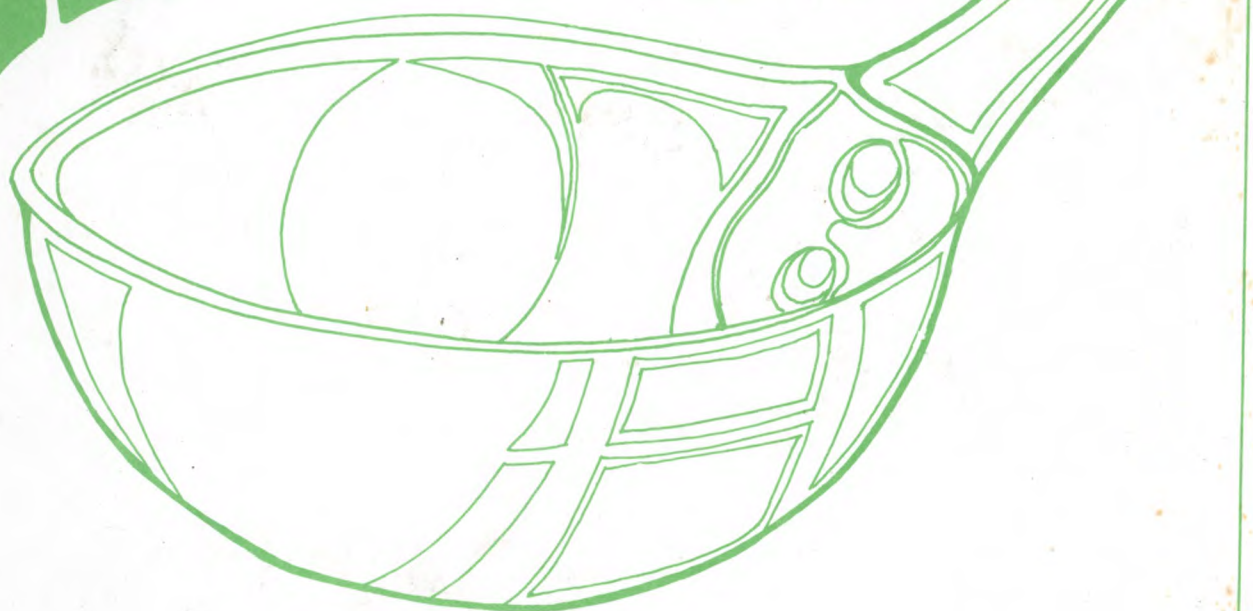


A TASTE OF WESTINGHOUSE



**A
TASTE
OF
WRESTLINGWORTH**

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Illustrations by: MARIA ELLIS
Composition by: JEAN RIDER

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DELIA SMITH



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WALNUT TART

Pastry:

3 oz Wholewheat Flour
 3 oz Brown (or White)
 S.R. Flour
 1½ oz Butter
 1½ oz Lard

Filling:

2 oz Light Soft Brown Sugar
 3 tbsp. Water
 6 oz Walnut pieces (slightly
 chopped)
 3 fl. oz good quality Clear
 Honey
 ¼ pint Double Cream
 ¼ pint Soured Cream
 2 Eggs

Pre-heat the oven to Gas Mark 6, 400°F.

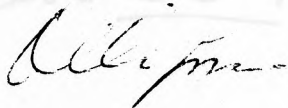
Make up the pastry in the usual way - rubbing the fats into the flour and binding with water - then roll out to line a 9½-inch flan tin (with a removable base). Prick the base well with a fork then bake for 20-25 minutes or until firm and lightly browned around the rim. Then remove it from the oven and leave to cool. For the filling, combine the sugar and water in a medium-sized pan. Bring to the boil, then once all the sugar has completely dissolved, boil briskly until the syrup is a deep caramel colour.

Now remove the pan immediately from the heat and add the walnuts, honey and creams. Return the pan to the heat and stir until the mixture boils. Boil it for two minutes, then turn off the heat and leave to cool for five minutes.

In a bowl whisk the eggs, then stir them into the walnut mixture quickly. Return to cook over a low heat, and once the first few bubbles of the mixture boiling break the surface, remove the pan from the heat and spread in the tart shell. Leave to cool, then chill in the fridge for a minimum of two hours, but preferably longer. Serve with chilled whipped cream.

Very good wishes for the success of your venture and
 thank you for asking me for a contribution.

Best wishes,



DELIA SMITH

'One should eat to live; not live to eat'

Although this may well have been the view of Molière's miser, Harpagon, it would appear from the huge response in support of our recipe book that the majority of you fortunately do not share his opinion. Indeed the converse would be much more appropriate. We are delighted with the contributions we have received and sincerely hope that this book does justice to them all.

