>
<td>Currants</td>
<td>18 oz</td>
<td>9 oz</td>
<td>6 oz</td>
<td>5 oz</td>
</tr>
<tr>
<td>Sultanas</td>
<td>18 oz</td>
<td>9 oz</td>
<td>6 oz</td>
<td>5 oz</td>
</tr>
<tr>
<td>Blanched almonds (chopped)</td>
<td>4½ oz</td>
<td>2 oz</td>
<td>1½ oz</td>
<td>1 oz</td>
</tr>
<tr>
<td>Glacé cherries (chopped)</td>
<td>6 oz</td>
<td>3 oz</td>
<td>2 oz</td>
<td>1½ oz</td>
</tr>
<tr>
<td>Candied peel (chopped)</td>
<td>6 oz</td>
<td>3 oz</td>
<td>2 oz</td>
<td>1½ oz</td>
</tr>
<tr>
<td>Plain flour</td>
<td>15 oz</td>
<td>7½ oz</td>
<td>5 oz</td>
<td>4 oz</td>
</tr>
<tr>
<td>Butter</td>
<td>15 oz</td>
<td>7½ oz</td>
<td>5 oz</td>
<td>4 oz</td>
</tr>
<tr>
<td>Soft brown sugar</td>
<td>15 oz</td>
<td>7½ oz</td>
<td>5 oz</td>
<td>4 oz</td>
</tr>
<tr>
<td>Eggs (L) = Large</td>
<td>7(L)</td>
<td>3(L)</td>
<td>3(L)</td>
<td>2(S)</td>
</tr>
<tr>
<td>(S) = Standard</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grated lemon rind</td>
<td>1</td>
<td>1</td>
<td>½</td>
<td>¼–½</td>
</tr>
<tr>
<td>(ie 1 lemon)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brandy or rum (tbsp)</td>
<td>4</td>
<td>2</td>
<td>1½</td>
<td>1</td>
</tr>
<tr>
<td>Mixed spice (level tsp)</td>
<td>1½</td>
<td>½</td>
<td>½</td>
<td>½</td>
</tr>
<tr>
<td>Small pinch nutmeg</td>
<td></td>
<td>Varied according to cake size</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pinch salt</td>
<td></td>
<td>Varied according to cake size</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cooking time in hours</td>
<td>5</td>
<td>3½</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>(approximately)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Cooking temperature for all sizes, approximately: 300°F or 150°C or Gas mark 1–2.
### Chart for Square Cake

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>8” Square</th>
<th>7” Square</th>
<th>6” Square</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raisins (seedless)</td>
<td>10½ oz</td>
<td>8 oz</td>
<td>7 oz</td>
</tr>
<tr>
<td>Currants</td>
<td>12 oz</td>
<td>9 oz</td>
<td>7 oz</td>
</tr>
<tr>
<td>Sultanas</td>
<td>12 oz</td>
<td>9 oz</td>
<td>7 oz</td>
</tr>
<tr>
<td>Blanched almonds (chopped)</td>
<td>3 oz</td>
<td>2 oz</td>
<td>2 oz</td>
</tr>
<tr>
<td>Glacé cherries (chopped)</td>
<td>4 oz</td>
<td>3 oz</td>
<td>2½ oz</td>
</tr>
<tr>
<td>Candied peel (chopped)</td>
<td>4 oz</td>
<td>3 oz</td>
<td>2½ oz</td>
</tr>
<tr>
<td>Plain flour</td>
<td>10 oz</td>
<td>7½ oz</td>
<td>6 oz</td>
</tr>
<tr>
<td>Butter</td>
<td>10 oz</td>
<td>7½ oz</td>
<td>6 oz</td>
</tr>
<tr>
<td>Soft brown sugar</td>
<td>10 oz</td>
<td>7½ oz</td>
<td>6 oz</td>
</tr>
<tr>
<td>Eggs (L) = Large (S) = Standard</td>
<td>5(S)</td>
<td>3(L)</td>
<td>2(L)</td>
</tr>
<tr>
<td>Grated lemon rind (ie 1 lemon)</td>
<td>1</td>
<td>1</td>
<td>½</td>
</tr>
<tr>
<td>Brandy or rum (tbsp)</td>
<td>3</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Mixed spice (tsp)</td>
<td>1</td>
<td>½</td>
<td>½</td>
</tr>
<tr>
<td>Small pinch nutmeg</td>
<td></td>
<td></td>
<td>Varied according to cake size</td>
</tr>
<tr>
<td>Pinch salt</td>
<td></td>
<td></td>
<td>Varied according to cake size</td>
</tr>
<tr>
<td>Cooking time in hours (approximately)</td>
<td>4–4½</td>
<td>4</td>
<td>3½</td>
</tr>
</tbody>
</table>

