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A.P. 87,
Revised Edition.

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PAPER ECONOMY

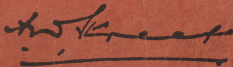
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A.A.F. Halton

R.A.F. MANUAL OF COOKING
AND DIETARY

Promulgated for the information and guidance of all concerned.

By Command of the Air Council,



AIR MINISTRY.

PREFACE

In view of the necessity for conserving paper, it has been found impracticable to re-print the A.P. 37 in its entirety. An abridged edition based on War Conditions ruling at this date has, therefore, been prepared for circulation to those personnel on whom the duties of cooking for the R.A.F. fall.

The object of this abridged edition is to provide a series of notes on the subject of the preparation and cooking of food. It explains what raw materials of the meals are, how they are prepared for cooking and the various processes of cooking. The quantities given in all recipes are based on requirements per hundred men and in the case of rationed commodities and the ration allowance as at this date.

Any subsequent alterations in National Food Regulations applicable to the Service will necessitate amendments being made, and it is the responsibility of the personnel concerned to see that those amendments are duly carried out as and when necessary.

Revised 1/2/42.

HERBS AND SPICES.

ALL SPICE.	A berry ground into powder and used for flavouring pickles and sauces.
BAY LEAVES.	The dried leaves of a small evergreen tree used for flavouring soups, pickles, etc.
CAPERS.	Sold in dried state or pickled in brine.
CARAWAY SEEDS.	Used for flavouring cakes and buns.
CELERY SEED.	For flavouring soups.
CHERVIL.	Similar to parsley, used for flavouring soups.
CHICORY.	Used in the adulteration of coffee, giving it a bitter taste.
CHILLIES.	Pod of a special pepper plant used for flavouring pickles.
CHIVES.	Used for salads, etc.
CINNAMON.	Finely ground spice used for flavouring cakes, custard and rice dishes, etc.
CLOVES.	Used for flavouring many dishes, apples, etc.
CURRY POWDER.	Used in the preparation of curried dishes, steaks, etc.
FENNEL.	A garden herb used in sauces generally served with fish.
GARLIC.	Should be used very sparingly for flavouring dishes.
GELATINE.	Used for stuffing fruit, jellies, pies, etc., sold in leaf form or powder.
GINGER.	Used sparingly for flavouring cakes, puddings, etc.
SWEET HERBS.	Branch of herbs consisting of the following: Thyme, sage, mint, parsley and bay leaf. Used for flavouring.
HORSE RADISH.	Used for garnishing and served as a condiment with roast beef, also used in making sauces.
ISINGLASS.	Used for clarifying soups, wines, etc.
MACE.	Used for flavouring various dishes and seasoning.
MINT.	For sauce or flavouring new potatoes, peas, etc.
MUSTARD.	Prepared into a paste used for table and various dishes.
NUTMEG.	Used for flavouring rice, tapioca, sago puddings, etc.

PARSLEY.	For garnishing and for sauces.
PEPPER.	Used for flavouring pickles, when ground, used for seasoning and table use.
SAFFRON.	Used mostly for flavouring pickles; should be used sparingly.
SAGE.	Used for flavouring various meat dishes and for stuffing poultry, etc.
SALT.	Used for all cooking purposes and table.
CELERY SALT.	Used for flavouring soups, sauces, etc.
SALT PETRE.	For making brine for pickling meat, etc.
TARRAGON.	Used for flavouring vinegar, sauces, etc.
THYME.	Seasoning of various dishes such as veal and poultry.
TRUFFLES.	Used in high-class cookery for flavouring various dishes. Can be purchased in bottles.

APPROXIMATE TIMES OF COOKING.

Bacon Rashers.	7 to 8 minutes.
Beef (Roasted).	15 minutes to every pound weight, 15 minutes extra per joint.
Beef (Boiled).	20 minutes per every pound weight
Beef cut in 2-oz. steaks for Hot Pot, etc.	Slow oven 3 to 3½ hours.
Fried Beef Steaks cut at least 1 inch thick.	After browning 10 minutes.
Beef Steaks (Stewed).	2½ to 3 hours slow.
Eggs (Poached).	3 minutes until set.
Fish (Bloaters, Kippers, etc.).	Moderate oven 10 to 15 minutes.
Cod Cutlets or similar White Fish.	5 minutes for 6-oz. pieces. Deep fry.
Cured Haddocks (Finnan or Scotch) Fillets.	Moderate oven 10 to 15 minutes until firm.
Garron or Fore Heck, Boiled (Ham).	Soak cold water for 12 hours, bring to boil and simmer for 2½ hours.
Meat Pie.	If meat is in raw state 2½ to 3 hours, if three parts cooked 30 minutes.
Meat Pudding (Boiled or Steamed).	Not less than 4 hours.
Sea Pie.	Not less than 4 hours.

APPROXIMATE TIMES FOR PASTRY AND TARTS

Fruit tarts with raw filling should be started in an oven temperature 400° Fahr. for the first 20 minutes then lowered to about 350° Fahr. until cooked. If these contained bottled fruit, time approximately 30 minutes, temperature 350° Fahr.

MAKING OF TEA, COFFEE AND COCOA PER 100 MEN

Ingredients for Tea	
24 ozs. Tea.	7 Pints Fresh Milk (or 4 x 16 oz. tins).
3½ lbs. Sugar.	12 Gallons Water.
Ingredients for Coffee	
2½ lbs. Coffee.	20 Pints Fresh Milk (or 4 x 16 oz. tins).
3½ lbs. Sugar.	10 Gallons Water.
Ingredients for Cocoa	
2 lbs. Cocoa.	20 Pints Fresh Milk (or 4 x 16 oz. tins).
3½ lbs. Sugar.	10 Gallons Water.

SCALE OF INGREDIENTS AND QUANTITIES PER 100 MEN

Item.	Purpose.	Weight.
Apples, Fresh.	As required.	25 lbs.
Apple Rings.	For Pies.	5½ lbs.
Apple Rings.	For Stewing.	8 lbs.
Apple Rings.	Harwich Pie, Puddings, etc.	2 lbs.
Apple Rings.	Sauces.	4 lbs.
Apples, Fresh.	Sauces.	10 lbs.
Bacon.	Baked for Tea Meal.	25 lbs.
Bacon.	Beans or Tomatoes.	22½ lbs.
Bacon.	With Eggs, Liver, etc.	22½ lbs.
Bacon.	Mixed Grill for Dinner.	22½ lbs.
Bacon.	For Rabbit Pie.	8 lbs.
Bacon.	Ham and Beef Roll.	8 lbs.
Bacon.	For Ham Paste.	4 lbs.
Beans (Haricot).	For Breakfast.	7 lbs.
Beans (Haricot).	For Dinner.	10 lbs.
Beans (Bastard).	For Dinner.	12 lbs.
Beans.	With Sauce for Tea.	20 lbs.
Beans.	With Pickles for Tea.	12½ lbs.
Beaters.	Tea or Breakfast.	100 or 37½ lbs.
Cabbage.	and Vegetable.	50 lbs.
Cauliflower.	and Vegetable.	50 lbs.
Carrots (Old).	and Vegetable.	45 lbs.
Carrots (New).	and Vegetable.	40 lbs.
Carrots.	For Puddings.	2 lbs.
Coffee (Ground).	As required.	2½ lbs.
Cocoa.	As required.	2 lbs.
Cheese.	Plain with Sauce or Pickles.	12½ lbs.

Item.	Purpose.	Weight.
Cheese.	For Cheese Dishes.	6½ lbs.
Curry Powder.	For Stews.	12 ozs.
Currants.	As one ingredient.	5 lbs.
Currants.	With added ingredients.	2 lbs.
Currants.	For Rock Cakes.	1 lb. 2 ozs.
Custard Powder.	For Sauce with Puddings.	1 lb.
Custard Powder.	For Custard with Fruits.	2 lbs.
Custard Powder.	For Moulds.	2 lbs.
Cornflour.	For Sauce.	1 lb.
Cornflour.	For Fruit.	2 lbs.
Cornflour.	For Moulds.	3 lbs.
Drizzling.	Service Pastry. 4 ozs. drizzling to each lb. of flour.	4 ozs.
Dates.	For Puddings.	10 lbs.
Dates.	With other ingredients.	4 lbs.
Eggs.	With Bacon.	100
Eggs.	Baked.	200
Eggs.	For Empire Sausage.	12
Egg Powder.	For Batters, etc. ½ oz. to each lb. of flour.	42 lbs.
Fish (with Bone).	Dinner Meal.	35 lbs.
Fish (Fillemed).	Dinner Meal.	35 lbs.
Fish (with Bone).	Breakfast.	48 lbs.
Fish (Fillemed).	Breakfast or Tea.	28 lbs.
Fish (Fresh).	For Fish Cakes.	21 lbs.
Fruit Salad.	Dried as a Sweet.	10 lbs.
Figs or Prunes.	Dried as a Sweet.	10 lbs.
Flour.	For Plain Puddings.	12½ lbs.
Flour.	With added ingredients.	12½ lbs.
Flour.	Pastries or Pies.	10 lbs.
Flour.	For smalls.	6½ lbs.
Flour.	For Yorkshire Pudding.	6½ lbs.
Flour.	For Batter.	6½ lbs.
Flour.	For Dredging.	2½ lbs.
Flour.	For Sauce (Roux).	1 lb.
Herbs.	For seasoning.	1 Packet.
Jam or Marmalade.	Tea or Breakfast.	6½ lbs.
Jam or Marmalade.	For Puddings.	2½ lbs.
Luncheon Sausage.	Tea Meal.	16 lbs.
Jam.	For Sauce.	2½ lbs.
Liver.	With thick Onion Gravy.	25 lbs.
Liver.	With Bacon.	12½ lbs.
Lettuce.	For Salad.	25 heads.
Meat (Roast).	Beef or Mutton.	31½ lbs.
Meat (Breakfast).	Beef Olives.	18½ lbs.
Meat (Dinner).	Beef Olives.	25 lbs.
Meat (Breakfast).	For Steaks.	18½ lbs.
Meat (Dinner).	For Stews.	25 lbs.
Meat (Dinner).	For Steak and Kidney Pie.	25 lbs. 4 lbs. kidney.
Meat (Breakfast).	For Rissoles.	12½ lbs.
Meat (Supper).	For Sausage Rolls.	6½ lbs.

<i>Item.</i>	<i>Purpose.</i>	<i>Weight.</i>
Meat (Dinner).	Cottage Pie.	25 lbs.
Meat (Supper).	Cottage Pie.	6½ lbs.
Meat (Tea).	Cottage Pie.	12 lbs.
Meat.	For Sausages.	12 lbs.
Meat.	For Croquettes.	12½ lbs.
Meat (Dinner).	Hamburg Roast.	25 lbs.
Meat (Tea).	Hamburg Roast.	12½ lbs.
Meat.	Cornish Pasties.	6½ lbs.
Milk (Fresh).	For Tea.	2 x 16 oz. tins or 7 pints Fresh.
Milk (Fresh).	For Coffee or Cocoa.	4 x 16 oz. tins or 10 pints Fresh.
Milk (Fresh).	For Rice Pudding, etc.	8 x 16 oz. tins or 24 pints Fresh.
Milk (Fresh).	For Custards and Sauces.	4 x 16 oz. tins or 16 pints Fresh.
Milk (Fresh).	For Porridge.	2 x 16 oz. tins or 7 pints Fresh. 6½ lbs. per day
Margarine.	For 1,000 Men in Mess.	2 lbs.
Mustard.	For 1,000 Men in Mess.	1 lb.
Pepper.	and Vegetable.	42 lbs.
Onions.	With Liver.	14 lbs.
Onions.	For Grooves.	3 lbs.
Onions.	Thick Onion Gravy.	7 lbs.
Oatmeal or Rolled Oats.	As required.	4 lbs.
Ox Hearts.	Dinner Meal.	25 lbs.
Ox Hearts.	Breakfast or Tea.	12½ lbs.
Pean (Dried).	Dinner Meal.	25 lbs.
Pickles.	As required.	2 Gallons.
Potatoes.	and Vegetable.	50 lbs.
Potatoes.	Rissoles, Cottage Pies, etc.	25 lbs.
Potatoes.	Breakfast or Tea.	25 lbs.
Potatoes.	Windsor Pudding.	2 lbs.
Potatoes.	For Fish Cakes.	25 lbs.
Rice, Sago, etc.	Dinner Meal Puddings.	6½ lbs.
Rhubarb.	Dinner Meal.	30 lbs.
Rabbits (Skinned).	Dinner Meal.	37½ lbs.
Sausages.	Breakfast or Tea Meal.	25 lbs.
Sausages.	Dinner Meal.	25 lbs.
Sausages.	With Bacon.	12½ lbs.
Salmon (Tinned).	Tea Meal.	18 Tins.
Salmon (Tinned).	For Fish Cakes.	12 Tins.
Sauces (Beefsteak).	As required.	2 Bottles.
Sauces (Anchovy).	For Fish Cakes.	1 Bottle.
Swedes or Turnips.	and Vegetable.	50 lbs.
Syrup.	For Porridge.	25 lbs.
Syrup.	For Puddings.	3½ lbs.
Sugar.	For Milk Puddings.	3 lbs.
Sugar.	For Steamed Puddings.	1 lb.
Sugar.	For Tea, Coffee or Cocoa.	3½ lbs.

<i>Item.</i>	<i>Purpose.</i>	<i>Weight.</i>
Sugar.	For Sauces.	1 lb.
Tomatoes (Fresh).	As required.	25 lbs.
Tomatoes.	With Bacon.	12½ lbs.
Tomatoes (Tinned).	As required.	10 tins.
Tomato Purée.	For Sausages.	4 Pints.
Tomato Purée.	For Sauces.	2 Pints.
Tripe.	For Tea.	14 lbs.
Vinegar.	For Mint Sauce.	4 Pints.
Vinegar.	For Fish.	4 Pints.
Vegetables (Mixed).	For all Stews, etc.	7 lbs.
Oil.	All purposes.	4 cns. per month per week.

BACON DISHES

- No. 1. **Fried Bacon**
25 lbs. Bacon.
- No. 2. **Fried Bacon and Beans in Tomato Sauce**
12½ lbs. Bacon. 7 lbs. Haricot Beans.
Tomato Sauce.
- No. 3. **Bacon Bubble and Squeak**
12½ lbs. Bacon. 12½ lbs. Potatoes (Cooked).
12½ lbs. Cabbage (Cooked). Salt and Pepper.
- Method*.—Mix the cabbage and potatoes, season and mix thoroughly with a little hot fat. Place in greased baking dishes and pass through the oven. Serve with bacon rashers.
- No. 4. **Bacon with Egg or Mash**
12½ lbs. Bacon. 100 Eggs.
25 lbs. Potatoes.
- Method*.—Slice the bacon, remove the rind before slicing, and pass through a moderate oven. Prepare, cook and mash potatoes. Serve 2 ozs. of bacon per man and serve with mashed potatoes or a fried egg.
- No. 5. **Fried Bacon and Sausage**
12½ lbs. Bacon.
12½ lbs. Sausage.
- No. 6. **Fried Bacon and Tomatoes**
12½ lbs. Bacon.
12½ lbs. Tomatoes.
- Method*.—Cut the tomatoes into halves and place in baking tins with a little hot bacon fat. Cook in the oven until tender. Serve 2 ozs. bacon per person with a little tomato.

No. 17.

Welsh Rarebit

12 1/2 6 1/2 lbs. Cheese, 1 lb. Flour.
 12 Pints Fresh Milk or 2 lb. Margarine (or Drippings).
 2 x 16 oz. tins) Salt and Pepper.
 2 ozs. Mustard.