A quick glance through the pages reveals that the Taste of Wrestlingworth is a very varied one and I think that most palates and occasions are catered for. We are not claiming that all these recipes are original, but we can be certain that they represent what the people of Wrestlingworth, Cockayne Hatley, Tadlow and Eyeworth like. They are quite simply our favourite recipes and we claim nothing more.

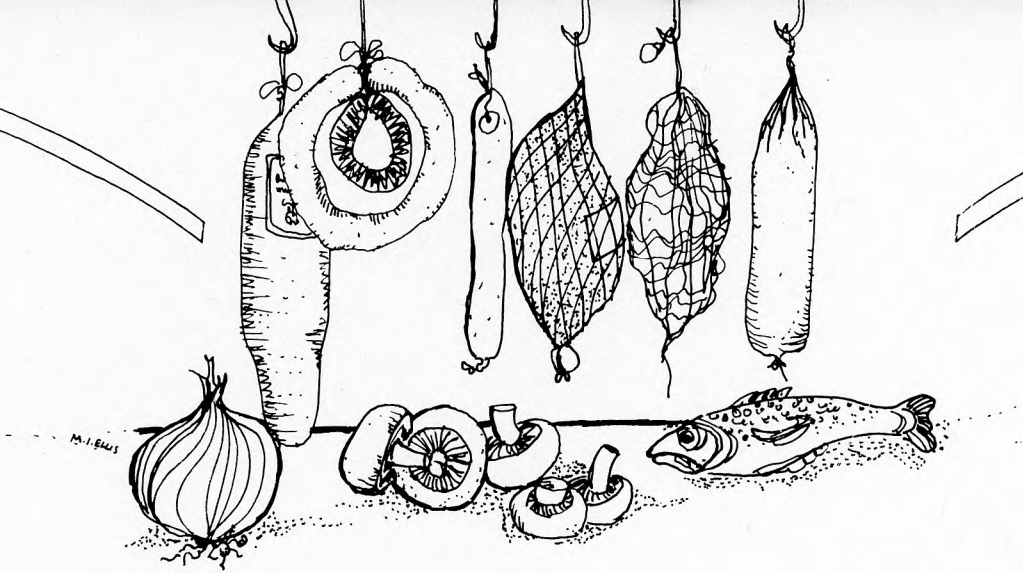
I hope you are pleased with the format of the book which we have attempted to make both attractive and practical. In order to achieve some form of continuity and uniformity, it has been necessary to modify a few of the recipes we received. Please forgive us for any liberties that we appear to have taken.

Finally, I must thank everyone who has assisted in one way or another in the publication of this book; in particular my thanks go to Jean Rider, who has worked so hard on the layout and typing of the book, and to Maria Ellis for her delightful illustrations.

Thank you all.



MICHAEL L. BISTER
Chairman
Wrestlingworth Goodwill Fund



Starters, Lunch and Supper Dishes

CREAM OF CUCUMBER SOUP

1 large Cucumber	$\frac{3}{4}$ oz Margarine
Salt & Pepper to Season	$\frac{3}{4}$ oz Plain Flour
1 pint Water and Chicken Stock Cube	6 tablespoons Milk

Slice cucumber very thinly for garnish (two slices for each serving). Discard about three-quarters of the skin from the rest of the cucumber, and chop up remainder roughly. Cook the cucumber for one minute in a saucepan containing salted water sufficient to cover the chopped cucumber and then drain. Put the cucumber back in the pan, add the stock, bring to the boil and allow mixture to simmer until cucumber is very tender. Press through a sieve or mix in a blender. Melt the margarine in a clean saucepan add the flour and cook, stirring for 2-3 minutes. Add the cucumber purée and bring to the boil stirring all the time. After allowing it to simmer for about 3 minutes stir in the milk and just bring to boil again. Taste and add seasoning as necessary. Garnish each serving with the cucumber slices and let them float on the surface. (For a variation use a lettuce purée instead.)

Serves 4-6 people. Quick to prepare. A tasty attractive starter for a special meal.

by COLIN RICHES

MINESTRONE SOUP

(cooked in a pressure cooker - 15 lbs weight)

2 rashers Streaky Bacon	2 skinned Tomatoes
1 chopped Onion	1 tabs. Tomato Purée
1 diced Carrot	$\frac{1}{4}$ large Cabbage, shredded
1 diced Turnip	1 tabs. Rice
2 chopped sticks Celery	1 oz Macaroni or Spaghetti - about $\frac{1}{2}$ " long
1 Leek	1 clove Garlic
1 $\frac{1}{2}$ pints Water	Salt & Pepper

Fry diced bacon in pan until fat runs, add onion & garlic and cook until lightly brown. Stir in carrot, turnip, celery, leek and parsley and cook again for about 5 mins. Add chopped tomatoes and purée, cabbage & liquid and bring to the boil. Add rice and cereal and pressure cook for 8 mins. Allow pressure to reduce at room temperature. Stir well, add seasoning and re-boil.