**Cooking temperature for all sizes, approximately:** 300°F or 150°C or Gas mark 1–2.
Method
Line the tin with a double thickness of greased, greaseproof paper or waxed paper from cereal packets.
  Tie a double thickness of brown paper round the outside of the tin.
  Sieve together the flour, spices and salt.
  Cream butter and sugar together until light and fluffy. Beat in eggs one at a time, adding a tablespoon of flour with each egg.
  Stir in remaining flour until blended.
  Mix all fruit together including lemon rind and add to the mixture, stirring until well mixed. Finally add the brandy or rum.
  Bake at approximately 300°F or 150°C or mark 1–2 for the time given in the chart.
  To test when the cake is done – push a fine steel knitting needle into the centre of the cake several times and when it comes out clean when wiped with the fingers, the cake is cooked.
  Turn out on to a wire cooling tray and when really cold, wrap in greaseproof paper and seal in a container – this will allow the cake to mature until Christmas.

Almond Paste

<table>
<thead>
<tr>
<th>Cake Size</th>
<th>Approximate Made-up Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>6&quot; Round</td>
<td>3/4–1 lb</td>
</tr>
<tr>
<td>6&quot; Square</td>
<td>1 lb</td>
</tr>
<tr>
<td>7&quot; Round</td>
<td>1 3/4–1 3/4 lb</td>
</tr>
<tr>
<td>7&quot; Square</td>
<td>1 3/4–1 3/4 lb</td>
</tr>
<tr>
<td>8&quot; Round</td>
<td>1 1/2–2 lb</td>
</tr>
<tr>
<td>8&quot; Square</td>
<td>1 1/2–2 lb</td>
</tr>
<tr>
<td>10&quot; Round</td>
<td></td>
</tr>
</tbody>
</table>

The above quantities are sufficient to cover the top and sides of the cakes, but as some like a thicker almond paste than others the quantities may need to be varied to suit your personal taste.
Royal Icing

<table>
<thead>
<tr>
<th>Cake Size</th>
<th>Amount Required</th>
</tr>
</thead>
<tbody>
<tr>
<td>6” Round</td>
<td>1 lb</td>
</tr>
<tr>
<td>6” Square</td>
<td>1 1/4 lb</td>
</tr>
<tr>
<td>7” Round</td>
<td>1 1/2-1 3/4 lb</td>
</tr>
<tr>
<td>7” Square</td>
<td>2 lb</td>
</tr>
<tr>
<td>8” Round</td>
<td>2 1/4-2 1/2 lb</td>
</tr>
</tbody>
</table>

The above quantities are approximate amounts for 2 base coats of icing plus a simple decoration. If you wish to make a rough snow scene then you will require a little more.

CHRISTMAS CAKE DECORATIONS

Here are a few simple ideas for decorating the cake with marzipan. Divide it into three and colour one piece pink, one green and leave the third plain.

Marzipan Cracker
Dust the board with cornflour to prevent the marzipan sticking. Make a small roll of marzipan.

Roll out some pink marzipan about 1/8” thick. Cut into a small rectangle and frill the two ends, using either an icing comb or by gently pressing with the tip of a fork.

Roll the piece of plain marzipan inside the pink piece, like a swiss roll. Run a knife gently round each end about 3/16” in from the edge to make an indentation.

Decorate the top with small blobs of white icing.

Holly and Mistletoe Leaves
Using green marzipan roll out to 1/8” thick.