Method.—Grate the cheese and place the milk on to boil. Now make a white roux by adding the flour to the hot fat, then add the milk, slowly stirring all the time in order to remove all the lumps. Add the grated cheese and season to taste. Allow to simmer for 5 minutes. Spread on prepared toast and brown in a hot oven.

No. 18.

Macaroni Cheese

12 1/2 8 lbs. Cheese (Grated), 1 lb. Flour.
 8 lbs. Macaroni, 1 lb. Margarine (or Drippings).
 10 Pints Fresh Milk (or 4 x Salt and Pepper.
 16 oz. tins). 2 ozs. Mustard.

Method.—Break the macaroni into 4-inch strips, place in rapidly boiling salted water until tender, then strain. Make a white roux with the flour and margarine, meanwhile placing the milk on to boil. Now add the milk slowly to the roux, stirring well in order to dissolve all the lumps, add 1/2 the grated cheese, season and stir well. Place the Macaroni into greased baking dishes, cover with the cheese sauce and sprinkle the remaining cheese over the top of the dish. Brown off in a sharp oven.

No. 19.

Cheese and Vegetable Pie

12 1/2 2 1/2 lbs. Cheese, 1 lb. Flour.
 14 lbs. Swedes or Carrots, 1 lb. Margarine (or Drippings).
 14 lbs. Turnips, 10 Pints Fresh Milk (or 4 x 16 oz. tins).
 25 lbs. Potatoes, Mustard, Pepper, Salt and Stock.
 3 lbs. Rice.

(Any left-over vegetable can be utilised for this dish.)

Method.—Prepare and mash the potatoes. Dice the vegetables and cook. Grate the cheese. Make a white roux with the flour and margarine, add milk and grated cheese. This is a cheese sauce. Place alternate layers of vegetables and sauce in baking dishes, garnish with cooked rice and brown off in a sharp oven.

No. 20.

Fried Cheese Paste

12 1/2 6 1/2 lbs. Cheese, 2 1/2 ozs. Baking Powder or Yeast
 10 lbs. Flour, and Pinch of Salt.
 2 1/2 lbs. Margarine (or 2 Quarts Thick White Sauce.
 Drippings).

Method.—Make a quarter paste of flour, baking powder or yeast, pinch of salt, and fat. Chop the cheese and mix closely, add thick white sauce and seasoning. Cut out paste in 4-inch circles, place 2 ozs. of cheese savoury in the centre. Damp the sides, fold over and fry in deep fat, drain well and serve hot with tomato sauce.

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STOCK POT

A stock pot should be used in all cookhouses. Usually a large boiler is provided for this purpose.

As stock is the basis of most soups and gravies, it is important that the making of it should be thoroughly understood.

Stock is an infusion, obtained by simmering bones and certain vegetables in water, to extract their nutriment and flavour.

The method of preparation is based upon the solvent action of water, and the application of moist and moderate heat.

Vegetables may be used, such as carrots, onions and turnips, but should never be left in the stock after an infusion has taken place; neglect of this will lead to fermentation and the spoiling of the stock.

Proportion for making or starting a stock pot:

2 quarts of water to every 2 lbs. of bones, one carrot, onion and turnip to every 2 lbs. of bones, salt.

Method.—Remove fat from bones, and saw into 4-inch lengths. Put the bones in the stock pot with cold water and salt, 1/2 pint vinegar to 10 gallons water. Bring slowly to the boil and remove all scum as it rises. Wipe the sides of the stock pot, add 1 pint cold water and re-boil. Remove any further scum and allow to simmer for 8 hours. Wash, peel and scrape the vegetables, place on one side. Remove fat and place carefully in a basin. Strain the stock, re-boil and use as required.

(i) Scum clarified as 2nd class fat.

(ii) Fat skimming must be kept and clarified for second-grade dripping.

(iii) Stock remaining after the day's work must be re-boiled.

(iv) Vegetables which have been cooked in stock may be used for garnishing soups, etc.

No. 21.

White Stock

40 lbs. Beef Bones, 2 1/2 lbs. Leeks.
 5 lbs. Onions, 1 1/2 lbs. Celery.
 5 lbs. Carrots, 4 ozs. Peppercorns.
 1/2 Pint Vinegar to 10 Gallons Herbs.
 Water.

This produces 9 to 10 gallons of stock.

Method.—Saw bones into lengths of about 4 inches. Place in a large pot. Cover the bones with 10 gallons of fresh cold water, add vinegar, and bring slowly to the boil. Scum must be removed from the surface as it rises. Add another gallon of cold water and bring the pot to the boil again. Add seasoning, vegetables and herbs. Frequently remove all fat by skimming. (This should be placed in a receptacle containing clean cold water.) After fat is removed allow pot to simmer for 8 hours. (Carrots and onions should be added whole). Remove all vegetables (these can be used as a vegetable

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No. 25.

Pea and Lentil Soup

7 lbs. Lentils.	2 lbs. Onions.
5 lbs. Peas.	1 Ham Bone.
2 lbs. Carrots.	36 Peppercorns.
1 lb. Leeks.	Pepper, Salt.
	20 Gallons Stock.

Method.—As for Pea Soup.

No. 26.

Barley Soup

8 lbs. Barley.	1 lb. Cabbage.
1½ lbs. Onions.	1½ lbs. Celery.
1½ lbs. Carrots.	36 Peppercorns.
1 lb. Turnips.	Pepper and Salt.
	10 Gallons Stock.

Method.—Blanch the barley and throw the water away. Clean and cut up the onions and vegetables. Place the stock in a boiler and add the vegetables, barley and onions. Bring to the boil and allow to simmer until cooked. Season to taste.

No. 27.

Tomato Soup

8 lbs. Tomato Purée.	Bay Leaf, Mixed Herbs.
3 lbs. Onions.	20 Gallons Stock.
2 lbs. Flour.	3½ lbs. Carrots.
2 lbs. Dripping.	8 ozs. Sugar.
Salt and Pepper.	2 Ham Bones.

Method.—Peel and wash the vegetables and cut up finely. Brise in a golden brown in hot dripping, add the flour and cook for a few minutes. Now add tomato purée, etc well and add stock. Simmer gently for 2 hours. Add sugar. Strain and serve.

No. 28.

Hotch Pot

6 lbs. Blue Peas.	8 Heads Cabbage or Lettuce.
4 lbs. Barley.	1 Packet Sweet Herbs.
7 lbs. Mixed Root Vegetables.	1 Bunch Parsley.
3 lbs. Onions.	Pepper, Salt and Stock.

Method.—Brise the Peas and Barley in cold water and drain. Soak the peas for 12 hours, scald the barley and throw the water away. Clean and cut up the mixed vegetables and the onions. Wash the cabbage and cut into small pieces. Use 20 gallons of stock, add peas, barley, onions, lettuce and parsley. Bring to the boil and simmer until cooked. Season, add the herbs and a flour thickening and allow to simmer for 30 minutes.

Note.—The barley should not be rinsed through cold water and scalded until after the peas have been soaked.

No. 29.

Julienne Soup

30 Gallons Stock.	6 lbs. Onions.
7 lbs. Julienne (Dried Vegetables) or Fresh Vegetables if available.	Pepper and Salt.

Method.—Soak the dried vegetables for 12 hours. Cut up the onions and brise in a little hot fat. Place the stock in a boiler together with the vegetables and onions, add seasoning, bring to the boil and allow to simmer until cooked. Skim frequently and add a few peas or beans if available.

No. 30.

Bread Soup

10 Gallons Stock.	20 Tins Preserved Beef (Minced) (12 ozs.).
10 lbs. Waste Bread.	Pepper and Salt.

Method.—Boil the stock and pour it over the bread. When the bread is soft, stir it until it is mushed up, add seasoning, a few herbs and minced beef. Simmer steadily for 30 minutes.

No. 31.

Potato Soup

10 Gallons Stock	1 lb. Leeks.
10 lbs. Potatoes.	3 lbs. Onions.
1 lb. Cornflour.	1 lb. Celery (if obtainable).
Salt and Pepper.	1 × 16 oz. Tin Milk.

Method.—Boil and mash the potatoes and sieve into the boiling stock. Add the cooked onions, which have been minced, season and allow to simmer for 1 hour.

No. 32.

Mulligatawny Soup

10 Gallons Stock.	8 ozs. Coconut
4 lbs. Apples.	3 Bay Leaves.
12 ozs. Curry Powder.	36 Peppercorns.
Pepper and Salt.	7 lbs. Onions.
1 Tin Tomato Purée.	1 lb. Rice.
2 Bunches Leeks.	3 lbs. Flour.
	2 lbs. Dripping.

Method.—Cut the vegetables and apples into small pieces and brise in a little fat. Add curry powder to vegetables and fry for a few minutes longer. Add this to the stock, stir until it boils, then allow to simmer for approximately 2 hours. Pass through a soup machine and add rice previously cooked as a garnish.

No. 33.

Household Soup

25 ozs. Stock.	4 lbs. Onions.
2½ lbs. Carrots.	1 Bunch Leeks.
8 ozs. Margarine.	20 lbs. Potatoes.
5 lbs. Lentils or Peas.	1 lb. Celery.
	Salt, Seasoning and Faggot.

Method.—Cut the onions, carrots, leeks and celery into small squares or dice. Melt the margarine. Add these vegetables and stew until tender. Moisten with the stock; add the seasoning, the faggot and bring to boiling point. Add the leeks and the potatoes, cut into neat squares. Simmer very gently until cooked. Remove any fat, correct the seasoning and serve.

No. 34. Kidney Soup	
25 qts. Brown Stock.	2 lbs. Onions.
2½ lbs. Carrots.	2 lbs. Dripping.
4 lbs. Flour.	1 Tin Tomato Purée.
2½ lbs. Kidney.	Faggot.
	4 oss. Salt.

Method.—Cut the carrots and onions into neat dice. Fry them in the dripping to a golden colour, add the flour and cook to a sandy texture. Add the tomato purée, mix thoroughly and moisten gradually with the stock. Cut the kidney into small dice, fry to a golden colour in a little dripping and add to the soup. Simmer the soup until all the ingredients are tender, correct the seasoning and serve.

No. 35. Marrow Soup	
25 qts. White Stock	4 lbs. Onions.
1 bunch Leeks.	2 lbs. Rice as garnish.
10 lbs. Marrow.	10 lbs. Potatoes.
8 oss. Margarine	½ White Peppercorns in bag.

Method.—Melt the margarine in saucepan, add the chopped onion and stew for a few minutes together with the leeks. Moisten with the stock, add salt, the faggot and bring to boiling point. Add the cubed marrow, potatoes and simmer until tender. Pass through a soup machine or strainer and return to the saucepan. Re-boil, correct seasoning and consistency, add the plain boiled rice and serve.

No. 36. Minestrone Soup	
25 qts. Stock.	1½ lbs. Carrots.
1 lb. Haricot Beans.	1 lb. Turnips.
1 lb. Rice.	1½ lbs. Onions.
1 lb. Marrowfat Peas.	1 lb. Cabbage.
1 lb. Leeks.	1 lb. Macaroni.
½ lb. Fat Bacon.	2 oss. Chopped Parsley.

Method.—Melt the fat bacon, add the root vegetables, leeks and cabbage and fry to a golden colour. Moisten with the stock, add the half-cooked peas, beans and simmer for 1 hour. Boak the macaroni into inch lengths and add it with the rice to the soup. Continue to simmer until all ingredients are tender, correct seasoning, add the chopped parsley and serve.

No. 37. Mock Turtle Soup	
25 qts. Brown Stock.	2 lbs. Onions.
2½ lbs. Carrots.	4 lbs. Dripping.
4 lbs. Flour.	4 Cow-heels.
Faggot.	4 oss. Salt.
	1 Tin Tomato Purée.

Method.—As for kidney soup, substituting 2 cow-heels for the kidney. These are cooked thoroughly for 6 hours, add to the soup and simmer until tender. Pass the soup through soup machine or strainer, add the cow-heels cut into dice, re-boil, skim, correct the seasoning and serve.

No. 38. Mutton Broth	
25 qts. Mutton Stock.	1½ lbs. Carrots.
1 lb. Turnips.	1½ lbs. Barley.
1 lb. Leeks.	1½ lbs. Onions.
1 lb. Cabbage.	1½ lbs. Celery.
	4 oss. Salt.

Method.—Boil the strained mutton stock, skim thoroughly, add the washed barley and simmer for 45 minutes. Cut vegetables into small dice, add to stock and cook slowly for a further ¼ hour. When the soup is cooked, add 2 oss. of coarsely chopped parsley and 2 lbs. of diced cooked mutton.

No. 39. Onion Soup	
25 Quarts Brown Stock.	6 lbs. Onions.
1 lb. Dripping.	1½ lbs. Flour.
Salt.	100 ½ Slices Toast.

Method.—Peel, shred the onions finely and stew in the dripping to a golden colour. Add the brown roux. Mix thoroughly and add the stock. Bring slowly to boiling point. Allow to simmer for 2 hours. Correct the seasoning. Serve with toast and grated cheese.

No. 40. Oxtail Soup	
25 Quarts Brown Stock.	4 lbs. Onions.
2½ lbs. Carrots.	4 lbs. Dripping.
4 lbs. Flour.	1 Tin Tomato Purée.
Faggot.	10 lbs. Oxtail ends.
	4 oss. Salt.

Method.—Cut the onions and carrots into dice; fry to a golden colour in the dripping. Add the flour and cook to a dark sandy colour. Moisten with stock and tomato purée, bring to boiling point, skim, add the faggot and the salt. Cut the oxtails into small joints and bring slowly to a nice golden colour, then add to soup. Simmer for 2 hours until tender, remove the pieces of oxtail and place in a clean receptacle. Strain the soup on to them, re-boil, correct seasoning and serve.

No. 41.

Parsnip Soup

25 Quarts Stock.	7 lbs. Onions.
3 lbs. Celery.	1 Bundle of Leeks
7 lbs. Carrots.	3½ lbs. Turnips.
3 lbs. Cabbage.	8 ozs. Margarine.
4 ozs. Salt.	Faggot.

Method.—Cut the vegetables into neat squares and stew in margarine until a light golden colour. Cover with stock, add the faggot and allow to simmer approximately 1 hour, until tender. Remove fat, correct seasoning and serve.

No. 42.

Rabbit Broth

25 Quarts Rabbit Stock.	1 Bunch Leeks.
4 lbs. Onions.	3½ lbs. Carrots.
1½ lbs. Rice.	1 lb. Celery.
1 Faggot.	4 ozs. Salt.

Method.—Bring the rabbit stock to the boil, remove any scum and add the diced vegetables, the salt and the faggot. Simmer for 30 minutes. Add the washed picked rice and cook steadily until tender for approximately 20 minutes. Correct the seasoning, remove the faggot and serve.

No. 43.

Scottish Broth

25 Quarts Mutton Stock.	1½ lbs. Carrots.
1 lb. Turnips.	1½ lbs. Barley.
1 lb. Leeks.	1½ lbs. Onions.
1 lb. Cabbage.	1½ lbs. Celery.
	4 ozs. Salt.

Method.—Boil the mutton stock and remove any fat. Add the washed barley and simmer for 45 minutes. Cut the vegetables into small dice, wash in cold water, drain and add to soup. Cook slowly until tender, skim, correct the seasoning and serve.

No. 44.

Vegetable Soup

25 Quarts Stock.	2½ lbs. Carrots.
1 Bunch Leeks.	7 lbs. Potatoes.
3 lbs. Onions.	1½ lbs. Turnips.
1 large Cabbage.	8 ozs. Margarine.
	Seasoning.

Method.—Melt the margarine, add the diced carrots, leeks, onions, cabbage and turnips, cover with a lid and stew on the side of the stove until tender. Moisten with stock, add the cubed potatoes, bring to the boil and skim. Simmer until tender and pass through the soup machine or strainer. Re-boil, remove the scum, correct the seasoning and consistency and serve.