Serve hot with Parmesan Cheese.

by HUGH WILLIAMS

POTATO AND ONION SOUP

(Inexpensive, tasty and nourishing hot soup with virtually no preparation or cooking time)

4 medium Potatoes	1 pint Water
1 small Onion	1-2 Chicken Stock Cubes
½ pint Milk	Seasoning
(garnish chopped parsley or chives)	

Grate peeled potatoes and onions and simmer for about 8 minutes with milk and water in which stock cubes have been dissolved. Season well. Garnish. (If it comes out too thick for your taste, water it down with more stock.)

by CAROLYN DRIVER

POTATO AND LEEK SOUP

2 lbs Potatoes	1 pint Milk
4 medium sized Leeks	1 pint Water
1 oz Butter	Salt & White Pepper
Yolk of 2 Eggs	

Finely slice the white parts of the leeks, sauté them in the butter. Peel and quarter the potatoes and add them to the leeks. Add the milk and water and cook until the potatoes are soft. Pass the vegetables through a sieve or put in the blender. Lightly beat the egg yolks, add to the soup and allow to thicken, taking great care not to let the soup boil, otherwise it will curdle. Serve with croutons. Serves 4-6.

by HUGH WILLIAMS

STUFFED MUSHROOMS

20 button Mushrooms	1/3 cup Breadcrumbs
1 medium Onion (finely chopped)	Salt & Pepper
3 stalks Celery " "	Lemon Juice (to taste)

Remove stems from mushrooms, finely chop them. Fry onion, celery and chopped mushroom stems in butter until tender. Mix in breadcrumbs and seasoning. Fill mushroom caps. Bake about 20 minutes at 375° (or till golden on top).

by JANE LINCOLN

CHICKEN LIVER PATE

12 oz Chicken Livers	1 clove of Garlic crushed
2 tabs. Madeira, Port or Brandy	2 oz Sliced firm Bread,
2 tabs. White Wine	soaked in Milk
1 crumbled Bay Leaf	4 oz Cooked Ham (optional)
4 oz thin rasher unsmoked	8 oz Pork Sausage Meat
Bacon	

Wash livers and remove any tissues. Put livers in basin with wines, bay leaf and garlic. Leave for 2 hours. Squeeze the bread dry, put through a fine mincer with ham, sausage meat and all but 3 of the drained livers. Mix thoroughly and beat in rest of the wine marinade. Stretch the rindless bacon with the back of a knife. Line a $1\frac{1}{2}$ pint pie dish with them, allowing rashers to extend beyond the rim. Spread $\frac{1}{2}$ the mixture on the bottom of the dish, lay the 3 remaining livers, halved, on top and cover with the remaining mixture. Fold rashers over the surface and cover dish with foil. Stand in a baking tin with hot water $\frac{1}{2}$ way up the side. Cook for $1\frac{1}{2}$ hours at 350°F . When cooked, remove and cool with a weight on top of the dish. (A plate or saucer topped by a salt jar will do). Mature in fridge for 2-3 days before turning out. Serve with hot toast. Serves 6.

by HUGH WILLIAMS

COUNTRY PATE

6 oz Pigs Liver (sliced)	2 Eggs, beaten
$\frac{1}{4}$ lb lean Bacon	$\frac{1}{4}$ pt. Milk
$\frac{1}{4}$ lb stewing Veal (or 2 oz more	$\frac{1}{2}$ -1 level tspn. Salt
Liver & 2 oz more Bacon)	Freshly milled Pepper
1 medium Onion, peeled	1 clove Garlic
2 oz fresh Breadcrumbs	3 bay leaves
1 level tab. chopped Parsley	

Cover liver with boiling water and leave for 5 mins. Drain. Mince liver with bacon, veal, onion and garlic. Stir in breadcrumbs and parsley. Combine with beaten eggs and milk. Season to taste with the salt & pepper. Line a $\frac{3}{4}$ lb. loaf tin with 'flattened' streaky bacon and pack mixture in. Arrange bay leaves on top. Cover with foil and bake in centre of moderate oven 325°F (Gas 3) for one hour. Remove foil and cook for further 10-15 mins to get off some of the juices. Remove bay leaves. Leave to cool then turn out.