Use a plain pastry cutter for mistletoe and cut two curved sides. Mark the veins of the leaf with a knife.

Roll a small ball of plain marzipan for the berry.
Use a fluted pastry cutter for the holly leaves. Cut one side, then carefully line up the fluting and cut the other side.
Mark the veins of the leaves with a knife.
Roll small balls of pink marzipan for the berries.

How to make paper cake frills

I prefer to make my own, as it’s cheaper, fun to make and you get the size you want.

1 Measure the depth of the cake to give the width of paper required.
2 Measure round the cake with a piece of string, then cut a double thickness of greaseproof paper this length.
3 Cut another length of fancy or coloured foil paper the same as for the greaseproof.
4 Stick or machine three lengths of paper together, down the centre lengthwise.
5 Cut both edges of the paper as indicated in the diagram below.
6 To cover the machine stitching, stick a length of Christmas tape over it or decorate with fancy Christmas seals.

Folding and cutting of cake frill

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
<th>C</th>
</tr>
</thead>
</table>

Fold end to end to a width of 3” to 4”, ie fold C to A then fold B to A.

Snip both edges about ⅛” apart and ⅜” into the centre as indicated.
CHRISTMAS CHOCOLATE LOG 16 Portions

No cooking needed for this cake, so why not let the children make it for you. It will keep well for a week.

Ingredients
- 16 ginger biscuits
- 5 oz butter
- 10 oz icing sugar (sieved)
- 2 tbsp fresh orange juice
- 1 level tbsp cocoa

Method
Cream together the butter and icing sugar until soft and smooth, add 1 teaspoon of orange juice and beat again.

To assemble the log – spread the butter cream on one side only of the first biscuit, and on both sides of the remaining biscuits, sandwiching them together as you go. Spread cream on one side only of the last biscuit.

Add the remaining orange juice to the butter cream, sieve in the cocoa and beat well together. Spread the icing all over the log, roughing it up to resemble a log. Leave to set firm for about one hour and then decorate with holly leaves and a robin.

CANDLE CAKE 16 Portions

A variation on the chocolate log which is very suitable for children's parties.

Ingredients
- 16 ginger nut biscuits
- 5 oz butter
- 10 oz icing sugar
- 1 tbsp fresh orange juice

Method
Cream the butter and sugar together until soft and smooth, add orange juice and beat again.

To make the cake – spread a little icing on two biscuits and press them together. Stand them up and spread a little icing on the top.

Continue spreading icing on both sides of each biscuit and pressing them together to form a column, until all the biscuits have been used.

Use the remaining icing to cover the outside of the biscuits, roughing it up to resemble a candle. Allow to harden for about 1 hour.

Decorate with a flame, made by cutting a piece of cardboard into a flame shape. Cover with shiny, sticky red tape.

Put one end in the top of the candle cake just before serving.
PEPPERMINT CREAMS
AND FONDANTS  
64 sweets

Here is an idea for a Christmas or Birthday present. I always think a home-made present is very acceptable for people of all ages.

Ingredients

1 lb icing sugar (sieved)
1 large egg white (lightly beaten)
3 drops oil of peppermint or
  ½ tsp peppermint essence
small quantity of walnuts
glace cherries and vermicelli

Method

In a basin mix together the icing sugar and egg white. If the mixture is too dry and will not hold together, add 1 or 2 drops of cold water.

Divide the mixture in half. To one half, knead in the peppermint oil or essence. Green colouring can be added to half of this mixture if desired.

Roll out on pastry board, lightly dusted with icing sugar to about ¼” thick. Cut into rounds with a 1” plain pastry cutter.

Place on a dish and keep in a warm place until the next day, when they will have firmed up. Put into sweet cases and box.

To make Fondants: Turn the board over and roll out as for the peppermint creams. Colour can be added if liked, to ring the changes.

Cut into rounds and decorate with glace cherries. Roll some into balls and coat in chocolate vermicelli.

Roll some into small rounds and press a walnut half on each side.

Put into sweet cases and box.

MARZIPAN STUFFED DATES  
50 dates

Another idea for presents, and no cooking is needed. Don’t throw away the date boxes as they can be re-used for packing the stuffed dates.