20

No. 45.

Watercress Soup

25 Quarts Stock.	10 lbs. Potatoes.
6 ozs. Margarine.	3 lbs. Onions.
3 lbs. Cornflour.	1 Quart MILK (or 1 x 16 oz. tin)
1 Large Faggot.	3 Bunches Leeks.
Salt.	3 lbs. Watercress.

Method.—Carefully clean the leeks and onions and cut them into neat squares. Melt the margarine, add the vegetables, cover with a lid and stew gently until tender. Moisten with stock, season with salt and bring to boiling point. Add the faggot and diced potatoes. Pick the leaves from the watercress, tie the stalks into a bunch and cook them with soup. Simmer for 45 minutes. When soup is cooked remove the stalks, add the diluted cornflour, stirring to avoid lumps. Re-boil, remove any fat, correct seasoning, blanch the leaves of watercress by plunging them into boiling salted water for 5 seconds. Refresh in cold water and add to soup before serving.

No. 46.

Boiler Bean Soup

10 lbs. Butter Beans.	Salt.
2 lbs. Onions.	Ham Bone.
2 lbs. Carrots.	26 Peppercorns.
	Thyme and Bay Leaf.

Method.—Wash and soak the beans for 12 hours, drain off and cover with fresh cold water and bring to boiling point, skim frequently, then add grated vegetables, ham bone, salt and bag of peppercorns, thyme and bay leaf. Simmer for 1½ hours then remove bag of aromatics and ham, pass soup through soup machine and return to saucepan to re-boil, skim carefully, simmer for 10 minutes, correct seasoning and consistency.

No. 47.

Carrot Soup

25 Quarts Stock.	4 lbs. Onions.
14 lbs. Carrots.	8 ozs. Dripping.
Salt.	26 Peppercorns.
	Bay Leaf, Thyme.

Method.—Fry off the chopped onions and add thinly sliced blanched carrots, cover with lid and stew slowly until tender, then add stock. Bring to boiling point, season with salt, add the bag of peppercorns, etc., and simmer for 1 hour. Pass through soup machine or strainer, re-boil, correct seasoning and consistency and serve hot.

No. 48.

Celery Soup

25 Quarts Stock.	1 lb. Cornflour.
4 lbs. Onions.	8 ozs. Dripping.
3 lbs. Celery.	8 lbs. Potatoes.
	Salt, Thyme, Parsley, etc.

Method.—Chop the onions and fry off, shred the celery, blanch and refresh. Add the stock and bring to boil, skim. Cut the potatoes into large cubes and add to soup; season with salt, add thyme, etc.;

21

No. 57.

Robert Sauce

1 lb. Onions. $\frac{1}{2}$ oz. Pepper.
 2 Pint Vinegar. 2 ozs. Mustard.
 2 Quarts Espagnole. 2 ozs. Salt.
 8 ozs. Chopped Pickles.

Method.—Finely chop the onions and stew in a little dripping. Add the chopped pickles and vinegar, boil and reduce by half. Add the espagnole sauce and boil up. Add the mustard, diluted with a little water, and correct seasoning after skimming.

No. 58.

Chutney Sauce

$\frac{1}{2}$ Gallon Espagnole Sauce. Add to this $\frac{1}{2}$ lb. Chopped Chutney.

No. 59.

Lyonnais Sauce

4 Quarts Espagnole Sauce. 1 lb. Onions.
 $\frac{1}{2}$ Pint Vinegar. 3 ozs. Dripping.

Method.—Peel and finely shred the onions. Melt the dripping and lightly fry the shredded onions. Add the vinegar and boil until reduced by half. Add the espagnole sauce, bring to the boil, season well; skim before using.

No. 60.

Egg Sauce

1 gallon of White Sauce, to which is added 12 coarsely chopped hard-boiled eggs.

No. 61.

Montana Sauce

2 lbs. Chopped Onions. 1 oz. Sugar.
 1 Pigeon. 1 Tin Tomato Purée.
 1 Quart Vinegar. $\frac{1}{2}$ oz. Salt.
 24 Peppercorns.

Method.—Place vinegar, sugar, peppercorns and chopped onions to cook and allow a reduction to half quantity. Pass through a fine strainer, add salt, sugar, and stir in the tomato sauce. (This is a cold sauce for cooked meats, etc.)

No. 62.

Bread Sauce

4 Quarts Fresh Milk (or 2 \times 16 oz. tins). 1 lb. Onions.
 $\frac{1}{2}$ oz. Cloves. 2 lbs. Breadcrumbs.
 $\frac{1}{2}$ lb. Margarine. Pepper and Salt.

Method.—Place in a saucepan the milk, onions and cloves and bring slowly to the boil. Simmer for 15 minutes. Remove the onions and cloves and add the breadcrumbs. Stand in a warm part of the stove for 15 minutes, so that the breadcrumbs may absorb some of the milk. Bring to the boil again and stir in the margarine.

24

No. 63.

Apple Sauce

10 lbs. Apples, or 4 lbs. Apple Rings. 1 lb. Sugar.
 $\frac{1}{2}$ Gallon Water.
 3 Cloves.

Method.—Soak apple rings overnight. Place in a stew pan. Add sugar and cloves, cover with water and allow to boil until cooked. Pass through a sieve and keep in Bain Marie.

No. 64.

Curry Sauce

1 Gallon Brown Stock. $\frac{1}{2}$ Pint Diluted Tomato Purée
 1 lb. Chopped Onions. 4 ozs. Soaked Coconut.
 12 ozs. Flour. 8 ozs. Chopped Apple Rings.
 2 ozs. Salt. 3 ozs. Curry Powder.
 4 ozs. Fat.

Method.—Lightly fry onions; add curry powder; cook 5 minutes. Add flour; cook further 5 minutes. Add apples, stock, purée gradually, coconut and salt and bring to boil. Cook for 2 hour. Pass the sauce, season and boil up to the correct consistency.

No. 65.

Mayonnaise

12 Yolks of Eggs. $\frac{1}{2}$ Quart Vinegar.
 64 Peppercorns. 2 ozs. Mustard.
 1 lb. Cornflour. $\frac{1}{2}$ oz. Pepper.
 8 Quarts Water. 2 ozs. Salt.

Method.—Place the yolks of eggs into a basin. Add a good teaspoonful of salt and $\frac{1}{2}$ teaspoonful of pepper. Gradually work the yolks into the conditions to set the yolks. Work in 1 gill vinegar, stirring constantly. Add the oil very slowly, continuing to stir vigorously. If the sauce should curdle, place a teaspoonful of vinegar or warm water in another basin and gradually work on the sauce until it begins to thicken up. Finally having worked in all the oil, finish the sauce with a little made mustard and a tablespoonful of boiling water or vinegar, to set the sauce.

Boil remainder of the water and vinegar together with the peppercorns and chicken with the diluted cornflour. Strain and allow to cool; then incorporate into the other emulsion.

No. 66.

Mint Sauce

2 Pints Vinegar. 8 Pints Water.
 4 Packets Mint. $\frac{1}{2}$ lb. Sugar.

Method.—Warm the vinegar, add the sugar; then place in the mint. Pour on boiling water and allow to cool.

No. 67.

Tartare Sauce

As for Mayonnaise Sauce, with the addition of finely chopped gherkins and capers.

25

No. 68. **Nutmeg Sauce**
Sweet White Sauce. Add $\frac{1}{2}$ oz. Nutmeg.

No. 69. **Chocolate Sauce**
Method and ingredients as for sweet white sauce with the addition of 12 ozs. of cocoa.

No. 70. **Fruit or Jam Sauces and Marmalade Sauce**
 $\frac{1}{4}$ lbs. Jam. 12 Pints Water.
1 lb. Cornflour.

Method.—Place the jam into boiling water, and stir until it comes to the boil. Blend the cornflour with a little cold water and pour into the boiling water and jam, stirring until it comes back to the boil. Blend. Remove to a cooler part of the stove, and allow to cook for thirty minutes, strain and serve.

No. 71. **Caper Sauce**
1 lb. Margarine (or 8 ozs. Capers.
Dripping.) 8 Pints Mutton Stock.
1 lb. Flour. Salt.
2 x 16 oz. Tins Milk.

Method.—Make a white roux with the fat and flour, then add the mutton stock and milk, slowly stirring all the time to remove any lumps. Allow to simmer 20 minutes, season and add capers.

CORRECT SAUCES TO SERVE WITH MEAT AND POULTRY

Beef, roast	Horse-radish.
Beef steak, fried	Tomato sauce.
Mutton, roast	Onion sauce or brown caper sauce.
Mutton, boiled	Caper sauce or parsley sauce.
Mutton chops, fried	Tomato sauce.
Pork, roast	Apple sauce or poitrine sauce.
Pork chops, fried	Mashed sauce.
Ham, boiled	Parsley sauce.
Lamb, roast	Mint sauce.
Calf's head	Parsley sauce.
Chicken, roast	Bread sauce.
Chicken, boiled	Egg sauce or parsley sauce.
Geese or duck, roast	Apple sauce.
Turkey, roast	Bread sauce.
Rabbit, roast	Thick brown sauce.
Rabbit, boiled	Onion sauce.

MEAT DISHES

The following recipes are subject to alteration under the National Rationing Scheme, and therefore exact quantities will be regulated according to the present-day entitlement.

No. 72. **Beef Croquettes**
 $1\frac{1}{2}$ lbs. Meat. 3 lbs. Onions.
 $1\frac{1}{2}$ lbs. Breadcrumbs. 3 lbs. Flour.
Salt and Pepper.

Method.—After cooking the meat, strain and reduce, utilizing the stock for the making of a brown gravy to serve with the croquettes. Chop the onions finely and braise in hot fat. Mix the cooked meat, onions, breadcrumbs, and seasoning until a firm mixture is obtained. Shape into 100 portions in croquette shape. Prepare a flour paste, dip each portion into the paste, roll in breadcrumbs and deep fry in fat.

No. 73. **Beef Olives**
 $1\frac{1}{2}$ lbs. Beef (for breakfast). 6 lbs. Meat Trimmings.
 $\frac{1}{2}$ lbs. Beef (for dinner). 1 Tin Tomato Purée.
6 lbs. Bread. 4 ozs. Parsley.
3 lbs. Onions. 2 Packet Thyme.
2 Gallons Brown Sauce. Salt and Pepper.

Method.—Slice the meat as thinly as possible and portion to 100 pieces, then dredge in flour. Chop the onions finely and braise. Mince the beef trimmings, soaked bread and onions, then add seasoning, thyme, chopped parsley and mix well. Place a little of the stuffing into each piece of dredged steak, roll and tie with string. Place into baking dishes with a little hot fat and place in the oven to colour. Strain the dripping, add brown sauce, and simmer until cooked. Strain sauce over the olives and serve.

No. 74. **Braised Beef and Rice with Vegetables**

$2\frac{1}{2}$ lbs. Beef.	6 lbs. Onions.
$\frac{1}{2}$ lb. Carrots.	6 lbs. Rice.
1 lb. Dripping.	1 Tin Tomato Purée.
$\frac{1}{2}$ Gallon Brown Stock.	$\frac{1}{2}$ Peppercorns.
6 Bay Leaves.	2 ozs. Salt.

Method.—As for Braised Beef with Vegetables, with the addition of Braised Rice.

To prepare rice: Chop onion finely. Stew in margarine without taking colour, add rice and heat through. Add an equal quantity of stock and bring to boil. Cover with a lid and braise in moderate oven for 18 minutes. Stir in a few pieces of margarine with fork and correct seasoning. To serve cut beef into slices, place down centre of dish and surround with the prepared rice. Boil and pass sauce through fine strainer, then re-boil. Skim, correct seasoning and consistency, pour over the meat and serve.

No. 75. **Braised Beef and Spaghetti**
 $2\frac{1}{2}$ lbs. Beef. 4 lbs. Onions.
 $\frac{1}{2}$ lb. Carrots. 10 Quarts Brown Stock.
2 Quarts Thick Espagnole. 1 Tin Tomato Purée.
6 lbs. Spaghetti. 1 lb. Dripping.
 $\frac{1}{2}$ lb. Peppercorns in bag.

Method.—As above. *Spaghetti*: Break into 2-in. pieces. Place in boiling salt water and simmer 5 minutes. Drain, cover with stock, add margarine and allow to simmer 10 minutes. Remove lid and reduce liquor to an essence.

No. 76.

Cartonade of Beef

25 lbs. Beef (cut into 200 fat slices).	16 Peppercorns.
6 lbs. Onions.	8 Quarts Brown Stock.
2 lbs. Flour.	2 lbs. Dripping.
	Paprot.
	3 ozs. Parsley.

Method.—Heat dripping in shallow pan sufficient to cover bottom. Season the beef, which is cut into 200 thin steaks, with salt and pepper. Pass through flour, sear each side to gold colour. Remove and fry off the onions, which have been sliced. Replace the meat. Barely cover with brown stock, add aromatics in bag, being to boil, cover. Allow this to braise in moderate oven for 1 hour or until tender. Remove fat from surface and the aromatics. Correct seasoning, consistency, sprinkle with chopped parsley and serve.

No. 77.

Fried Beef

25 lbs. Beef.	3 lbs. Cooked Onions.
2 ozs. Chopped Parsley.	4 Quarts Espagnole Sauce.
4 Eggs.	4 lbs. Breadcrumbs.
10 lbs. Flour.	2½ lbs. Dripping.
	2½ ozs. Baking Powder.

Method.—Chop the onions finely. Fry off to golden colour. Add the espagnole sauce, boil and reduce by half, stirring all the time. Add minced beef, seasoning and chopped parsley. Prepare ½ in. pastry, roll out ½ in. thick, cut out rounds 4 in. in diameter. Place meat on one half, egg wash edge. Fold over and press down. Pass through beaten egg and breadcrumbs. Fry in deep fat for approximately 7-8 minutes until paste is cooked golden colour. Serve with a good sauce.

No. 78.

Jugged Steak

25 lbs. Beef.	12½ lbs. Fresh Belly Pork.
7 lbs. Carrots.	6 lbs. Onions.
1 Gallon Brown Stock.	1 lb. Dripping.
1 Quart Vinegar.	½ oz. Thyme.
1 Pint Oil.	16 Black Peppercorns.

Method.—Cut the meat and pork into 2 oz. pieces. Place into a basin with the sliced vegetables, oil, vinegar and aromatics. Allow to stand in a cool place 24 hours, drain meat and vegetables. Melt the dripping in a stewpan. Fry the meat and vegetables until golden brown. Add the oil and vinegar, stock and the aromatics, bring to the boil and braise approximately 1½ hours until meat is tender. Remove meat, pork and vegetables, place in a clean stewpan, strain the liquor, reduce if necessary to form a natural gravy. Pour on to meat, bring to boil, correct seasoning and serve in meat tins.

25

No. 79.

Grilled Chops

Method.—Season the chops (2½ lbs.), Loin or Best End Neck of Mutton, both sides, with salt and pepper. Brush over with a little melted dripping and place under a salamander, clear span fire or open grill until the blood rises. Turn over and proceed to cook the other side. These chops should be well done and nicely coloured either side. Time for cooking approximately 12 minutes.

No. 80.

Brown Slew

25 lbs. Meat.	2 lbs. Dripping
6 lbs. Onions.	3 lbs. Flour.
7 lbs. Mixed Root Vegetables.	Pepper, Salt and Stock.

Method.—Prepare the meat into 4-inch cubes, dredge in seasoned flour and place in a baking dish with salt, pepper and a little stock. Place in the oven and allow to simmer. Dice the vegetables, chop the onions and braise in hot fat until they appear golden brown in colour. Now add them to the dish, stir and add stock occasionally and cook slowly in the oven.