An inexpensive, hearty pâté to serve as a starter with toast and salad or as a supper dish or for a picnic. When spread on a chicken joint, which is then wrapped in pastry and baked for 45 mins it is delicious.

by CATHY SALISBURY

TARAMASALATA (SMOKED COD'S ROE PATE)

8 oz fresh Smoked Cod's Roe
 ¼ pint Double Cream
 1 crushed Clove of Garlic

1 tab. Lemon Juice
 4 grindings of Black Pepper
 Corns
 Parsley or Chopped Chives
 to garnish

Beat double cream until thick and blend bit by bit with the cod's roe and all other ingredients except the parsley or chives. Beat well to a smooth cream. Chill in desired pâté dish in the refrigerator until the pâté is slightly firm.

Garnish with parsley or chives and serve with hot crusty toast. This pâté will serve 6 persons.

This pâté is traditionally from Greece and has a very smooth, creamy taste to it.

by LINDA WALKER

DEVILLED EGG MOUSSE

6 hard boiled Eggs
 ½ pt Mayonnaise
 ¼ pt Lightly Whipped
 Cream
 ½ pt Prawns
 Tomato Ketchup

Worcester Sauce
 Tabasco Sauce
 ¾ gill Light Stock or Water
 ½ oz Gelatine
 Anchovy Essence

Chop the eggs and mix into the mayonnaise. Dissolve gelatine in stock or water and add with the anchovy essence. Fold in the cream and turn all into a lightly oiled soufflédish or plain mould. Leave to set. Mix the ketchup and sauces and mix the prawns into these and pile them on top. Garnish with watercress.

by B. SELLS

TUNA NOODLE

7 oz can Tuna
 10½ oz can Condensed Mushroom
 Soup
 2 oz Noodles (Cooked & Drained)

2 tbs. Dry Sherry
 1 small Onion (Chopped)
 2 oz Hard Cheese
 Parsley

Turn soup into bowl and drain tuna. Flake fish and add to soup with drained noodles. Add sherry and finely chopped onion and parsley. Season well with freshly ground black pepper and salt to taste. Grate cheese and mix in half of it. Mix all very thoroughly and turn into ovenproof casserole. Sprinkle rest of cheese on top and bake at 180°C for 35 mins till golden. This makes a very unusual starter for 4-6 or a very acceptable lunch or supper dish.

by JAN MOLYNEUX

AUBERGINE AND CHEESE CASSEROLE

1 Aubergine
6 oz Gruyère Cheese
1 lb Tomatoes
Salt & Pepper

Chopped Parsley
2 cloves of Garlic (more
if you wish!)

Slice the aubergines, tomatoes and cheese. Lay some of the aubergines in an oiled soufflé dish, cover with a layer of cheese, followed by a layer of tomatoes. Season and add crushed garlic and parsley. Repeat this process 2 or 3 times, ending up with a layer of cheese. Bake, uncovered, for 1-1½ hours at 335 deg. F. Serve with crusty french bread.

This makes a very good starter for four people or a light lunch or supper dish for two.

by MARIAN BISTER

ALEC'S POLISH POTATO PANCAKES

4 or 5 large Potatoes (peeled)
2 tablespoons Plain Flour

½ teaspoon Salt
Fat for frying

Grate the raw potatoes into a bowl (use a fine grater to produce slush). Add salt to taste. Stir in sufficient flour to thicken mixture into a thin batter. Fry pancake sized portions in hot fat until brown and crisp at the edges on both sides. An egg or grated cheese can be stirred into the batter but this is frowned upon and traditionally they are eaten 'straight'.

by MRS. KUCIA

POTATO CAKES

1 lb cold mashed Potatoes
½ lb Flour
¼ lb Marg. or Lard

1 teaspoon Baking Powder
Salt to taste

Rub the fat into the flour. Add the potatoes and work together with a wooden spoon. Roll out on a floured board to about ¼" thick. Cut into rounds and bake in a hot oven for about 10 minutes.

Butter well and serve hot.

by PETER DARTS

BEETROOT PIE

1 lb Beetroot	1 pint thick Cheese Sauce
2 med. Onions (in rings)	using 4 oz Cheese
Breadcrumbs	2 oz Cheese
$\frac{1}{2}$ oz Butter	

Cook the beetroot as usual, peel and slice. Layer in a pie dish with the onion rings. Make up the cheese sauce, remembering not to let the sauce boil after the cheese has been added. Pour the sauce over the beetroot and onions. Sprinkle with breadcrumbs & 2 oz cheese, then dab the $\frac{1}{2}$ oz of butter on top. Bake at 350° until the breadcrumbs are golden.

by RACHEL BIGG

SALMON CHEESE QUICHE

6 oz shortcrust Pastry	$\frac{1}{2}$ pint Milk
1 $7\frac{1}{2}$ oz can Salmon (drained)	6 oz Cheddar Cheese (grated)
2 oz Mushrooms (sliced)	Salt, Pepper & parsley (chopped)
2 eggs (beaten)	

Roll out pastry to line an 8 inch flan dish. Line with foil and baking beans. Bake - gas mark 6, 200°C (400°F) for 15 minutes. Place drained, flaked salmon in base of flan and cover with mushrooms. Beat together eggs and milk. Stir in cheese, seasoning and parsley. Pour into flan case. Bake for a further 20-30 minutes until filling has set.