Ingredients

½ lb made-up marzipan
2 boxes dates (approx. 50 dates)
25 whole almonds (blanched and split)
red and green colouring
Method
Make a slit in the top of each date and remove stone.

Divide the marzipan into three equal portions, colour one portion red, the second portion green and leave the third one its natural colour.

Take a small piece of marzipan, roll into a sausage shape and fill each date, so that some of the marzipan shows above the edges of the dates. Press an almond into the marzipan.

Continue in this way until all the dates are filled, then put them into sweet cases and then into boxes.

To box using date boxes: Remove all the paper from the boxes. Cover each half of the box with fancy paper, and place a folded doyley in the base of each. Arrange dates in a pattern in the boxes. Cover with cellophane paper and stick down.

RUM TRUFFLES

24 truffles

The older children will enjoy making these for their friends, with or without the rum!

Ingredients

4 oz plain chocolate
2 oz butter
1 tbsp double cream
2 rounded tsp castor sugar
2–3 tsp rum
2 oz plain biscuits (finely crushed)
little cocoa

Method
Melt chocolate in a basin over a pan of hot but not boiling water.

When melted, remove pan from the heat, add butter and beat well together.

Add cream, sugar, rum and biscuit crumbs and beat well.

Allow mixture to stand for sometime to stiffen up, then take a teaspoonful at a time and roll into rounds with the palms of the hands.

Put aside on a plate to set, then lightly coat in the sieved cocoa.

Place in sweet cases and box as desired.

The truffles may be made without rum if so desired.
This section contains some of the hints and tips I have used over many years. I do hope some of them will help you to save time and money in the kitchen.

APPLES
To avoid apples or bananas going brown when making a fruit salad, dip them in lemon juice.

BACON
Bacon rinds can be grilled or fried crisply, then broken into small pieces to serve with soup or a mixed grill. They can also be simply fried and served with drinks at a party.

Bacon pieces (available from grocers and supermarkets who cut their own bacon) can be used in many dishes instead of rashers and they’re cheaper.

BATTER
When you’ve poured the yorkshire pudding batter into the pan of hot fat, mix the gravy for the roast in the empty bowl to thicken the gravy.

BONES
Always take your bones home from the butcher, cover them with cold water and simmer for 3 to 4 hours and you will have an excellent stock. Use this for soups, gravies, stews and casseroles.

BREAD
To freshen bread and rolls, wrap loosely in foil, put into a hot oven for 10 minutes and leave in the foil until cold.

Another way to freshen bread and rolls – sprinkle with a little water and place in a hot oven 400°F or 200°C or mark 6 for 7 minutes.

BREAD-CRUMBS
Dry the crusts of bread in a low temperature oven until golden brown. When cold put into a polythene bag, seal the top and crush with a rolling pin.
Use in recipes where it says ‘coat in egg and bread crumbs’. Crush biscuits in the same way.

**BUTTER**

If you have a lot of sandwiches to make, beat the butter to a cream with a wooden spoon. By the way, if you are careful a pound of butter ought to do for upwards of 60 slices of bread.

**CAKE TINS**

When lining cake tins don’t buy greaseproof paper, use the waxed paper from the inside of cereal packets.

Use foil to make cake tins of the size and shape you require, it saves buying and storing extra tins. Simply use a double thickness of foil and mould it to shape then put it on a baking tin before filling it. To make a round one, mould it over a saucepan.

**CHEESE**

Most supermarkets and grocers keep a box of ‘cheese ends’ or ‘cheese bits’ which they sell off cheaper. These are ideal for cooking as they are usually on the hard side.

Keep all odd pieces of cheese then grate them fine, medium and coarse on a grater. Keep them all separate in covered containers in the refrigerator.

Uses – *fine* for garnishing soups and spaghetti dishes. *medium* for adding to sauces. *coarse* for cheese salads and sandwiches.

**CHIVES**

If a recipe calls for chopped chives and you can’t get any, snip the green tips off the ends of salad onions. Mind they are fresh though.