Note.—The popularity of this dish is due to the high extractive it contains. It derives its name from the colouring and flavouring obtained from the addition of the braised vegetables.

No. 81.

Boiled Salt Beef and Dumplings

<i>Salt Beef</i>	<i>Dumplings</i>
2½ lbs. Salt Beef.	10 lbs. Flour.
4 lbs. Onions.	2½ lbs. Meat.
40 lbs. Carrots.	2 ozs. Salt.
4 Bay Leaves.	
16 Peppercorns.	

Method.—Place the salt beef into a boiler, cover with cold water, bring to the boil and allow to simmer. Add the onions, peppercorns and bay leaves. Approximately 1 hour before the meat is cooked add the prepared carrots. Sieve the flour and salt, add the chopped meat and mix to dough with cold water. Shape into 100 dumplings and add into the stock approximately 10 minutes before the meat and carrots are ready. Remove the dumplings and place in a dish with a little stock and keep hot. Remove the meat. Strain the carrots and retain the liquor for the making of soups.

Note.—Change water after one hour (only) if meat has been overdone.

No. 82.

Brown Tomato Slew

Ingredients and method as for Brown Slew with the addition of 2 tins of tomatoes.

25

No. 83. **Brown Curried Stew and Rice**

6 lbs. Rice.	3 lbs. Flour.
25 lbs. Meat.	4 lb. Coconut.
3 lbs. Onions.	1 lb. Apple Rings
Pepper and Salt and Stock.	4 lb. Sultanas.
7 lbs. Mixed Root Vegetables.	12 ozs. Curry Powder.

Method.—As for Brown Stew except for addition of curry powder, sultanas and finely chopped apple rings. The coconut is boiled in a little stock and the juice strained into the curry. The rice is washed and drained into a boiler containing plenty of boiling water. Cooking time approximately 15 minutes. The curry stew is placed in appropriate dishes and the rice placed around the sides of the dish.

No. 84. **Cottage Pie**

25 lbs. Meat (Dinner).	40 lbs. Potatoes.
6 lbs. Onions.	Pepper, Salt and Stock.

Method.—Prepare the meat in strips, place in a boiler with salt, pepper, onions and stock. When cooked, strain and mince. Place the minced beef into baking dishes, damp down with stock and cover with mashed potatoes. The appearance of the dish can be improved by placing a few knobs of margarine on the top of each dish and serving the potatoes with a fork. Pass through a hot oven until brown. The stock strained from the meat is seasoned, thickened and served with the dish as otherwise it is a very dry dish.

10 lbs. Flour 25 Baking powder

No. 85. **Vegetarian Cornish Pasties**

Method.—Prepare and cook the meat, strain and dice. Prepare and cook the potatoes and dice the onions. Mix the whole together and add seasoning. Prepare a quarter paste. Roll out to 1/4 inch thickness and use the 6 inch round cutter for cutting purposes. Place approximately 3 ozs. of the mixture into each piece of paste, damp the edges of the paste, fold over, brush with egg wash and bake in a sharp oven, 450° for 20 minutes.

No. 86. **Boiled Mutton.**

25 lbs. Mutton.	3 1/2 lbs. carrots.
3 lbs. Onions.	4 ozs. Salt.

Method.—Select a leg of mutton and remove chump and knuckle bones. After thawing and hanging, if it appears dark, soak in water for 2 hours. Cover with cold water, bring to the boil and skim. Wipe sides of the pan, add the salt and allow to simmer for 1 hour with aromatics in a muslin bag. Add the vegetables, cut into sections (leave the onions whole if small) and simmer until the vegetables are cooked. Remove vegetables and place into dishes with a little liquor. Test the meat. Carve the meat into 1/4 inch thick slices, beginning at the knuckle end and arrange in dishes. Garnish with vegetables and serve with a little liquor and caper sauce separately.

No. 87. **Braised Sheep's Tongues**

100 Sheep's Tongues.	2 lbs. Onions.
3 1/2 lbs. Carrots.	4 ozs. Parsley.
4 ozs. Dripping.	2 Quarts Brown Stock.

Method.—Cover the tongues with cold water, bring to the boil, add salt. Allow to simmer for 2 hours. Refresh, remove root of tongues and skin carefully. Place on a bed of fried sliced carrot and onion. Add brown stock and braise in a hot oven until cooked (approximately 30 minutes), basting from time to time. Cut in halves lengthways and arrange on dishes. Remove the fat, strain and reduce to an essence, adding piquante sauce.

No. 88. **Braised Stuffed Sheep's Hearts**

100 Sheep's Hearts.	2 Quarts Brown Stock.
1 1/2 lbs. Carrots.	2 lbs. Onions.
2 Quarts Thick Espagnole.	25 Peppercorns in Bag.
4 ozs. Salt.	8 lbs. Breadcrumbs.
4 ozs. Parsley.	1 lb. Suet.
4 Eggs.	1 lb. Chopped Onions.
1 Quart Milk (or 1 x	Salt and Pepper.
16 oz. tin).	Stuffing as for Beef Olives.

Method.—Trim the hearts and wash well in salted water. Stuff them and cover the opening with fat bacon. Tie securely. Fry on the vegetables, cut into 1 inch dice, to a golden brown. Cover with equal quantities of good brown stock and boiling espagnole sauce, bring to the boil, add aromatics and seasoning; place in the hearts and braise in a slow oven for approximately 2 hours. Remove the hearts from the sauce, cut into halves lengthways, pass the sauce through a strainer and boil, skimming occasionally. Correct seasoning and consistency, and sauce over the hearts.

No. 89. **Haricot Mutton**

25 lbs. Mutton.	7 lbs. Carrots.
6 lbs. Onions.	10 lbs. Haricot Beans.
2 lbs. Flour.	2 Gallon Brown Stock.
4 ozs. Cornflour.	1 Tin Tomato Purée.
1 Faggot.	4 ozs. Salt, Pepper.

Method.—Soak the beans in cold water overnight. Wash and cover with cold water. Bring to the boil, skim, add salt, peppercorns, aromatics in bag, 3 onions, 3 carrots and simmer until half cooked. Season the meat with salt and fry on. Cut the carrots and onions into cubes and fry on a golden colour. Sprinkle with flour, mix well with a wooden spoon and singe on a hot oven for 20 minutes. Add the tomato purée and moisten with stock. Bring to boil, add seasoned haricot beans and simmer until cooked. Correct seasoning and consistency with diluted cornflour, if necessary. Serve with sprinkled chopped parsley.

No. 90. **Curried Mutton**

As for Curried Beef.

No. 91.

Roast Mutton

3½ lbs. Mutton.

Method.—Place the joints to be roasted on 2 or 3 slices of potatoes. Place in a hot oven (after covering with a little dripping) for 15 minutes. Baste well, reduce the heat and allow to steadily roast, basting from time to time. When cooled season with salt and place to keep hot. Make gravy as stated for Roast Gravy.

No. 92.

Scotch Mutton Pie

25 lbs. Mutton.
4 ozs. Parsley.
3 lbs. Dripping.
Salt.

6 lbs. Onions.
12 lbs. Flour.
7 ozs. Baking Powder.
Pepper.

Method.—Mince the mutton very coarsely and mix with the onions and parsley finely chopped. Well season with salt and pepper and add a little mutton stock. Make a quarter paste, line individual pie moulds, fill with mixture, cover, decorate, gravy made, bake for 1 hour in moderate oven. Allow to cool, fill with gravy made from trimmings. Serve hot or cold.

No. 93.

Empire Sausage

14 X 12 oz. Tins
Preserved Meat.
7 lbs. Bread.

2 lbs. Bacon (Fat).
12 ozs. Sausage Seasoning.
12 Hard-boiled Eggs.

Method.—Soak the bread, squeeze out as dry as possible. Mix with preserved meat, bread and sausage seasoning together and pass through the mincer. Cut the bacon fat into cubes and mix in. Shape into rolls, placing the hard-boiled eggs in the centre, tie in greased pudding cloths and steam or boil for 2 hours. Press overnight between two cutting boards, cut into thin slices and serve with piquant sauce.

No. 94.

Gambolins of Beef

12½ lbs. of Beef.
6 lbs. Bread.
12 ozs. Sausage Seasoning.

4 lbs. Fat Bacon.
12 Hard-boiled Eggs.
12 ozs. Gherkins.

Method.—Soak the bread, then squeeze out as dry as possible. Prepare the meat in strips and mince together with the bacon. Mix the meat, bread, and seasoning together and mince again. Shape into rolls and place the hard-boiled eggs down the centre of the roll, the gherkins running along each side of the eggs. Place the rolls into greased pudding cloths, tie tightly at each end with string with one loose string in the centre. Steam or boil for approximately 3 hours, then place between two boards and press by placing a weight on the top board. Allow to cool, then remove the cloth and slice as required.

No. 95.

Hamburg Roast

25 lbs. Meat (Dinner) 3 lbs. Onions.
12½ lbs. Meat (Tea) 3 lbs. Turnips.
3 lbs. Carrots. 4 lbs. Bread.
Salt and Pepper. 1 Packet Sage.

Method.—Cut the meat into strips and mince. Peel and slice the onions and cook slightly. Mix the beef, onions, grated carrots and turnips and seasoning, adding sufficient breadcrumbs, to a very stiff mixture. Shape into rolls sufficient for 12 men, roll in breadcrumbs and place in greased baking dishes in the oven for 1½ to 2 hours.

Note.—Seal with hot fat before placing in oven.

No. 96.

Meat Toast-in-the-Hole

25 lbs. Meat. 5 ozs. Egg Powder.
6 lbs. Onions. 10 Pints Fresh Milk (for 3 X
16 oz. tins).

Salt.

Method.—Prepare the meat into 3-inch cubes, then place in baking dishes together with onions, pepper, salt and stock. Allow to cook slowly in the oven. Now make a batter with the flour, egg powder, salt and milk, almost cooked, remove it from the dish and sear it in hot fat. (Save the meat stock for use as gravy as otherwise this is a dry dish.) Pour the batter over the sautéed meat and place back into a moderate oven for approximately 40 minutes.

Note.—Ensure that there is at least ½ inch batter in baking dish before meat is placed in dish.

No. 97.

Meat Pie

25 lbs. Meat. 12 lbs. Flour.
6 lbs. Onions. 3 lbs. Dripping.
Pepper, Salt and Stock 5 ozs. Baking Powder or 3 ozs.
yeast.

Method.—Prepare the meat into 3-inch cubes, dredge in seasoned flour and place in a boiler to cook together with chopped onions and stock. Prepare a quarter paste. One hour previous to the meat being cooked, remove the meat from the boiler, place into baking dishes, cover with paste, and allow to cook in a hot oven. Oven temperature (450° F.) top heat until pastry is required colour, remove to bottom heat. Reduce temperature to 350° F. and cook for one hour.

No. 98.

Meat and Potato Pie

Method and ingredients as for Meat Pie with the addition of 50 lbs. of potatoes. The potatoes are sliced and placed into the meat prior to placing in the oven.

No. 99.

Meat Pudding

Ingredients as for Meat Pie.

Method.—Prepare the beef into $\frac{1}{2}$ -inch cubes and chop the onions. Sieve the flour, salt, baking powder into a clean trough, and add shredded meat in place of dripping. Add water and mix to a very stiff dough. Grease the pudding basins (usually eight) and line with dough. Place the prepared meat and onions into the basins, season and add a little stock. Cover with a layer of dough, then with a piece of greased paper or a pudding cloth. Steam approximately for 4 hours.

No. 100. **Steak and Kidney Pudding**

Method and ingredients as for Meat Pudding. 25 lbs. of beef and 4 lbs. of kidney.

No. 101. **Steak and Kidney Pie**

Method and ingredients as for Meat Pie, 25 lbs. of beef and 4 lbs. kidney.

No. 102. **Braised Stuffed Ox Heart**

25 lbs. Ox Heart.	Stuffing as for Beef Olives.
7 lbs. Mixed Vegetables.	Pepper and Salt
	2 Gallons of Brown Sauce.

Method.—Trim the hearts by removing arteries, fill with bread stuffing, cover with a slice of fat bacon and tie securely. Braise the diced vegetables. Place the hearts into a baking dish, add brown sauce and braised vegetables and cook in a slow oven for 4 hours. Remove and slice lengthways, serving approximately two slices to each man.

Note.—For large quantities the stuffing is usually cooked separately.

No. 103. **Steak and Onions**

25 lbs. Steak Beef.	42 lbs. Onions.
3 lbs. Dripping.	Salt and Pepper.
	Add 2 lbs. Flour.

Method.—Prepare and chop the onions and braise to a golden brown. Prepare the meat in steaks, dredge in seasoned flour, and fry quickly on each side, serving the meat slightly underdone rather than overdone.

Note.—It must be understood that only the best cuts of beef can be utilised for this dish, e.g., rump, thick flank, and sirloin bone.

No. 104. **Stewed Steaks**

24 lbs. Beef (Dinner).	7 lbs. Mixed Root Vegetables.
18½ lbs. Beef (Breakfast).	7 lbs. Flour.
6 lbs. Onions.	Pepper, Salt and Stock.

Method.—Prepare the meat into steaks, dredge in a little seasoned

flour and braise lightly in hot fat together with the diced vegetables and onions. Place the steaks and vegetables into baking dishes, add pepper, salt and stock and allow to simmer in the oven.

No. 105. **Sea Pie**

25 lbs. Beef.	Pepper, Salt and Stock.
7 lbs. Vegetables.	12 lbs. Flour.
3 lbs. Onions.	3 lbs. Suet.
	50 lbs. Potatoes.

Method.—Chop the onions, prepare and dice the vegetables. Prepare the meat into $\frac{1}{2}$ -inch cubes and place into baking dishes with vegetables, pepper, salt and stock. Prepare a paste with the flour, suet, salt and water and cover the dish. Cover again with greased paper or pudding cloth and steam for at least 3 hours.

No. 106. **Roast Beef and Yorkshire Pudding**

32½ lbs. Beef.	20 Pints Fresh Milk (or
6½ lbs. Flour.	3 × 16-oz. tins).
5 ees. Egg Powder.	Salt.

Method.—Select suitable joints of approximately 8 lbs. in weight, i.e., Sirloin, Rump, Thick Flank, or Fore Ribs and Middle Ribs. Season with pepper and salt, place into baking tin with a little dripping and place in the hottest part of the oven, temperature 450° F., for 20 minutes. Reduce heat to 350° F., allowing 15 minutes for every pound and 15 minutes over.

Yorkshire Pudding.—Sieve the flour, egg powder and salt together, then make a bay in the centre and add milk by degrees, beating until a smooth slack mixture is obtained. Allow mixture to stand for about an hour, give final beat up. Place a little dripping in baking tin, heat in the oven, then add sufficient batter to cover the surface of the tin. Cook in a moderate oven for approximately 40 minutes.

Note.—If eggs are available, substitute 20 eggs for egg powder. A thin beef gravy should be served with roast beef and Yorkshire pudding.

No. 107. **Plain Stew**

25 lbs. Meat.	7 lbs. Mixed Root Vegetables.
6 lbs. Onions.	3 lbs. Flour.
	Pepper, Salt and Stock.

Method.—Peel and chop the onions, prepare and dice the vegetables. Prepare the meat into $\frac{1}{2}$ -inch cubes, place in a boiler together with the onions, vegetables, seasoning and stock. Bring to the boil and allow to simmer 2 to 2½ hours; stir and remove the scum occasionally. Mix the flour with water to a smooth paste, and add to the stew while boiling, stir well and allow to cook gently on extra 30 minutes.

No. 108. **Irish Stew with Vegetables**

Method.—Chop the onions and vegetables. Prepare the meat into

cubes, and place in a boiler, with seasoning, vegetables, onions and stock. Prepare and dice the potatoes. When the meat is almost cooked, add the potatoes and allow to cook for approximately 30 minutes.