Serve hot or cold. Serves 4. Freezes well.

by MARY TAIT

UN-CORNISH PASTY

1 large pkt. Puff Pastry	2-3 tabs. top of the Milk
$\frac{3}{4}$ lb cold boiled Potatoes, diced	1 Egg
8 oz Streaky Bacon, diced	1 small Onion, finely chopped

Roll out the pastry thinly into a large rectangle. Place onto a baking sheet. Begin piling the filling - potatoes, bacon and onion - on to half of this rectangle. Season. Prod holes into this mound, with end of a wooden spoon. Beat the egg with milk and pour into holes (reserve a little for final glaze). Flip the remaining pastry over the mound and pinch all edges very securely together. Bake at 375° for about 35 mins. or until well browned. Serve cold with salad. Serves between 4-6 people and is one of the cheapest recipes I know.

by MARIAN BISTER

LEEK FLAN

(Filling) 1 lb Leeks	4 oz Self Raising Flour
2 tabs. fresh Double Cream	1 oz Butter
Salt & Pepper	Salt & Pepper
4 rashers Streaky Bacon	1 Egg (beaten)
4 oz grated Cheddar Cheese	2 tabs. Milk

Chop leeks and boil until tender. Rub butter and flour with seasoning added, stir in egg and milk to form a soft dough, roll out and press into a greased sandwich tin. Chop leeks well, mix with cream and seasoning and spread over dough. Lay strips of bacon on top and cover with grated cheese. Bake at Gas Mark 7 or 425° for 15-20 minutes. Serves 4.

by M. LUTKIN

CORNED BEEF SQUARES

(Filling) 12 oz can Corned Beef	Shortcrust Pastry made with
2 med. chopped Onions, fried	8 oz Plain Flour
until soft	5 oz Lard
Salt & Black Pepper	Pinch Salt
3 diced cooked Carrots	
3 oz Peas	
½ pt White Sauce (thick)	

Line a square tin 6" x 6" with half the pastry. Flake corned beef, put into basin and add all other ingredients. Mix well with white sauce. Put into pastry case. Cover with pastry, brush with egg. Cook on 400-425°F for about 25 minutes. When cold cut into squares.

by BERYL LINCOLN

CHEESE PUDDING

5 thin slices Bread & Butter	3 oz grated Cheese
¾ pint Milk	A little Butter
2 Eggs	Salt & Pepper to taste

Grease a pie dish and put the slices of bread & butter in layers; between each layer and on top, the grated cheese, salt & pepper. Whisk eggs and stir into the milk and pour over the bread layers putting pieces of butter on top. Bake in moderate oven until brown. A little onion and tomato may be added if liked.

by A.L. COOPER

QUICK PIZZA

Pizza Base	4 oz SR Flour	Topping:	1 small Onion, Chopped
	$\frac{1}{2}$ level tsp Salt		1 15 oz tin Tomatoes
	5 tbsp. Oil		1-2 teasps. Mixed Herbs or
	3-4 tbsp. Water		your own selection,
			e.g. oregano, basil, etc.
			1 oz Margarine
			4 oz Cheese, grated
			Tin Sardines or Sliced Ham.

Mix flour and salt. Stir in 1 tbsp. of oil and enough water and mix to a fairly soft dough. Roll out into 7" round and fry on one side in remaining oil in large frying pan.

Fry onion in butter till transparent. Add tomatoes and herbs. Bring to boil. Turn dough and spread with onion mixture. Fry till underside golden. Lay sardines or slices of ham over top and sprinkle with cheese. Grill until cheese melted. Serve straight from pan with salad.

by FRAN ROEBUCK

GERMAN NOODLE SALAD

$\frac{1}{4}$ lb Noodle Rings	Red Pepper
1 lb Luncheon Meat or	Mayonnaise thinned with Milk
German Sausage	Cucumber
Small tin Mixed Veg	6 Hard Boiled Eggs

Cook noodles until soft. Strain and rinse with cold water. Chop up meat, pepper, eggs and cucumber into small squares. Place in dish mix all together with tin veg and add mayonnaise. Stir well.