**CREAM**

As double cream is expensive, it can be extended in two ways.

a Mix equal quantities of single and double cream together and beat.

b Beat $\frac{1}{4}$ pint of double cream, then fold in one stiffly beaten egg white.

If you’ve added the seasoning twice to a sauce, don’t throw it away, just add 1 tablespoon of double cream. This will take the bite out of the extra seasoning.
EGG WHITES
Here are three uses for left-over whites.

a Whisk one into a fruit jelly just before it sets. It lightens it and makes it look more attractive.

b Brush the inside of a pastry flan case before baking it ‘blind’. It will act as a barrier between the pastry and the moist filling.

c Whisk one white until stiff, fold in 2 oz of castor sugar and pipe star meringues on to a well greased baking tin. Dry out in an oven on the lowest setting, until they can be lifted from the tin. Use for decorating cakes and puddings.

EGG YOLKS
Here are three ways for using up the yolks.

a Use with a tablespoon of milk for coating food before frying in breadcrumbs.

b Mix pastry with a yolk and very little water for flans, it makes them richer and crisper.

c Beat into freshly mashed potato with butter.

FRYING PAN
To clean fishy or onion smells from a frying pan – pour remaining tea leaves from the tea pot into the pan, bring to the boil and pour away. Rinse well.

If pancakes and omelettes stick in the frying pan – heat a tablespoon of salt and scour the pan with a ball of screwed up paper. Throw salt away, run oil all over the surface. Throw oil away and wipe with absorbent paper. The pan is now ready for use.

JAM
If you want to speed up jam making, make sure to warm the sugar first.

When you are making strawberry jam, don’t forget to add some gooseberry, red currant or lemon juice to make it set.

LEMONS
To remove all the grated rind of a lemon or orange from the grater – brush inside and outside with a pastry brush.

To get the maximum juice out of a lemon, either put it on top of a warm cooker, or roll it with the hand on a draining board to soften and release the juice.
MAYONNAISE  When home-made mayonnaise separates, you can rescue it by putting another egg yolk into a clean bowl and slowly beating in the separated mayonnaise.

MILK  To sour milk or cream quickly, just add one tablespoon of vinegar or lemon juice to half a pint.

MUSHROOMS  Cultivated mushrooms never need peeling. Just wipe them over with a damp cloth, or wash them under the tap but drain well. Incidentally, the 'flats' or 'opens' as they are sometimes called are best for frying. 'Cups' or 'half-opens' for grilling or stuffing, and 'buttons' for soups or garnishing a steak.

ONIONS  To slice onions quickly, peel then hold firmly with a fork. Slice on either side and between the prongs. This way saves handling them and the knife slipping.

PARSLEY  To chop parsley quickly, hold the stalks in one hand, rinse under cold water. Shake off excess moisture. Put leaves into a teacup and 'chop' with kitchen scissors. Mint chops quicker on a board, if you add a little sugar to the leaves before you start chopping.

PASTA  When calculating the amount of rice, spaghetti and macaroni, remember they double their bulk when cooked.

PRESERVING  Add a knob of butter to the preserving pan when making jam or marmalade. This prevents sticking at the bottom of the pan and scum.

QUICK SOUP  Use the left-over carcase of a chicken or other poultry for making stock. Simply break the carcase into small pieces, cover with water and simmer. Then remove any meat from the bones, add left-over gravy and cooked vegetables. Liquidise or rub through a sieve and re-heat quickly to boiling point.
ROOT VEGETABLES

These vegetables used in pot roasts don’t have to be the good looking ones! There are often mis-shapen ones about that are a few pence cheaper.

SAUCEPANS

When using an aluminium saucepan for boiling or steaming, put a small piece of lemon in the water. This will save the saucepan turning black.

If you already have badly stained saucepans, they should come clean if you boil apple peelings in them.

Burnt saucepans can be cleaned easily if dealt with immediately. Fill the pan with salt and water, leave to soak for two or three hours, then put over a low heat and bring to the boil. You will find most, if not all of the burnt part will come away easily.