This dish can be prepared as for Hot-Pot in tins and steamed instead of baking.

No. 109.

Vienna Steaks

25 lbs. Meat (Dinner)	2 lbs. Dripping.
6 lbs. Bread.	Salt, Pepper.
3 lbs. Onions.	100 Eggs.
12½ lbs. Meat (for Tea Meal).	4 ozs. Parsley.

Method.—Prepare and cook the onions and allow to cool. Mince the raw beef. Soak the bread, squeeze out dry, and mix the meat, bread, onions and seasoning together. Mould into 100 portions (fish cake shape), dust with dry flour, fry in shallow fat, then finish off in the oven. Serve with a fried egg on the top of each Vienna steak and serve with a brown or tomato sauce.

No. 110.

Sausages

12½ lbs. Beef (½ Lean and ½ Fat).	Bread 12½ lbs. Soaked.
	12 ozs. Sausage Seasoning.
	1 lb. Castings.

Method.—Soak the bread and squeeze out as dry as possible. Soak the castings. Mince the beef and mix with bread and sausage seasoning, then mince again. Place in the fillet and pack tightly, then fill into the castings. Link in twos or threes, either 4 or 8 to the pound.

No. 111.

Sausage Tread-in-the-Hole

Method and ingredients as for Meat Tread-in-the-Hole, but using 25 lbs. of sausages.

No. 112.

Sausage Rice Cakes

12½ lbs. Meat.	6 lbs. Rice.
	12 ozs. Sausage Seasoning.

Method.—Cook rice, mix with minced meat and seasoning. Form into flat cakes. Brown lightly in hot, shallow fat, then cook slowly for 30 minutes. Serve with brown sauce. (Cakes should be 4 ozs.)

No. 113.

Sausages, Tomato Hot Pot

25 lbs. Sausages.	50 lbs. Potatoes.
6 lbs. Onions.	12½ lbs. Tomatoes.

Method.—Layers of sausages, onions, tomatoes and sliced potatoes. Bake.

No. 114.

Rissoles

12½ lbs. Meat.	25 lbs. Potatoes.
3 lbs. Onions.	1 Packet Mixed Herbs.
	Pepper and Salt.

25

Method.—Prepare and cook the potatoes, mince and allow to cool. Steam or boil the onions and leave to cool. Place the meat in a boiler with pepper, salt and stock; when cooked, strain and mince. Mix the meat, potatoes, onions and seasoning and shape into 100 equal portions. Dust with dry flour and pass through the oven on greased baking trays, or dip into the flour paste, roll in breadcrumbs and deep fry. The stock from the meat requires colouring and thickening before serving as a gravy with the rissoles.

Note.—It must be understood that cooked meat and potatoes from the larder must be used before any fresh ingredients are used. Spare carrots, turnips, etc., can also be used up in this way.

No. 115.

Roast Pork and Stuffing

3½ lbs. Pork.	5 lbs. Bread.
4 ozs. Parsley.	4 lbs. Chopped Onions.
3 ozs. Sage.	2 lbs. Dripping.
2 Quarts Stock.	Salt and Pepper.

Method.—Score pork with sharp knife and place in roasting tin. Baste with a little dripping and roast in a hot oven for 15 minutes. Reduce temperature and allow to cook slowly, basting from time to time. When pork is cooked, remove joint. Run off excessive fat, swirl out with stock. Add to gravy, allowing approximately 2 table-spoonful for each man. Season and serve with pork.

Stuffing.—Soak onions in dripping a golden colour; add sage, parsley and bread cut in dice; add stock. Allow to simmer for ½ hour. Correct seasoning and serve with pork.

No. 116.

Pork and Boston Beans

25 lbs. Belly Pork.	3 lbs. Onions.
3½ lbs. Carrots.	10 lbs. Haricot Beans.
1 lb. Celery.	2 Tin Tomato Purée.
4 ozs. Salt.	2 Peppercorns.
6 Cloves.	4 Faggots.
4 Quarts Brown Stock.	4 ozs. Brown Sugar.

Method.—Soak the beans overnight, wash and place on to boil. Add carrots, onions, celery, aromatics (in bag) and salt. Allow to simmer for approximately 1 hour until half cooked. Place pork with the beans, add the tomato purée and sugar, cover with brown stock and place a lid on the braising pan. Roast in a slow oven for 1 hour until pork and beans are cooked. Remove the vegetables, aromatics and pork from the beans. Correct the seasoning and the consistency of the sauce. Slice the pork and arrange in mess tins. Cut up the vegetables, place with the beans and surround the sliced pork. Serve round.

No. 117.

Boiled Pickled Pork

25 lbs. Salt Belly of Pork.	1½ lbs. Carrots.
	2 lbs. Onions.

37

Method.—Wash pork, place in cold water; bring to boil, skim, add whole carrots and onions, simmer gently until tender. When pork is cooled, remove vegetables, carve and serve.

No. 118. Braised Gammon and Pease Fudding

- | | |
|--------------------|---------------------|
| 25 lb. Gammon. | 3½ lbs. Carrots. |
| 3 lb. Onions. | 10 ozs. Margarine. |
| 4 oz. Brown Sugar. | ¾ Quarts Espagnole. |
| 10 lb. Split Peas. | Knuckle of Ham. |

Salt and Pepper.

Method.—Soak gammon for 24 hours. Change the water, bring to the boil, add whole vegetables and simmer for 24 hours. Remove skin when cooked, sprinkle with brown sugar, bake in oven until coloured. Cut into thin slices. Serve with espagnole sauce.

Pease Fudding.—Soak peas overnight, drain, cover with 2 gallons water. Bring to the boil, skim, add ham bone, vegetables and seasoning. Cook until tender, pass through sieve or machine; re-heat gradually, adding the margarine. Consistency should be the same as that of mashed potatoes.

No. 119. Ham Fudding

- | | |
|-------------------------|-----------------------|
| 12½ lb. Ham. | 2 lbs. Onions. |
| 4 ozs. Chopped Parsley. | 2 ozs. Salt. |
| 4 ozs. Bacon Fat. | ¾ Quarts Brown Sauce. |
| 12 lb. Flour. | ¾ lb. Suet. |
- 1 Packet Mixed Herbs.

Method.—Prepare suet paste, roll out in squares, cover with slices of ham, shredded and stewed onions and mixed herbs. Roll up, tie in pudding cloth; boil or steam for 2½ hours. Serve with Brown Sauce.

No. 120. Roast Turkey, Stuffing and Sausages

- | | |
|---------------------|-------------------------|
| 50 lb. Turkey. | 12½ lbs. Sausages. |
| 8 lbs. Breadcrumbs. | 4 Eggs. |
| 1 oz. Thyme. | 1 lb. Sage. |
| 2 lbs. Onions. | 4 ozs. Chopped Parsley. |
- 1 lb. Suet.

Method.—Clean the turkeys, remove wish bones, stuff and roast from 2-2½ hours according to size. Baste from time to time until cooked. To prepare the gravy, set the baking dish on the stove, remove the fat, boil the tin out with brown stock, skin, correct seasoning and strain. Arrange sausages in greased baking dishes, allowing room for expansion, and cook in medium oven. Carve turkeys into thin slices, using a portion of white and dark meats; dress with stuffing and sausages. Moisten with gravy.

No. 121. Pork Pie

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|----------------------------|----------------------------------|
| 18½ lb. Spare Rib of Pork. | 2 lbs. Onions. |
| 3 ozs. Gelatine. | 4 lb. Whitehead Crumbs (soaked). |
| 2 Quarts Stock. | 2 ozs. Salt, Pepper. |
- 1 oz. Sage.

Method.—Pork to be boned out, bones scraped clean. Finely cut or pass through mincer. Add stewed onions, salt, pepper, sage and soaked breadcrumbs; fill into lined pie moulds, eggwash the top after covering and allow to stand ½ hour. Bake for 1 hour. Allow to cool and fill with aspic jelly.

Moulds to be filled with Hot Water Paste.

Hot Water Paste

- | | |
|----------------|------------------|
| 12 lb. Flour. | 3 lbs. Dripping. |
| 4 Pints Water. | 3 ozs. Salt. |

Method.—Boil the water, dripping and salt. When boiling, add the sifted flour (away from fire or heat). Stir well and knead with a wooden spoon until well mixed and smooth. Turn out into a basin. Stand over a pan of boiling or hot water to keep warm.

No. 122. Small Meat Pie

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|-----------------------|------------------|
| 12½ lbs. Meat. | 3½ lbs. Onions. |
| 12 lb. Flour. | 3 lbs. Dripping. |
| 3 ozs. Baking Powder. | Salt and Pepper. |

Method.—Make small individual pies as for Scotch Mutton Pies.

No. 123. Veal, Ham and Egg Pie

- | | |
|-----------------------|------------------|
| 12½ lb. Veal. | 12 Eggs (HB). |
| 12½ lb. Bacon. | 4 ozs. Parsley. |
| 2 ozs. Salt. | 1 lb. Onions. |
| 2 Quarts White Stock. | 4 ozs. Gelatine. |

Hot Water Paste.

Method.—Carefully clean and grease baking tins, roll out the hot water paste to ¼ inch thick in oval shape to suit size of tin being used. Fold over to form a pocket and place in the tin. Gently press the paste to the bottom, then to the sides, taking care not to press too hard as this will make the paste thin in one place. Prepare rashers of bacon and line side and bottom of dish. Remove all gristle from the veal, pass through a coarse mincer together with the remainder of the bacon, season with pepper and add chopped onions and chopped parsley. Half fill the tin, add hard-boiled eggs along the centre and a few sheets of soaked gelatine. Now repeat the process until the tin is just full and dome-shaped. Cover the top with bacon, overlapping at the sides, and a few sheets of gelatine. Cover the whole with paste, decorate, eggwash and make a hole in the centre to allow for steam to escape. Bake in a slow oven for 2½-3 hours. When cold fill with jelly made from veal stock and gelatine. Cut into portions and serve.

No. 124. Brown (Pork)

- | | |
|---------------------|-----------------------|
| 18½ lb. Pig's Head. | 12½ lb. Skin of Beef. |
| 1 oz. Thyme. | 2 ozs. Gelatine. |
| 8 ozs. Onions. | 8 ozs. Carrots. |
| 1 oz. Sage. | 1 oz. Salt. |

40 Peppercorns.

Method.—Bone the pig's head and remove ears and nostrils, soak the boned meat for a few hours in salted water. Cut both pork and beef into cubes. Place in stew pan, cover with cold water, bring to boil and strain off. Refresh, cold, with cold water. Add whole vegetables, aromatics in bag and salt. Strimmer gently for 3 hours or until meat is thoroughly cooked. Skin carefully, remove vegetables and aromatics, add soaked potatoes, correct seasoning, pour into basin, stand aside overnight to set. Turn out and slice on machine or carve thinly.

No. 125. Brown (Bullock's Head)

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|----------------------------|---------------------------|
| 1 Bullock's Head. | 6 Bay Leaves. |
| ½ oz. Jamaica Pepper or | 2½ gallons Brine Water. |
| 1 oz. Ordinary Pepper. | 6 ozs. Saltpetre. |
| 14 lbs. Common Salt. | ½ oz. Ground Mace. |
| 30½ lbs. Bullock's Head. | 15½ lbs. Bones in Head. |
| 13 lbs. Meat in Head. | 1 lb. Brains in Head. |
| 1½ lbs. Trimmings in Head. | 14 lbs. Brains when made. |

Method.—Thoroughly wash, trim, and cut out the eyes, saw the head in half lengthways, remove the brain and place in cold water. Bone and place the meat in brine for 8 hours. Next remove the nostrils, well wash the bones in cold water, then saw through each half-head at the back of the eye sockets. Remove meat from the brine, wash thoroughly in tepid water, cut into cubes about 1½ inches square, place in a deep cooking vessel with the bones and 1½ gallons of water. Add ground mace, bay leaves and pepper, also any spare fat or meat from the rest of the tongue. The bay leaves and pepper should be placed in a muslin bag. Bring to the boil, skim, then allow to simmer for 5-6 hours. Remove the muslin bag with its contents, also the bones, which should be well scraped and the meat returned to the cooking vessel. Skim off the fat, place the mixture into china or enamel-basins, stand in a cool place. When set, dip the outsides of the basins in hot water, turn out and serve cold. The brains and tongue can be used in the following dishes:—

No. 126. Ox Brains and Parsley Sauce

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|---------------------------------------|----------------|
| Ox Brains. | Vinegar, Salt |
| Water. | Parsley Sauce. |
| Weight Ox Brain before cooking, 1 lb. | |
| After cooking, 12 ozs. | Four portions. |

Method.—Remove the brains, cleanse in cold water, carefully remove skin under a slow-running tap. Well wash, place in boiling salted water and add a teaspoonful of vinegar. Let gently simmer or poach for 10-15 minutes. Remove and thoroughly drain on a cloth and serve with the parsley sauce.

Brain Cutlets

As before, poach for 5 minutes. Remove and place in cold cold, drain, cut into halves lengthways, dip in milk, flour crumbs and fry in hot shallow fat until nicely browned.

No. 128.

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|--------------|
| 1 Ox Tongue. |
| 1 Onion. |

Ox Tongue

- | |
|-------------------------|
| 1 Carrot. |
| Peppercorns and Cloves. |
| Salt. |

Method.—Well wash the tongue, place in boiling water with 1 carrot, 1 onion, salt, peppercorns and cloves. Boil quickly for ½ hour, then let steadily simmer until cooled. Time 2½ to 3 hours. Remove and skim the tongue while hot, commencing at the back. Cut into thin slices and serve hot with parsley sauce.

No. 129.

Stewed Tripe and Onions

- | | |
|-----------------------|----------------------|
| 50 lbs. Tripe. | 30 lbs. Onions. |
| 14 lbs. Margarine. | 2 lbs. Flour. |
| 4 Quarts Milk (or 2 x | 2 ozs. Salt, Pepper. |
| 16 ozs. tins). | |

Method.—Cut tripe into 2-inch squares, wash and place in a stew pan. Cover with cold water, bring to boil, add salt and skim well. Stew onions carefully; add to tripe. Strimmer for 30 minutes. Boil milk, melt margarine, add flour and cook to a white colour and sandy texture. Allow to cool slightly and add milk gradually, stirring the while. Allow to simmer for 10 minutes. Strain off half the liquor from the tripe and add to this white sauce. Strain back into the tripe. Continue to simmer gently until tripe is tender. Correct seasoning and consistency. Serve.

No. 130.

Sauté Kidney and Fried Bread

- | | |
|---------------------|----------------|
| 25 lbs. Kidney. | 14 lbs. Bread. |
| 4 Quarts Espagnole. | |

Method.—Cut bread in half slices and sauté as for fried bread. Cut the kidneys in half lengthways. Take a frying pan, sauté pan, or baking tin, cover bottom with dripping and allow to get hot. Sauté the kidney quickly on the flat side until pearls of blood appear. Sauté the other side to a nice colour, in all approximately 6 minutes. Place into another receptacle, season, remove dripping from pan, wash out the pan with a little brown stock to remove glaze at the bottom, boil up and pour over kidneys. Serve the kidneys on the slices of fried bread and sauce over.

No. 131.

Savoury Fritters

- | | |
|---------------------|-------------------|
| 12½ lbs. Meat. | 3 lbs. Onions. |
| 3 lbs. Breadcrumbs. | 1½ lbs. Carrots. |
| 1 oz. Pepper. | 4 lbs. Flour. |
| Salt. | Milk as required. |

Method.—Prepare as croquettes, dip in batter and fry in deep fat. **Note.**—Use cooked meat.

No. 132.