This is delicious served with cold meats in the summer.

by JOY GYFORD

FRUMERTY

2 tabs. Wheat	2 heaped tabs. Plain Flour
1 tab. Currants	1 pint Milk
1 tab. Sultanas	A little Salt

Simmer the two tablespoonsful in water slowly for two hours or more until tender. Make a batter with two tablespoonsful (heaped) of flour and a little milk. Boil a pint of milk and stir slowly into batter until smooth. Heat and when the mixture thickens add a tablespoonful of currants, sultanas and the cooked wheat. Can be re-heated any time in a double saucepan. Makes an extremely filling breakfast for a manual worker.

by BETTY GIBSON



Main Dishes

CASSEROLE OF BEEF IN RED WINE

2 oz Butter	1 Oxo Cube
3 oz Onion	1 tbs. Red Wine
3 oz Bacon	Salt & Pepper
1 lb Beef (flank, blade or chuck)	2 oz Mushrooms
2 level tbs. Flour	Bouquet Garni
$\frac{1}{2}$ pt Hot Water	

Cut the beef and bacon in small pieces. Peel and slice the onion, wash the mushrooms and the bouquet garni. Crumble the Oxo cube and dissolve in the hot water. Melt the butter and brown the onion and bacon in it. Remove and brown the meat. Sprinkle in the flour and brown it. Add the Oxo liquid and the fried onions and bacon. Add wine, mushrooms and flavourings, being careful not to add too much salt because of the bacon. Cover and cook slowly at 300°F Gas Mark 1 or 2 for 2 to 3 hours. Serves 3 to 4.

by ISOBEL MACNAMARA

AUTUMN CASSEROLE

2 lb Stewing Beef	1 tspn. Celery Salt
1 oz Dripping	1 pint Tomato Juice
$\frac{1}{2}$ oz Flour	Tomatoes, Green Peppers,
$\frac{1}{2}$ tsp. Mustard	Sweet Corn, Mushrooms, Onions,
2 chopped Chillies (optional)	Carrots, etc. as available.
1 tbspn. Soft Brown Sugar	

Wipe beef and remove any sinews and skin, cut in cubes, fry in the hot fat till golden brown, drain and place in a casserole. Add the flour, flavourings, tomato juice, etc. to the fat in pan, bring to boil, add salt to taste, and pour over the meat. Simmer in a moderate oven (325°F. Mark 2) for 2 hours. prepare all the vegetables and add to the casserole, then cook for a further $\frac{3}{4}$ - 1 hour, until they are tender.

by MARGARET STRINGER

QUICK 'STEAK IN MUSHROOM SAUCE'

1 lb Stewing Steak
1 tin Condensed Mushroom Soup

Place cubed steak, or steak & kidney, in a casserole and cover with contents of tin (undiluted). Cook at 300°F for 2 to 3 hours, or until tender.

by M.E. LORD

BEEF CASSEROLE WITH BACON AND PARSLEY DUMPLINGS

2 lbs Stewing Beef	1½ pints Beef Stock
1 lb Parsnips	Salt & Black Pepper
1 lb Onions, sliced	¼ lb Streaky Bacon
3 tbsp. Vegetable Oil	6 oz Self-raising Flour
2 oz Butter	3 oz Shredded Suet
4 tbsp. Flour	3 tbsp. chopped Parsley
2 tbsp. Tomato Sauce	

Cut stewing beef into mouthsize *pieces* lightly brown in the hot oil and butter in a large frying pan and then put into a casserole. Then brown lightly the parsnips (cut into chunks) and the sliced onions, add 4 tbsp. flour, stir and fry for a few mins. Now add tomato sauce, stock and seasoning. Bring it to the boil. Add to meat in casserole put on lid and into the oven at 325°F for 2 hours.

Meanwhile grill bacon, cut into small pieces. Mix it with the self-raising flour, suet, parsley and seasoning and make into a soft dough with a little cold water. Make into twelve small balls and drop them into the casserole after the 2 hrs for a further ½ hour. Serve piping hot as a meal in itself.

by MARIA ELLIS

GOULACHE HONGROISE

1 - 1½ lb Stewing Beef or Steak	2 des.sp. Paprika
Black Pepper	1 des.sp. Flour
3 des. sp. lard	1 teasp. Caraway
1 - 1½ lb chopped Onions	2 cubes Beef Stock
1 Pig's Trotter (optional)	½ pt. Water
	1 glass Red Wine

Cut meat in big cubes. Sprinkle with black pepper. Heat lard in stewing pan. Brown the meat, onions and pig's trotter in lard. Sprinkle paprika, flour and caraway on the above. Crush stock cubes, mix in water and pour on the above. Add one glass red wine and cook 1 to 1½ hrs with lid on. Serve with rice and lettuce & tomatoes with French dressing.

by HEIDI CROSS

CARBONADE OF BEEF

2 lb Stewing Steak, cut in 1" cubes	½ pt Beef Stock
3 tabs. Oil	2 tabs. Vinegar
3 oz lean Bacon, rinded & chopped	Salt and Black Pepper
1½ oz Plain Flour	3 large Onions, sliced
1 pint Brown Ale	1 clove Garlic, crushed
	Bouquet Garni

Marinate the beef overnight in the beer, beef stock and vinegar. Fry the meat in oil a little at a time until brown. Add bacon and continue to cook for a few minutes. Remove meat & bacon from the pan. Stir flour into pan juices and lightly brown. Gradually add beer, stock and vinegar stirring continuously until it thickens. Adjust seasoning.