SPINACH

Next time you have spinach, remove stalks in the usual way, but don’t throw them away. Cook them in fast boiling water until tender, drain and leave to get cold. Sprinkle with salt and pepper and a little vinegar, cut into small pieces and add to a salad.

SUGAR

To save sugar when sprinkling small cakes and biscuits, use a salt or pepper pot (clean and dry of course). This means the sugar goes on to the cakes and not the tray or plate.

TOMATOES

To skin tomatoes easily – dip them first into boiling water for 1–2 minutes, then into cold water. The skin will then come off easily.

VACUUM FLASKS

To clean the inside of these, break up two washed egg shells and put the pieces into the flask with a little cold water, shake vigorously, and then rinse out. Repeat if necessary.

VEGETABLES

To speed up the opening of radish roses, soak them in iced water.

To keep potatoes white before tossing them in dressing for potato salad, sprinkle them with lemon juice after they have been diced.
This section is designed to explain the cuts of meat and where they come from. You'll also find suggested ways for cooking the various cuts.

**BEEF**

**THE ECONOMY CUTS**

**Top Rump** (also called Thick flank, Bed of Beef or First cutting). A lean cut, usually sold sliced ready for frying or braising. Also makes an acceptable joint but requires slow, moist cooking such as pot-roasting.

**Brisket** An economical and tasty joint sold on the bone, or boned and rolled. Requires slow cooking. It is often salted or pickled for pressed beef.

**Silverside** Traditional joint for boiled beef and carrots. Contains no bone and is exceptionally lean. Also sold pickled ready for boiling. In Scotland, silverside is roasted.

**Shin** Excellent meat for stews, casseroles and soup. Meat and bone cooked together give a good jelly stock. The traditional cut for making beef tea.

**Neck and Clod** Special full flavour makes this cut a good choice for hot-pots and stews. Its rich juices make superb gravy.

**Leg** Another excellent soup meat – use in the same way as shin.

**Flank** A cheaper cut which deserves wider recognition. Ideal for pot-roasting on the bone, and for stews and hot-pots. Sometimes salted or pickled to boil with spices for pressed beef. Not suitable for dry heat cooking methods.

**Chuck and Blade** Large, fairly lean cut. Meat is removed from the bone and sold as chuck steak for braising, stewing, puddings, pies.

**Skirt** A tasty, economical stewing meat which comes from inside the ribs and the flank. Good for a steak and kidney pie.

**THE BETTER CUTS**

**Sirloin** Tender and delicious cut. Can be roasted in the piece or grilled as steaks. Fillet is found on the inside of the sirloin bone, and fillet can also be separated from the sirloin for roasting in the piece, or for slicing into fillet steaks – the most tender for grilling or frying.
**Rump steak** The perfect steak for grilling or frying, although not as tender as fillet. Lean should be velvety and close-grained but with no gristle. Choose the amount of fat to suit personal preference.

**Ribs** May be boned and rolled or roasted on the bone.
*Fore ribs* – traditional English roast beef.
*Wing ribs* – popular roast, but also cut and sold as grilling and frying steaks.
*Back ribs and top ribs* – ideal cuts for braising and pot-roasting.

**Topside** Lean cut, usually sold with a layer of fat tied around it to keep it moist. Roast slowly and keep well basted. Usually more tender served slightly underdone. Makes a perfect pot-roast. In Scotland, topside is braised.

**SCOTTISH CUTS**
In some areas of Scotland, cuts may have other names.
*Topside* and *silverside* may be called *rump, buttock* or *round steak.*
*Rump steak* is sometimes called *pope’s eye.*
*Leg* and *shin* are called *hough.*
*Chuck* and *blade* is sold as *shoulder.*

Beef is particularly juicy when served slightly underdone. In fact, many people prefer this meat served rare. But this is a matter of personal taste and, if you prefer your beef cooked evenly right through, just ensure that the heat is not so fierce that the outside becomes overcooked.
KNOW YOUR MEAT

LAMB

THE ECONOMY CUTS

Shoulder An economical roast whether on the bone, or boned, stuffed and rolled. Makes rich and meaty casseroles. Often divided into two smaller cuts – blade end and knuckle end. Both are ideal for roasting or braising.