Savoury Ham

- | | |
|------------------|-----------------------|
| 12½ lbs. Bacon. | 12½ lbs. Tomatoes. |
| 12½ lbs. Onions. | 12½ lbs. Breadcrumbs. |

Method.—Remove bone, rind from bacon and slice. Place in a pan and cover with cold water. Bring to boil and pour off water. Place the slices in greased tin, cover with finely chopped onions, sliced tomatoes, breadcrumbs and seasoning. Cook slowly in an oven for 30 minutes.

- No. 133. **Meat and Apple Pie**
 25 lbs. Meat. 8 lbs. Apples.
 1 lb. Sultanas. 4 oz. Spice.
 Quarters Pastry.

Method.—As for Meat Pie.

- No. 134. **Beef and Rice Roast**
Method.—As for Sausage Rice Cake. Shape as for Hamburg Roast and cook as same.

- No. 135. **Devilled Tripe**
 25 lbs. Tripe. 1 lb. Dripping.
 1 lb. Flour. Stock.
 4 ozs. Mustard. ½ pint Vinegar.
 6 lbs. Onions. Seasoning.

Method.—As for tripe and onions, using brown roux as foundation.

- No. 136. **Liver and Bacon Sausage**
 22½ lbs. Liver. 12½ lbs. Bacon.
 1 lb. Dripping. 1 lb. Flour.
 6 lbs. Onions. Seasoning.
 Stock. Faggot.

Method.—As for brown stew.

- No. 137. **Meat and Vegetable Stew**
 26½ lbs. Meat. 14 lbs. Carrots.
 24 lbs. Turnips. 6 lbs. Onions.
 Seasoning. Stock.

Method.—As for plain stew.

- No. 138. **Beef Risotto**
 ½ lb. Fat. 8 lbs. Rice.
 4 oz. Parsley. 25 lbs. Beef.
 Pepper, Salt and Stock.

Method.—Lightly fry rice, add boiling stock; cook until rice is tender and has absorbed nearly all liquid. Add diced cooked beef, season, pile on hot mess tin, sprinkle thickly with chopped parsley.

- No. 139. **Arabian Stew**
 25 lbs. Mutton. 6 lbs. Onions.
 2 lbs. Rice. 6 lbs. Tomatoes.
 7 lbs. Marrow.

Method.—As for plain stew, adding rice 30 minutes before meat is cooked.

- No. 140. **Ham and Beef Roll**
 20 lbs. Beef. 7 lbs. Bread.
 8 lbs. Bacon. 12 ozs. Sausage Seasoning.
Method.—As for Galantine of Beef.

- No. 141. **Braised Beef with Vegetables**
 31½ lbs. Beef (unprepared). 2 Quarts Thick Espagnole
 14 lbs. Onions. 1 Tin Tomato Purée.
 14 lbs. Carrots. 1 lb. Dripping.
 7 lbs. Turnips. 2 Faggots.
 7 lbs. Swedes. 36 Peppercorns in bag.
 10 Quarts Brown Stock. 4 ozs. Salt.

Method.—Take topside, thick flank, or sitchbone and cut into joints approximately 8 lbs. in weight. Fry a few slices of carrot and onion, place on the meat, and pass through the oven to set and colour. Remove surplus fat and moisten with good brown stock. Add tomato purée and aromatics, bring to boil, cover and braise slowly until thoroughly tender. Remove the beef, pass the stock, allow to stand, remove fat and add equal quantity of espagnole sauce. Boil up to correct consistency and seasoning. Slice the meat against the grain, arrange in dishes, sauce over and serve.

- No. 142. **Braised Steak and Carrots**
 25 lbs. Beef. 1 Tin Tomato Purée (con-
 25 lbs. Carrots. centrated).
 4 lbs. Onions. 36 Peppercorns.
 2 lbs. Dripping. 4 Bay Leaves.

Method.—Braised beef, method as for Braised Beef; cook carrots as for vegetables.

- No. 143. **Cold Meat with Vegetable Salad**
 25 lbs. Meat. 5 lbs. Carrots, Turnips, Peas,
 16 lbs. Potatoes. Beans, etc.
 1 Quart Oil. 1 Pint Vinegar.

Method.—Cut the carrots and turnips into dice, cook in salted water. Drain and place into a salad dressing. Cook the potatoes in their skins; while hot, peel and cut into ½-inch dice. Place into the salad dressing. Cook peas and beans and place into salad dressing while hot. Allow all to cool. Dress up in small piles and serve with cold meat.

No. 144. Braised Leg of Mutton and Carrots

27½ lbs. of Mutton (unpre- pared).	4 lbs. Flour.
4 Pints Brown Stock.	4 Bay Leaves.
1 lb. Dripping.	1 oz. Salt.
15 lbs. Carrots (unprepared).	1 oz. Pepper.
4 lbs. Onions.	4 ozs. Parsley.
	4 ozs. Celanoflo.
	1 Tin Tomato Purée.

Method.—Place the joints on beds of carrots, onions, bay leaves, and parsley. Add a little dripping and place in the oven to cook basting frequently. When half cooked add brown stock and season with salt and pepper. Add tomato purée, cover with a lid tightly and finish cooking in the oven. As soon as joints are cooked (approximately 2 hours), remove, thicken the stock with cornflour mixed with water and correct seasoning. Cook the remainder of the carrots in water with a piece of dripping, season with salt and pepper and a little sugar. Cook until liquor is evaporated. Place the joints in steamed macepans, garnish with the carrots and pour the prepared sauce over; sprinkle with chopped parsley.

No. 145. Braised Stuffed Mutton

31½ lbs. Mutton.	4 ozs. Cornflour.
2 lbs. Carrots.	2 ozs. Dripping.
2 lbs. Onions.	1 Faggot.
1 Gallon of Brown Stock.	1 Tin Tomato Purée.
	Stuffing as for Beef Omelet.

Method.—Take shoulder, loins, best ends, and if necessary, the legs. Carefully bone and remove surplus fat in case of loins and best ends. Remove gristle and sinews, flurion slightly, season with salt and pepper. Place the stuffing in the centre, roll and tie up with single strings. Place into a basting pan with dripping, cover with a lid, and apply a gradual heat to the stuffing. Remove lid, pass through a hot oven to colour the joints. Remove the joints and fry on the vegetables which have been cut in ¼-inch slices. Remove the dripping and preserve. Place the joints back and season with the stock (made from the bones). Bring to boil, cover with a lid and braise in a slow oven for approximately 1½ hours until meat is cooked. Remove lid, baste and colour a golden brown. Remove joints. Allow to settle, remove the strings, pass the liquor and allow to stand. Remove the fat, boil up with the tomato purée. Thicken with the diluted cornflour. Boil up, correct seasoning, consistency, colour and pass through a fine strainer. Cut the mutton fairly thick crosswise, allowing 2 slices for each man (approximately 3 ozs.), and sauce round.

For a large number it is suggested that stuffing should be prepared and baked in a roasting tin with a little dripping, or made into rolls wrapped in greaseproof paper. Steamed for 30 minutes.

No. 146. Ham and Beef Croquettes

18½ lbs. Beef.	20 lbs. Potatoes (cooked).
4 lbs. Ham or Bacon.	2 lbs. Flour for Batter.
Pepper and Salt.	Bread Crumbs.
	Sage as required.

Method.—Pass the beef and ham and potato through a mincer until it is fine, then add the sage and seasoning, well mix. Place on a well-floured preparation table and cut into the required number of portions, then shape; prepare a thin batter, dip in the croquettes, roll in breadcrumbs and deep fry in hot fat.

No. 147. Polonies

12½ lbs. of Mutton.	2 lbs. Bacon Fat.
3 lbs. Ground Rice.	1 oz. Polony Dye.
1 lb. Sausage Seasoning.	1 oz. Smoke Powder.
	<i>Middle 8-Woodrich or Range</i>

Method.—Cook the mutton and allow to cool. Remove the bones and pass the mutton through a mincer. Scald the ground rice in 4 gallons of boiling water, allow to stand for 1 hour. Mix the mutton, rice, seasoning and smoke powder together, then mince again. Cut the bacon into cubes and mix with the meat. Soak the sausage and fill them with the mixture. Steam to a temperature of 180° F. for 2½ hours. Mix the polony dye in half a gallon of hot water and dip the polonies in the dye until coloured. Dip into cold water, and then hang to drain. When cold rub with olive oil.

No. 148. Sausages

12½ lbs. Mutton.	1 oz. Polony Dye.
3 lbs. Ground Rice.	2 ozs. Smoke Powder.
1 lb. Sausage Seasoning.	1 Bundle of large Sausage Skins.

Method.—Prepare the mixture as for polonies, then fill into sausage skins and colour in the same way as polonies. *Cook for 2 hours*

No. 149. Faggots

1 to 2 lbs. Gristles and Rinds.	5 lbs. Cooked Meat.
5 lbs. Bread.	2 lbs. Onions.
	8 ozs. Faggot Seasoning.

Method.—Cook the rinds all day, cool off in cold water and mince finely. Soak the bread and grate out thoroughly. Mix the bread, rinds, cooked meat, raw onions and seasoning and mince through the fine mincer. Roll into balls and place together in square tin. Bake for 2½ hours. Heat up the gravy from the gristles and rinds and pour over the baked faggots. Serve hot as required. Each faggot should weigh approximately 6 ozs.

Method.—Skin, clean and stuff the rabbits. Tie up the stomachs and arrange in baking dishes (cover the backs with fat bacon) on a few slices of potatoes, baste with dripping and roast in moderate oven for 1 hour. Baste frequently and when cooked remove string, cut the rabbits into sections, making sure that the stuffing is equally distributed. See the baking fish on the stove, strain off the fat. Boil the dish out with good brown stock and thicken with diluted cornflour. Correct seasoning and strain. Cook bacon in usual way and arrange in serving dishes with rabbit. Gravy to be added just before serving.

FISH

Preparation of Frozen Fish

Keep the fish frozen until ready for use.

Then put it in cold water long enough, but no longer than is necessary to take all the frost out.

It will then be ready to cook.

Do not thaw the fish out in warm or hot water.

Do not thaw the fish out in an oven, or by any artificial heat.

Do not thaw the fish out until ready to be cooked.

Do not cook the fish until after it has been thawed out in cold water.

No. 159.

Batter for Fish Frying

4 lbs. Flour.	1 oz. Salt.
3 ozs. Egg Powder.	6 Pints Fresh Milk (or 2 x 16 oz. cans Milk).

Method.—Sift the flour, egg powder and salt, then add water slowly and beat all the time until a smooth slack mixture is obtained. A thick batter is wasteful and should be avoided. For a better class batter, omit egg powder and use 2 ozs. yeast and allow batter to stand 3 hours before using.

No. 160.

Fried Cod

37½ lbs. Cod (Filleted).

Method.—Prepare the fish and wash in salted water, divide into 100 equal portions and fry in hot fat for 10 minutes.

No. 161.

Baked Cod

25 lbs. Cod (Filleted).

Method.—Prepare the fish and wash in salted water. Dry the fish and pass through seasoned flour. Arrange in well-greased baking dishes and bake for 20 to 30 minutes. Turn the cutlets after 15 minutes.

No. 162.

Boiled Fish

Method.—For haddock, cod, hake, skate and similar fish, after washing in salt and water, slice, put into cold water, add a little vinegar, bring to the boil and allow to simmer for 20 minutes. Cover with white sauce and serve.

No. 163.

Steamed Cod

37½ lbs. Cod Filets.	2 ozs. Salt.
	4 Lemons.

Method.—Skin the filets and cut them into 6 oz. portions. Place in clean steaming trays, sprinkle with salt and lemon juice. Cover with grease-proof paper and steam until cooked. Approximately 7 minutes.

No. 164.

Fish Cutlets

10 lbs. Cooked Fish or 12 tins of Salmon.	
2 ozs. Salt.	½ oz. Pepper.
25 lbs. Potatoes.	1 Bottle Anchovy Essence.
4 lbs. Breadcrumbs.	3 lbs. Flour.

Method.—As for Fish Cakes, but shaped as Cutlets.

No. 165.

Fish Pies

25 lbs. Cooked Fish (free from bones).	½ oz. Pepper
25 lbs. Potatoes.	2 ozs. Salt.
	2 Quarts White Sauce.
	½ lb. Margarine.

Method.—Place a little white sauce in bottom of dish, add the cooked flaked fish, season with salt and pepper, add remainder of white sauce, cover with mashed potatoes, point with melted margarine. Bake until nicely brown in hot oven.

No. 166.

Salmon Fish Cakes

12 Tins Salmon.	1 Bottle Anchovy Essence.
25 lbs. Potatoes.	Salt and Pepper.
	3 lbs. Flour.

Method.—Prepare, cook and mash the potatoes. Mix the Salmon, potatoes, anchovy and seasoning together, bind with a few dry breadcrumbs, and mix again. Shape into 100 fish cakes, dip each one into flour paste and breadcrumbs and deep fry in fat.

No. 167.

Fish Kedgeroe

25 lbs. Fish.	2 lbs. Margarine (or Dripping).
12 Eggs.	1 oz. Pepper.
3 lbs. Rice.	2 lbs. Onions.
	White Sauce.

Method.—Chop the onions finely and stew in the margarine, add the rice which has been well washed and dried. Stir and add suffi-

clear stock to barely cover the rice, bring to the boil and cook in the oven for 15 minutes. Stir the rice with a fork to separate the grains. Add the fish which has been cooked and flaked, the eggs which have been hard boiled and cut into dice; stir lightly and re-heat in the oven. Serve with a separate white sauce.

No. 168. **Baked Herrings**

100 Herrings. 2 lbs. Dripping.
3 lbs. Oatmeal. Salt and Pepper.

Method.—Prepare the herrings and wash in cold water, dredge in seasoned oatmeal and place into greased baking dishes. Brush a little melted dripping over them, and cook in a hot oven for 30 to 35 minutes. May be served with grilled, sliced or whole tomatoes.

No. 169. **Scoused Herrings**

100 Herrings. 2 lbs. Onions.
4 Pints Vinegar. 6 Bay Leaves.
Water as required. 36 Peppercorns
Pepper and Salt.

Method.—Prepare the herrings and wash in clean water. Place into greased baking dishes. Place chopped onions, peppercorns, salt, bay leaf, vinegar and water into a clean saucepan or boiler, bring to the boil and allow to simmer for 20 minutes. Pour the liquor over the fish. Cover with paper and cook in a moderate oven for 30 minutes.

No. 170. **Salmon Mayonnaise**

18 Tins Salmon. 5 lbs. Tomatoes (Fresh).
25 Lettuces. 4 lbs. Beetroot.
1½ Gallons Mayonnaise.

Method.—Skin, bone and flake the fish. Clean and wash the lettuce, remove the outside leaves and shred coarsely. Arrange this on a dish and place the flaked salmon on top, sauce over with mayonnaise. Garnish round the outside with tomatoes, beetroot and heads of lettuce. Cut into sections and serve.

POTATOES

No. 171. **Creamed Potatoes**

50 lbs. Potatoes. 2 Quarts Fresh Milk (or
2 ozs. Salt. 2 x 26 oz. tins).
Pepper to Taste. 1 lb. Margarine.

Method.—Peel and wash potatoes. Place in container and boil for 20 minutes. Strain off all water, replace lid and dry off. Pass through a sieve, replace the potatoes in container on a warm part of stove, add salt, margarine, and boiling milk. Mix well to a creamy consistency.

No. 172. **Baked in Jackets**

50 lbs. Potatoes served whole.

Method.—Scrub suitably sized potatoes until clean. Place on the racks of a hot oven and bake until cooked, approximately 1 hour. Serve whole, or cut in half with the addition of a little margarine to each.

No. 173. **Boiled**

50 lbs. Potatoes.

Method.—Wash, peel, and re-wash potatoes. Place in a container with salt, cover with water and boil approximately 20 minutes. Strain off water and place potatoes on a warm part of the stove for a few minutes. Allow them to dry before serving. Shake the container gently so as to give the potatoes a floury appearance.