Fill a casserole with layers of meat, bacon, onion and crushed garlic. Pour sauce over this and add bouquet garni. Cover and cook near the bottom of the oven at 300°F for 2½ hours. Add a little more stock during cooking if necessary. Serve with plain boiled potatoes and shredded buttered cabbage. Serves 4 - 5.

by HUGH WILLIAMS

STEWED STEAK

1-1½ lb Stewing Steak (choose skirt, chuck or brisket of beef)	1½ pts. Stock or Water and Stock Cubes
1 oz Fat	Seasoning
2 Onions	Pinch Mixed Herbs (optional)
1 turnip and/or stick of Celery	1 oz Flour or ½ oz Cornflour
4 Carrots	

To Garnish: Chopped Parsley

Remove excess fat and gristle from meat and cut into neat cubes. Heat the fat in a saucepan and fry the meat in this for 2 minutes. Cut the peeled vegetables into neat pieces and add to the meat. Pour in all stock except 4 tablespoons. Bring to boiling point, adding seasoning and herbs, and cook slowly for 2-2½ hours until meat is tender. Blend the flour or cornflour with the remaining stock, add to the liquid in the pan and stir with a wooden spoon until gravy has thickened. Serve garnished with chopped parsley.

by MRS. GENTLE

BRACCIOLLI

6 pieces Steak or 'Flash Fry'	3 tbs. Tomato Purée
6 rashers lightly cooked Bacon	½ pt. Oxo Stock
Stuffing: 2 large Onions, finely chopped	6 oz Breadcrumbs
2 oz Butter	2 oz grated Cheese
1 tbs. Oil	1 oz Chopped Blanched Almonds
1 oz Sultanas	1 tspn. Marjoram
1 tspn. Salt & Pepper	

Flatten steak well with rolling pin. Lay each slice bacon on to each steak. Cook onions until transparent in oil and butter. Remove half onions to one side. Add all other ingredients to remaining onions and mix well. Divide stuffing between steaks and press well down with hands. Roll each steak up tightly and secure ends with cocktail sticks. Fry the steak rolls evenly all round in one tablespoon oil until brown. Add remaining onion with 3 table-
spoons of tomato purée. Add ½ pint Oxo stock, salt and pepper. Cook in large casserole at 325° for one hour.

by DAWNE POULTON

BARBECUED LEG OF LAMB

3½-4 lb leg of Lamb	2 tbsp. Dripping
1 pt Stock	1 large clove Garlic
1 tspn. Salt	1 tbsp. Flour for dredging
1 tspn. Dry Mustard	2 tspn. Arrowroot mixed with
1 tspn. Sugar	1 tbsp. Stock for Gravy
1 tspn. Black Pepper	
1 tspn. ground Ginger	

For Barbecue Sauce:

2 tbsp. Tomato Ketchup	1 tspn. Sugar
2 tbsp. Mushroom Ketchup	1 oz Butter
2 tbsp. Worcester Sauce	Dash Wine Vinegar
2 tbsp. Fruit Sauce	Dash of Tabasco
2 tbsp. Homemade Fruit Chutney	

Mix all dry seasonings together, rub over surface of meat, leave overnight. Heat dripping in roasting tin, peel and split garlic and stick into meat near the bone. Dredge with flour. Set in roasting tin, baste with hot fat; cook for 1 hour at 400°F, baste and turn from time to time.

Make Barbecue Sauce by adding all the sauces to the melted butter, sugar, vinegar and tabasco and mix. Remove meat from the oven; carefully tip off the fat in roasting tin. Pour half the barbecue sauce mixture over the meat. Reduce oven to 375°F and continue cooking for 15 mins. Then baste meat with the remaining sauce. If pan is dry, add 1 tablespoon of prepared stock. Continue cooking for 15-20 mins. Take out meat, place on the serving dish and keep hot. To make gravy tip stock into roasting tin, boil up well until reduced in quantity, thicken with arrowroot, serve with sliced meat. Accompany with Brussels, creamed Potatoes or Boiled Rice.

by S.M. BACON

CRUNCHY LAMB CUTLETS

8 small Lamb Cutlets	5 heaped tbsp Crushed
4 rashers Streaky Bacon	Cornflakes
1 beaten Egg	Dripping
2 lb mashed Potato	

Trim some of fat from cutlets. Trim rind from bacon and cut in half. Wrap a piece of bacon around cutlet bone. Dip cutlets in beaten egg, then in cornflake crumbs. Place in a meat tin with a little dripping. Bake in moderate oven (350°F - Mark 4) for about 45 mins until cooked through.