Best End Neck Reliable roast on the bone, or boned, stuffed and rolled. Often sold as cutlets to grill or fry. Two best end necks are used to make a Crown Roast.

Middle Neck Usually cut into chops for casseroles – the basis of the famous Lancashire Hot-pot.

Breast A most economical cut for roasting, braising. Makes tasty stews.

THE BETTER CUTS

Saddle A large roasting joint which includes both loin cuts. Suitable for special-occasion entertaining.

Leg An excellent roasting joint on the bone, or boned, stuffed and rolled. The leg is often divided into fillet and shank end.

Fillet end – a succulent roast.

Shank end – a reliable roasting joint, and excellent for casseroles.

Loin A fine roast in the piece, or boned, stuffed and rolled. Loin is usually divided into loin end and chump end, and cut into loin chops and chump chops to grill or fry.

SCOTTISH CUTS

In Scotland, shoulder is not cut as a separate joint. The entire fore-quarter is usually divided in half, boned and rolled, then cut into smaller joints.

Leg is known as gigot.
THE ECONOMY CUTS

Shoulder Large, popular roasting joint, particularly good when boned and rolled. Often divided into blade and spare rib:

Blade – economical roasting joint. Excellent when boned and the cavity filled with a savoury stuffing. Ideal for braising and stewing.

Spare Rib – lean and economical roasting joint with little top fat and skin. Meat from this cut makes the best filling for home-made pies. Spare rib chops – ideal for grilling, frying or braising.

Hand and Spring Large joint for roasting. Often divided into hand and shank:

Hand – can be boned and roasted. Also ideal for boiling, fresh or pickled.

Shank – good for casseroles, stews.

Belly (also called draft or flank). Thick end of belly, with a stuffing through the centre, makes an economical and tasty roast. All belly is excellent for braising, stewing and boiling, fresh or pickled. Sliced belly is a very economical cut for grilling and frying.
THE BETTER CUTS

Leg A succulent and popular roasting joint. Often divided into fillet end and knuckle end:
Fillet end – thick slice from the top of the leg. Excellent for roasting, or slicing into steaks for grilling and frying.
Knuckle end – roasting joint. Excellent when boned and stuffed.

Loin A popular roast on the bone – or boned, stuffed and rolled. Often divided into loin and chump chops:
Loin chops – sometimes sold with the kidney in. Excellent for grilling, frying or roasting.
Chump end of loin – provides chops which are large and meaty. Good for frying, grilling and roasting.

Tenderloin Lean cut found on the inside of the loin bone. Sometimes called pork fillet, but should not be confused with fillet end from the leg. Ideal for slicing and frying.

SCOTTISH CUTS

In Scotland, a shoulder of pork includes hand and spring, blade, and ribs. The shoulder is usually cut in half and boned and rolled. The amount required is cut to order.
Leg is known as gigot.
Shank end of leg is called hough end.
Hand and spring, minus the shank, is called runner.
I felt I must include some of the money-saving ideas I mentioned on the ‘Indoors Outdoors’ programmes - so here they are.

Using a Pressure Cooker

A pressure cooker is designed to harness the steam which in an ordinary saucepan escapes and is wasted. The sealing in of this steam and the consequent build-up of pressure causes a rise in temperature and it is this high heat, coupled with the fact that the pressure generated in the cooker drives the heat into and through the food, which explains the rapid cooking action.

Pressure cookers are fitted with a safety device that will come into action automatically if the pressure control should become blocked; the excess pressure will be released well below that to which the cooker has been tested.

A pressure cooker has particular advantages:

a. Acts as three saucepans in one - will cook three vegetables at the same time on one ring or hotplate.

b. Eliminates cooking smells and steam in the kitchen.

c. Suitable for one-pan meals, eg stewed meat and vegetables.

Apart from its special value for those with limited cooking facilities, a pressure cooker has other general advantages:

a. Cuts down on cooking time, with subsequent saving on fuel.

b. Cheaper cuts of meat are tenderized more quickly.

c. Used correctly, will conserve vitamins in vegetables. As less water is used, the resultant stock is more nutritious than ordinary stock made in a saucepan.

d. A useful addition to camping or caravanning equipment - will produce a hot meal in quick time on one ring.