No. 174. **Potato Croquettes**

50 lbs. Potatoes. 3 lbs. Flour.
6 lbs. Breadcrumbs. 2 ozs. Salt.

Method.—Mix cooked potatoes, season, shape into croquettes, pass through batter, breadcrumbs and fry in deep fat.

No. 175. **Fried Potatoes**

50 lbs. Potatoes.

Method.—Chip the unprepared potatoes, well wash. Drain potatoes and blanch in hot fat until lightly coloured, then remove from fat. Refry in hot fat before serving. Sprinkle with salt.

No. 176. **Sauté Potatoes**

50 lbs. Potatoes. 2 ozs. Chopped Parsley.

Method.—Scrub potatoes, cook in steamer for approximately 20 minutes; when cooked allow to cool. Peel, cut into 1" slices, lightly brown in hot shallow fat, drain off, season and sprinkle with chopped parsley.

No. 177. **Roast Potatoes**

50 lbs. Potatoes. 2 lbs. Dripping.
2 ozs. Salt.

Method.—Heat dripping, place in prepared potatoes and allow to colour lightly on top of stove. Place in oven until nicely brown. Baste frequently.

No. 178. **Savoury Potatoes.**

50 lbs. Potatoes. 7 lbs. Onions.
2 ozs. Chopped Parsley. 2 lbs. Grated Cheese.
1 lb. Dripping. 2 Quarts Stock.

Method.—Wash, peel, and re-wash potatoes; cut into $\frac{1}{2}$ inch slices. Peel and shred onions, arrange potatoes and onions in dishes, three parts cover with stock and sprinkle with grated cheese. Cook in hot oven; sprinkle with chopped parsley before serving.

No. 179. **Steamed Potatoes**
50 lbs. Potatoes.

Method.—Prepare potatoes, season with salt and cook in steamer for approximately 25 minutes.

No. 180. **Boiled Carrots**
45 lbs. Carrots.
2 ozs. Salt.

Method.—Peel and cut into sections of four. Small carrots boiled whole. Cover with cold water. Add salt, bring to boil and allow to boil steadily until tender. Strain and serve. New carrots (40 lbs.) and cooked in boiling salted water.

No. 181. **Swedes**
50 lbs. Swedes.
8 ozs. Salt.

Method.—Swedes should be peeled approximately $\frac{1}{4}$ inch thick. Method as for carrots.

No. 182. **Turnips**
50 lbs. Turnips.
8 ozs. Salt.

Method.—Peel approximately $\frac{1}{4}$ inch thick. Method as for carrots.

No. 183. **Butter Beans**
12 lbs. Burre Beans. 10 ozs. Onions.
1 Ham Knuckle. 1 lb. Margarine.
10 ozs. Carrots. 8 ozs. Salt.

Method.—Soak beans overnight in plenty of cold water. Well wash, place into boiling salted water. Bring back to boil and skim. Add whole carrots, onions, knuckle of ham. Allow to boil steadily until tender. When cooked, remove garnish, reduce liquor to an essence, add margarine to form an emulsion round the beans and serve. Season to taste.

No. 184. **Butter Beans (Parsley Sauce)**
12 lbs. Burre Beans. 1 Ham Bone.
4 ozs. Chopped Parsley. 22 ozs. Onions.
1 lb. Margarine. 22 ozs. Carrots.
8 ozs. Salt.

Method.—As for Burre Beans above. Sprinkle with chopped parsley and serve.

No. 185. **Haricot Beans, Tomato Sauce**
10 lbs. Haricot Beans. 12 ozs. Carrots.
 $\frac{1}{2}$ Gallon Tomato Sauce. 12 ozs. Onions.
1 lb. Bacon Trimmings. 8 ozs. Salt.

Method.—Soak the beans overnight in plenty of cold water. Well wash, place into boiling salt water, bring back to boil, and add whole carrots and onions and bacon trimmings. Allow to boil steadily until tender. When cooked remove garnish, reduce liquor to an essence and add tomato sauce to bind.

No. 186. **Marrowfat Peas**
10 lbs. Peas (soaked over- night). 1 Packet Mint.
8 ozs. Salt.

Method.—Soak peas overnight in plenty of cold water. Well wash, place into boiling salted water and bring back to boil, add mint and boil steadily until tender; strain and serve.

No. 187. **Mixed Vegetables**
18 lbs. Carrots. 4 lbs. Marrowfat Peas.
18 lbs. Turnips. 1 lb. Margarine.
4 lbs. Haricot Beans. 8 ozs. Salt.

Method.—Soak peas and beans overnight in plenty of cold water, wash well. Cook separately and place into boiling salted water, bring back to boil and skim. Allow to boil steadily until tender. Clean and cut carrots and turnips into sections. Cook separately as for buttered carrots and turnips. When cooked, mix, drain off peas and beans, add to carrots and turnips, mix well and serve.

No. 188. **Parsnips (Boiled)**
50 lbs. Parsnips.
8 ozs. Salt.

Method.—Scrub, wash, peel approximately $\frac{1}{4}$ inch thick and cut the parsnips into sections. Place into boiling salted water, bring back to the boil, allow to boil steadily until tender, strain and serve.

No. 189. **Pease Pudding**
20 lbs. Yellow Split Peas. 1 lb. Onions.
20 ozs. Margarine. 1 lb. Carrots.
1 Knuckle of Ham. Salt and Pepper.

Method.—Soak peas overnight in plenty of cold water. Well wash, place into saucepan, cover with cold water, add salt, bring to the boil. Skim, add whole carrots, onions and knuckle of ham. Allow to boil steadily until tender. When cooked, remove garnish and knuckle of ham and strain, keeping the liquor. Pass through sieve and return to saucepan. Add margarine, pepper, correct the seasoning and mix in sufficient of its own liquor to make it a mashed potato consistency.

No. 190.

Braised Onions

50 lbs. Onions. $\frac{1}{2}$ Gallon Espagnole Sauce.
 2 Quart Brown Stock. 1 oz. Salt.
 2 lbs. Fat.

Method.—Select onions of even size and carefully peel. Place a little fat in saucing tin, allow to get hot, add onions and fry to golden brown. Strain off fat and moisture with brown stock. Season, bring to boil and place in the oven. When cooked, strain off stock, remove any fat, reduce the stock and add the espagnole sauce. Serve onions masked with sauce.

No. 191

Runner Beans

50 lbs. Runner Beans.

Method.—Top, tail and string the beans, wash well, cut into strips, and wash again. Drain, place into plenty of boiling salted water, bring quickly to the boil, skim and allow to cook steadily until tender. Strain and serve.

VEGETABLE DISHES.

No. 192.

Vegetable Brans

30 lbs. Cooked Root Vegetables (Carrots, Swedes, Beetroot)
 and Cooked Dried Peas.
 12 ozs. Finely Chopped Spring Onions.
 Grated Celery for Flavouring.
 12 Pints Vegetable Stock.
 $\frac{1}{4}$ lb. Gelatine Powder.

N.B.—If reduced vegetable stock is used, the gelatine may be cut down to 1 lb.

Method.—Place stock in container to heat, add gelatine and stir till dissolved. Remove container from the stove. Dice vegetables and add with the remaining ingredients. Stir in gently. Pour into moulds or shallow bowls, decorating the bottom with sliced eggs, cucumber or any colourful vegetable available. Stir gently once or twice during the setting process. When set, turn out and garnish with watercress.

N.B.—The stock may be attractively coloured by the addition of chopped raw beetroot when being prepared.

No. 193.

Vegetable Croquettes

(Made with Dried Pulse)

6 lbs. Haricot Beans. 4 lbs. Dried Peas.
 2 lbs. Cooked Potatoes. 2 lbs. Lentils.
 1 Packet Mixed Herbs. 6 lbs. Breadcrumbs.
 2 lbs. Flour. Pepper and Salt.

Method.—Cook the previously soaked pulses and pass through a mincer. Mix together with the potato (which is used to bind the

mixture) half the breadcrumbs, mixed herbs and seasoning. Mould into shape, coat in a thin batter, roll in breadcrumbs and either deep-fry or seal with hot fat and bake off in oven.

No. 194.

Lentil Roast

6 lbs. Lentils. 6 lbs. Potatoes.
 3 lbs. Breadcrumbs. 1 lb. Flour.
 6 lbs. Apples (or $\frac{1}{2}$ lb. Apple Rings).
 1 Packet Sage. Seasoning to Taste.

Method.—Cook all vegetables, strain off and wash, then place in mixing bowl. Add finely chopped apple, sage, seasoning and half of the breadcrumbs. Mix together and turn out on to a floured pastry board and divide into the required number of portions and mould into shape. Wash with flour and water batter. Roll in the remaining breadcrumbs, place in baking tin, seal with a little hot fat and cook in a moderate oven for 35 minutes.

No. 195.

Fondant Potatoes

(More economical and tastier than Roast.)

50 lbs. Potatoes (unprepared).

Method.—Place potatoes of roughly equal size into a baking tin. Sprinkle with salt. Baste lightly with hot fat and cover to half-way with stock. Cook in hot oven.

No. 196.

Savoury Potatoes

50 lbs. Potatoes (unprepared). 1 Packet Herbs.
 2 Gallons Stock.

Method.—Cut potatoes into rings; place in a baking tin; cover with stock; season with salt and pepper and mixed herbs; cook in fairly hot oven until the top layer becomes brown.

No. 197.

Potato and Carrot Fritters

20 lbs. Cooked Creamed Potatoes. 5 lbs. Cooked Chopped Carrots.
 Grated Onion to flavour. 3 lbs. Flour for Batter.

Method.—Mix the potato, carrot and onion together, season to taste, mould into medallion shape, dip into thick batter and fry in deep fat.

Note.—Cheese or grated celery may be used in place of the onion.

No. 198.

Mascare Potatoes.

50 lbs. of left-over Mashed Potatoes.

Method.—Brush over the bottoms of the baking tins with a little margarine or dripping; place in the potatoes; smooth out and brush over top with milk slightly thickened with flour. Brown off in a brisk oven.

No. 199.

Baked Rice Pudding

6 lbs. Rice. $\frac{1}{2}$ lb. Margarine.
 3 lbs. Sugar. $\frac{1}{2}$ oz. Nutmeg.
 8 x 16 oz. Tins of Milk.

Method.—Dilute milk to 36 pints. Wash the rice and pick over. Place into baking dishes, add milk and sugar and well mix. Place a few knobs of margarine on top. Sprinkle over nutmeg. Bake approximately 2 hours to 2½ hours. Temperature 350° to 375° F.

No. 200.

Baked Rice Pudding and Dates

Method and ingredients as for Rice Pudding, with the addition of 4 lbs. of stoned dates and using 5 lbs. of rice.

No. 201.

Baked Rice and Raisin Pudding

Method and ingredients as for Rice Pudding, with the addition of 2 lbs. of raisins and using 5 lbs. of rice.

No. 202.

Baked Rice and Sultana Pudding

Method and ingredients as for Rice Pudding, with the addition of 2 lbs. of sultanas and using 5 lbs. of rice.

No. 203.

Sago Pudding

Method and ingredients as for Rice Pudding, using 6 lbs. of sago instead of rice. *How sago will cook much. Cook for 2-3 hours. Place in tin and bake - 200°*

No. 204.

 Tapioca Pudding

Method and ingredients as for Rice Pudding, using 6 lbs. of tapioca instead of rice. *sago*

No. 205.

Macaroni Pudding

Method and ingredients as for Rice Pudding, using 8 lbs. macaroni in lieu of rice. *sago*

No. 206.

Semolina Pudding

Method and ingredients as for Rice Pudding, using 8 lbs. semolina in lieu of rice. *sago*

No. 207.

Suet Pudding

With all suet puddings, flour or sago and breadcrumbs form our foundation. Breadcrumbs should be used wherever possible as they assist in making puddings lighter and it is a good way of utilizing old bread. Therefore our foundation for all puddings (with two exceptions—Flam and College Puddings—where biscuits are used in lieu of bread) is—

8 lbs. Flour. 4 lbs. Suet.
 8 lbs. Breadcrumbs. 1 lb. Sago.
 8oz Baking Powder 2 ozs. Salt.

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Note.—If suet is unavailable use 4 lbs. dripping and 2 ozs. baking powder.

Method of Preparation.—Sieve the flour, salt and baking powder into a clean trough, then add the breadcrumbs, shredded suet and thoroughly mix. If using dripping, work the fat into the flour before adding breadcrumbs. Now add the dry ingredients applicable to the recipe used. Mix down with water, place into greased baking dishes, cover with greased proof or pudding cloths and steam for approximately 3 hours.

No. 208.

Royal Pudding

3½ lbs. Jam. 2 lbs. Sultanas.
 Pinch of Spice.

Method.—Add the sultanas and spice to the foundation, mix well and use jam and water to mix down the pudding, placing a little jam at the bottom of each greased pudding basin.

No. 209.

Treacle Pudding

3½ lbs. Treacle.

Method.—Use all the treacle for mixing down purposes.

No. 210.

Golden Pudding

3½ lbs. Marmalade.

Method.—Use all the Marmalade for mixing down purposes.

No. 211.

Date Pudding

10 lbs. Dates.
 Pinch of Nutmeg.

Method.—Add the dates and nutmeg to the foundation and mix down with water.

No. 212.

Railway Pudding

3½ lbs. Jam. 2 lbs. Sultanas.
 2 lbs. Raisins.

Method.—As for Royal Pudding.

No. 213.

Sultana Pudding

5 lbs. Sultanas.

Method.—Add the sultanas to the foundation and mix down with water.

No. 214.

College Pudding

4 lbs. Currants. 3 Lemons.
 2 lb. Peel. Pinch of Nutmeg.

Pinch of Spice.

Use 8 ~~ozs~~ Biscuits instead of Breadcrumbs.

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Method.—Add the currants, peel, nutmeg, spice and the rind and juice of the lemons to the foundation. The lemon juice is usually added with the water whilst mixing.

No. 215. **Raisin Pudding**
5 lbs. Raisins.

Method.—Add the raisins to the dry ingredients and mix down with water.

No. 216. **Allice Pudding**
12 ozs. Cocoa. 2 lbs. Jam.
8 ozs. Egg Powder.

Method.—Divide the foundation into three separate portions. Add cocoa to one, jam to the second and egg powder to the third. Place in equal proportions into the greased pudding basins.

No. 217. **Currant Pudding**
4 lbs. Currants.
2 lb. Peel.

Method.—Add the currants and peel to the foundation and mix down with water.

No. 218. **Schoolboy Pudding**
2 lbs. Currants. 2 lbs. Apple Rings.
1 oz. Spice.

Method.—Soak the apple rings, chop and add to the foundation together with currants and spice. Mix down with water.

No. 219. **Windsor Pudding**
2 lbs. Currants. 1 lb. Peel.
2 lbs. Raisins. 2 lbs. Carrots.
2 lbs. Potatoes.

Method.—Add the currants, raisins and peel to the foundation. Grate the raw carrots and potatoes, sprinkle a few grated carrots into the bottom of each greased pudding basin and add the rest into the foundation. Mix down with water.

No. 220. **Ginger Pudding**
2½ lbs. Treacle.
8 ozs. Ginger.

Method.—Add the ginger to the foundation and use treacle and water for mixing purposes.

No. 221. **Pinn Pudding**
3 lbs. Currants. 2 lbs. Treacle.
4 lbs. Raisins. 3 Lemons.
2 lb. Peel. 1 oz. of Nutmeg and Spice.
3 lbs. Biscuit may be used instead of Breadcrumbs.

Method.—Add the currants, raisins, peel, nutmeg, spice and rind and juice of the lemons to the foundation. Use the treacle and water for mixing purposes.