Pressure cookers can be used on any type of heat - gas, electricity, solid fuel, oil or pressure stoves.

a. The cooker should not be filled more than two-thirds with solid foods.
as room must be left for the free circulation, during cooking, of the compressed steam.
Not more than half full with foods such as soups, cereals, milk puddings, or fruit for jam making, as sufficient space must be left to allow for the tendency of these to rise in the pan as they come to the boil.

b The amount of liquid required for the cooking depends on the length of the cooking time and not on the amount of food being cooked. Put the liquid into the cooker before anything else, so that it is not forgotten.

c The liquid used in a pressure cooker must be one that will give off steam when it boils. It may be water, stock, soup, gravy, wines, milk, etc; it cannot be melted fat alone as fat when it heats does not give off steam and therefore there would be nothing in the cooker with which to build up pressure.

e When cooking vegetables together, ie carrots, sprouts and potatoes, the carrots and potatoes must be cut to cook in the same time as the sprouts. Put the potatoes and carrots on the trivet, bring the water to the boil, then add the sprouts in the separator. In this way, the sprouts will retain their colour.

These are general points on the use of a pressure cooker. But for details on how to bring the cooker up to pressure, cook the food, reduce the pressure and also on care and cleaning, consult the book which comes with your own pressure cooker.

Using a Steamer

It is possible to use a one, two or even three-tier steamer on a saucepan containing boiling water and therefore cut the fuel bills by making use of only one ring.

When using two or three tiers, the food in the top one will take longer to cook than the food in the bottom one.

For example, if you were cooking a steak and kidney pudding, vegetables and a sponge pudding – the steak and kidney would go in the bottom steamer, vegetables in the centre and the sponge at the top.

If you have never used a steamer before, here are a few general rules to follow:

1. The water in the saucepan must be boiling and kept boiling during the cooking time.

2. Water must not touch the food.
3 If a basin is used, it must be greased and also covered with greased paper to keep the steam out of the basin.
4 The time allowed for steaming should be half as long again as that for boiling.

Foods suitable for steaming are meat, fish, puddings, vegetables, egg custards and souffles.

One final tip when buying a steamer: it could pay you to shop around as the prices for individual steamers can vary quite considerably.

**Growing and using bean sprouts (Mung beans)**

Bean sprouts can be purchased in 1 lb bags from shops specialising in Chinese or Indian food.

Bean sprouts take about 5 days to grow in a warm place or up to 10 days in a cooler place. They keep for a week in water in a cold place after growing.

They can be grown in several ways, but here are two ideas:

1. Line a swiss roll tin or tray with a double thickness of kitchen paper and soak with water. Pour off any surplus water and scatter 1 1/2 oz of seed (which have been soaked overnight).
   - Put tray into a polythene bag and keep in a warm, dark place (ie airing cupboard) making sure the bag is large enough to let the seeds grow to about 3” high.
   - The warmer the place, the quicker the seeds will grow. Water every day with tepid water and drain off any surplus.

2. Get a large glass or plastic jar – no smaller than an 8 oz coffee jar – put the seeds in and fill the jar with water.
   - Fasten muslin firmly over the top of the jar and drain off the water.
   - Keep in a dark, warm place.
   - Everyday fill the jar with water and drain off the surplus.

**Using bean sprouts**

Put them in a bowl of water and swish around. The green husks should come away and be removed. The sprouts can be drained, eaten raw or very lightly cooked. One minute in boiling water is sufficient.
This book contains many recipes, hints and tips from the BBC-tv series *Indoors Outdoors*.

But it is more than just a recipe book – it's a cook's companion designed to help people of all ages. Apart from the sections on 'Economical Main Dishes' and 'Hot and Cold Puddings', what makes this book different are the sections on 'Make Your Own' and over 30 useful 'Hints and Tips' which could help you save time and money in the kitchen.

There is also a 'Christmas Fare' section and another called 'Know Your Meat' which shows the cuts and ways of cooking them.