No. 222. **Plain Suet Pudding**
12 lbs. Flour. 3 lbs. Suet.
2 ozs. Salt.

Method.—Sift the flour and salt together, add shredded suet and mix thoroughly. Mix down with water and place into greased pudding basins.

No. 223. **B.E.C. Pudding**
2½ lbs. Marmalade.
½ lb. Cherries.

Method.—Cut the cherries into halves and arrange in microphone shape at the bottom of each greased pudding basin. Use the marmalade together with water for mixing purposes.

No. 224. **Marina Pudding**
2 lbs. Desiccated Coconut.
2½ lbs. Cocoa.

Method.—Place a little desiccated coconut into the bottom of each greased pudding basin. Add the rest of the coconut to the foundation, mix the cocoa to a paste with water and use the paste for mixing purposes.

No. 225. **Robert Pudding**
4 lbs. Raisins. 2 lbs. Apple Rings.
8 ozs. Egg Powder.

Method.—Soak the apple rings, chop and add to the foundation together with raisins and egg powder. Mix down with water.

No. 226. **Cabinet Pudding**
4 lbs. Sultanas.
8 ozs. Egg Powder.

Method.—Add the sultanas to the foundation. Dilute the egg powder with water and use the liquid for mixing purposes.

No. 227. **Apple and Date Pudding**
5 lbs. Fresh Apples (Sliced). 4 lbs. Dates (Chopped).
2 Lemons.

Method.—Arrange two or three slices of apple at the bottom of each greased pudding basin. Add the remaining apples, dates and grated lemon rind to the foundation. Use water containing the lemon juice for mixing purposes.

No. 228. **Army Crusader Pudding**
2 lbs. Sultanas. 1 lb. Carrots.
2 lbs. Raisins. 3 lbs. Jam.

Method.—Place a cross of cooked carrots at the bottom of each greased pudding basin. Add the suet and raisins to the foundation, using the jam with water for mixing purposes.

- No. 229. **Dalmatian Pudding**
4 lbs. Currants. 2 lb. Peel.
1 lb. Coconut.

Method.—Place a little coconut at the bottom of each greased pudding basin, the remaining coconut being added with the currants and peel to the foundation. Mix down with water.

- No. 230. **Elizabeth Pudding**
1½ lbs. Sultanas. 1½ lbs. Raisins.
2 lbs. Syrup.

Method.—Add the sultanas and raisins to the foundation. Place a little syrup at the bottom of each greased pudding basin. Dilute the remaining syrup with water and use for mixing purposes.

- No. 231. **George Pudding**
4 lbs. Dates.
2 lbs. Raisins.

Method.—Add the chopped dates and raisins to the foundation and mix down with water.

- No. 232. **Margaret Pudding**
2 lbs. Raisins. 2 lbs. Currants.
1 Pint Coffee Essence.

Method.—Add the raisins and currants to the foundation. Scald the coffee and use the liquid for mixing purposes.

- No. 233. **Bread Rolls**
5 lbs. Flour (National Wheatmeal may be used).
4 ozs. Margarine or Dropping. 1 oz. Salt.
2 ozs. Yeast. 2 Pints Warm Water.

Method.—Sieve the flour and salt into a mixing bowl or trough and rub in the fat. Dissolve the yeast in a half pint of water and then add with remaining water to flour and work into a smooth dough. Leave to prove in a warm temperature for one hour. Knock back and leave for further 30 minutes. Knock back again and divide into 100 portions. Mould into shape, place in a lightly greased baking tin and prove for 30-35 minutes. Bake in oven for 10-15 minutes (430°).

- No. 234. **Yeast Buns (Plain)**
6 lbs. Flour.
22 ozs. Sugar.
1 oz. Salt.
8 ozs. Margarine. *or Dropping*
2½ ozs. Yeast.
3 lbs. Warm Water
(approximately 2½ pints).

Method.—Sieve the flour and salt in a mixing bowl or trough and rub in the fat. Dissolve the yeast in half a pint of water and the sugar in the remainder of the water. Make a bay in the centre of the flour and yeast and sugar solution, working into a smooth dough. Leave to prove for 1 hour in a warm temperature. Knock back and leave for 30 minutes. Knock back again and divide into 100 portions. Mould into shape and place into lightly greased baking tins. Prove for a further 20-30 minutes and then place in oven for a further 15 minutes (430°). When cooked and still hot, brush over with a solution of sugar and water.

- No. 235. **Chelsea Buns**
Ingredients as for Plain Buns with the addition of 1½ lbs. of Currants.

Method.—When proved, weigh off in pounds and roll out 12 x 6 inch blocks. Brush over with water, sprinkle with currants and roll up like a jam roll. Cut into 30 equal rounds, stand on end of lightly greased baking tins and allow to prove for 20-30 minutes. Bake as for plain buns.

- No. 236. **Jan Buns**
Same as for plain buns but before placing in oven, make a small hole with finger in top of each bun and place a spot of jam in each. Finish as for plain buns.

- No. 237. **Doughnuts**
Plain dough divided and moulded into shape as for plain buns. Place fat on stove, when blue smoke arises, draw on one side. When doughnuts are proved, place in the fat bottom upwards. When brown one side turn over. Time about 5-6 minutes. When cooked roll in sugar.

BRINE TUB—METHOD OF SALTING

Brine Mixture

- 6-10 Gallons of Water. 8 ozs. Saltpetre.
14 lbs. Common Salt.

The tub should be of wood and free from all metal fittings. The brine tub is especially useful during the summer months as a means of varying the Airman's diet. It enables pressed salt beef to be served for dinner meals occasionally, instead of the usual roasts or stews. Clean and preferably boiled water should be used in the preparation of the brine. Add the salt, dissolve the saltpetre in a little warm water and add to the other ingredients. Saltpetre is added to give the meat an attractive pink colour, but excess of saltpetre will harden the meat. The brine should be allowed to stand for a short while to mature.

To test the strength of the brine, place in a raw cold potato or egg. If either floats, the brine is ready for use. If not, add more salt until either just floats. Brine can be used over and over again provided it is boiled and the coagulated meat substance removed by straining. When

the meat is taken from the brine tub salt is also extracted, therefore more salt must be added and the brine tested before each period of use. The brine should be kept in a clean container in a cool place where air is free to circulate as the exclusion of air is an important aspect of preservation. A wooden skewer should be used to keep the meat below the surface. Joints should be turned daily.

The salting of beef can be hastened by using a special pickling syringe. Fill the syringe with the ordinary brine and insert the needle into the joint. Finally forcing the liquid into the beef. The syringe needle must be kept scrupulously clean to avoid contamination.

Meat for Salting.—Before placing the meat in the brine, it should be placed in cold running water for approximately 15 minutes to remove surface organisms. This will also tend to open the pores of the flesh thus making it more receptive to the penetration of the brine. No amount of salting will make bad meat sound. If scrubbing slightly salted meat with a weak solution of vinegar and water does not remove the unpleasant odour, it should not be placed in the brine. Tainted meat will sour the brine and affect any other meat that happens to be in it.

Cooking and Pressing of Salt Beef

After removing the salted joints from the brine tub, wash well in clean cold water. Place in a vessel with sufficient cold water, bring to the boil and allow to simmer till done (allowing 20 minutes to each pound). Next, remove the cooked beef from the liquor, and carefully remove any bones, and arrange the beef in the press. Screw down, not too tightly at first, but after a period of approximately one hour, screw down firmly. Allow to stand for not less than 12 hours. The pressed beef can then be removed and is ready for carving.

Meat presses are issued to most Units. Failing such a press, an improvised method can be adopted with the aid of a baking dish and cutting board, a weight being placed over the latter when the meat is in the dish. Bridlets and Silverjoints are the best joints for salting. The appearance of the finished joint may be improved by a stinging of glaced stock gelatine and a little cochineal can be used when meat glaze is not available.

Quarter Pastry Using Yeast

10 lbs. Flour (National Wheatmeal or White may be used).
2½ lbs. Dripping or Margarine. 3 ozs. Yeast.
1 oz. Salt. 2½ Pints Warm Water.

Method.—Sieve the flour and salt in a mixing bowl and rub in the fat. Dissolve the yeast in half a pint of the water. Make a boy in the flour, add the yeast solution and remaining water and work into a smooth dough. Leave for 20 minutes, then divide into required number of portions. Roll out.

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B.B.C. Pudding	223	Cod, Steamed	155
Beef, Haricot in Tomato Sauce	185	Cold Meat with Vegetable Salad	143
Beef, Hamer	141	Cold Pressed Rabbit or Pork ..	154
Beef Craggattin	72	Collage Pickling	214
Beef Olives	75	Cornish Patties	85
Beef Roullet	128	Cottage Pie	84
Beef and Rice Roast	134	Cream Patties	171
Beefed Fish	182	Curry Pudding	217
Beefed Mutton	85	Curry Stew	89
Beefed Pudding	117	Curry Sauce	94
Beefed Salt Beef and Cheese Sops	81	Curry	50
Beef Oysters	137	Dakarian Pickling	229
Braised Beef and Rice with Vegetables	74	Date Pickling	211
Braised Beef and Spaghatti ..	75	Devilled Tripe	125
Braised Beef with Vegetables ..	141	Deighraun	437
Braised Gansoun and Pease Pudding	128	Egg Sauce	80
Braised Leg of Mutton and Carrots	144	Elmhurst Pickling	490
Braised Onions	180	Empire Sausage	93
Braised Sheep's Tongues ..	87	Faggots	149
Braised Steak and Carrots ..	142	Fish, Baked	194
Braised Stuffed Mutton ..	145	Fish Cakes	264
Braised Stuffed Ox Heart ..	143	Fish Kishpaun	257
Braised Stuffed Sheep's Hearts ..	85	Fish Pie	293
Beans, Baked's Head	125	Fried Beef	79
Beans, Pork	194	Fried Cod	260
Bread Balls	431	Fruit Sauce	70
Bread Sauce	62	Galantine of Beef	94
Bread Soup	30	George Pudding	95
Brown Canned Stew and Rice ..	82	Geiger Pudding	45
Brown Rabbit Stew	467		

LETTER	RECIPE NO.	LETTER	RECIPE NO.
Golden Pudding	232	Ox Brains, Parsley Sauce	145
Golden Chop	79	Oxtail Soup	153
Ham for Tea Meal	9	Ox Tongue	125
Ham and Beef Croquettes	145	Panster Sauce	52
Ham and Beef Roast	147	Parmesan, Baked	185
Ham, Pudding	169	Parmesan Soup	41
Hausberg Roast	35	Pea Soup	81
Haricot Beans, Tomato Sauce	255	Pea and Lentil Soup	25
Haricot Mince	89	Pease Pudding	205
Herring, Baked	182	Pease Pudding	186
Herring, Baked	250	Pickled Fish	112
Hobart Pudding	223	Pignolis Sauce	56
Hot Water Parsi	181	Plain Stew	207
Hotch Pot	28	Plain Suet Pudding	219
Household Soup	33	Plain Pudding	241
Irish Stew	108	Polonaise	547
Jan Beans	226	Pork and Boston Beans	116
Jan Sauce	76	Pork Pie	191
Jugged Hens	78	Poached Meat	156
Jakinese Soup	29	Potatoes, Baked	173
Kidney and Fried Bread	128	Potatoes and Carrot, Fritters	162
Kidney Soup	34	Potato Croquettes	174
Lentil Roast	194	Potato Croquette	172
Lentil Soup	44	Potatoes, Fried	175
Liver and Bacon Savoury	129	Potatoes in Jacket, Baked	174
Lyonnais Sauce	39	Potato Mince	192
Macaroni Cheese	18	Potatoes, Roast	177
Macaroni Pudding	205	Potatoes, South	178
Macina Pudding	224	Potatoes, Savoury	178
Marmalade Sauce	70	Potatoes, Savoury	196
Marrow Soup	18	Potato Soup	31
Marrowfat Pies	180	Potatoes, Stewed	179
Mayonnaise	85	Potato and Vegetables	123
Meat and Apple Pie	123	Proquettes	184
Meat Pie, Small	123	Pressed Hensel and Pork	184
Meat Pie	57	Rabbit Broth	42
Meat and Potato Pie	58	Rabbit Pie	155
Meat Pudding	90	Rabbit Stew (Brown)	157
Meat Toast-in-the-Hole	117	Rabbit, Stewed	156
Meat and Vegetables Stew	91	Railway Pudding	212
Mexican Sauce	41	Rehish Pudding	213
Milk Sauce	95	Rice Pudding, Baked	220
Mixed Vegetables	187	Rice Pudding and Dates	201
Mock Turtle Soup	37	Rice and Raisin Pudding	202
Mulligatawny Soup	52	Rice and Softens Pudding	202
Mustard Sauce	54	Rissoles	214
Mutton Broth	58	Roast Beef and Yorkshire Pudding	206
Nutmeg Sauce	68	Roast Mutton	91
Omelette, Baked	106	Roast Pork and Stuffing	113
Omelette, Sauce	51	Roast Rabbit, Stuffed, and Bacon	158
Onion Soup	59	Roast Turkey and Stuffing	210
		Robert Sauce	57
		Royal Pudding	208
		Roulette Beans	201
		Sago Pudding	201

LETTER	RECIPE NO.	LETTER	RECIPE NO.
Salmon Fish Cakes	190	Suet Pudding	412
Salmon Mayonnaise	170	Sweeds	181
Sausages	110	Tapioca Pudding	224
Sausage Rice Cake	212	Tartare Sauce	87
Sausage Toast-in-the-Hole	211	Toast-in-the-Hole	121
Sausage Tomato Hot Pot	212	Tomato Sauce	55
Sauté Kidney and Fried Bread	220	Tomato Soup	206
Saveloy	215	Tricole Pudding	227
Savoury Fritter	231	Tripe, Devilled	225
Savoury Ham	234	Tripe and Onions	229
Savoury Sausage Cake	213	Turkey	189
Breakfast	213		
Tea	214		
Schoolboy Pudding	218	Veal and Ham and Egg Pie	212
Scotch Broth	43	Vegetable Brown	202
Search Mutton Pie	97	Vegetable Croquettes	201
Sea Pie	102	Vegetable Soup	44
Semolina Pudding	206	Wanna Souffle	209
Small Meat Pie	122	Watercress Soup	43
Smoked Hensel	186	Wedge Hamlet	17
Soak and Kidney Pie	160	White Sauce	49
Steak and Kidney Pudding	100	White Stock	21
Steak and Onions	109	Windsor Pudding	218
Steamed Cod	163	Yeast Buns	226
Stewed Rabbit	128	Yorkshire Pudding	108
Stewed Sausage	154		
Stewed Tripe and Onions	209		
Stuffed Rabbit and Bacon	158		

DIPPING ISSUES for instructional purpose

FOR BASTING 1lb per 100

ROAST POTATOES 2lb per 100

SHALLOW FRYING 2lb per 100

Yorkshire pudding 2lb .. 100

Deep Frying NTL

Sugar Issues

DRYED FRUIT 1lb per 100

FRESH FRUIT 2lb .. 100

BROWN SAUCE (Espagnole)

1lb fat

1lb flour

3lb onions

1/2lb carrots

1/2lb Turnips

Bacon rinds

Bones

Faggot of herbs

Sweet White Sauce Roux method

1lb fat

1lb flour

4 tins milk

1lb sugar

Small Buns

6lb flour

margarine

sugar (1lb)

Basic Recipe

3oz 13.oz

3 pint milk or 1 tin

Rock cakes to above add 1 1/2 lb
currants

Raspberry tarts 1lb red jam

Scones

8lb flour

1lb margarine or lard

1lb sugar

8oz 13.oz

4 pts milk or one tin

Salt 1.9oz per hundred

Pepper 1lb .. thousand

Mustard 2lb .. "