Place mashed potato in centre of serving dish and pile cutlets round with bacon tips up. May be served with a wide variety of fresh vegetables. Very suitable for a special supper dish; complete the flavour by serving fresh Mint Sauce.

by ROSEMARY CHAPMAN

LAMB CHOPS CREOLE

1 oz Butter	1 can condensed Tomato Soup
4 oz Onions, peeled & chopped	½ tspn. Rosemary
4 Loin Chops	
Salt & Pepper	8 oz plain Boiled Rice
½ oz Flour	

Melt butter and fry onions till lightly brown. Put into a casserole. Trim excess fat from chops, coat with seasoned flour and brown on both sides in remaining fat. Put in casserole with onions, pour the soup round. Sprinkle with rosemary. Cover and cook in a slow oven 350°F for about 1½ hours.

Serve with boiled rice. Serves 4.

by HUGH WILLIAMS

LAMB CHOPS WITH BARBECUE SAUCE

2 tspn. Flour, plain	5 tbsp. Tomato Ketchup
Pinch of Salt	5 tbsp. Water
2 tspn. Brown Sugar	1 tbsp. Worcester Sauce
½ tspn. Curry Powder	3-4 large Onions
1 tbsp. Vinegar	4 Lamb Chops

Sauce: Mix dry ingredients together. Blend in vinegar, tomato ketchup, water and Worcester sauce to make a fairly thick sauce.

Fry sliced onions lightly. Brown chops on both sides. Place onions and chops in a casserole. Pour over the barbecue sauce. Cook in oven at 300°F for 1-1½ hours and for a further hour at 275°F.

by MISS REECE

PORK IN SWEET AND SOUR SAUCE

Left-over cold Pork	$\frac{1}{2}$ tbsp. Tomato Ketchup
2-3 oz chopped Pineapple, or	1 dessertspoon Cornflour
2-3 oz chopped Mustard Pickle	2 oz finely chopped Onion
$\frac{1}{2}$ pt. Water	1 grated Carrot
2 tspn. Oil	$1\frac{1}{2}$ tspn. Soy Sauce (optional)
2 tbsp. Vinegar	Salt
$1\frac{1}{2}$ tbsp. Sugar	

Blend vinegar, sugar, tomato ketchup, cornflour and soy sauce with water and cook until thick. Add oil then rest of ingredients except pork and cook for about 5-10 minutes stirring so it does not stick to bottom of pan. Add pork cut into small pieces and heat through. Serve with boiled rice.

by JOYCE MORLEY

PORK AND CIDER CASSEROLE

3 tbsp. Cooking Oil	8 oz Onions, sliced
4 lean Pork Chops	8 oz Tomatoes, skinned & sliced
1 oz Plain Flour	or 4 oz Cranberries
1 pt. Cider	Salt & Pepper
8 oz Apples, peeled & sliced	Cream (optional)

Heat oil and fry chops until lightly browned on both sides, then remove from pan. Mix flour with oil and cook for 1 minute. Pour in cider gradually and stir continuously until sauce thickens. Add pork chops, salt, pepper, apples, onions and tomatoes (or cranberries) to sauce, cover and simmer gently for 40 minutes. Cream may be added to sauce if you have no worries about calories or coronary heart disease!

Serve with broccoli spears and creamed potatoes.

by R. COLLIER

PORK CHOPS WITH A DIFFERENCE

4 Pork Chops	Small tin of Tomato Soup
1 Green Pepper	1 tspn. Sugar
Clove of Garlic	Salt
1 Onion	Dessertspoon of Sherry

Trim most of the fat from the chops. Take the core and seeds from the green pepper and slice into thin strips. Crush clove of garlic with a knife, chop onion finely. Put all these ingredients together with sugar in a heavy pan with the tomato soup and seasoning. Simmer gently for 45 mins. Add dessertspoon of sherry before serving.

by JOYCE KAUFMANN

PORK WITH CIDER

4 boneless Pork Steaks or slices	1 tbsp. chopped Chives or
2 level tbsp. Seasoned Flour	Spring Onions
Salt & Pepper	1½ oz Butter
¼ pt Single Cream	4 oz Mushrooms, sliced
1 tbsp. Chopped Parsley	½ pt. Dry Cider
	Good dash of Worcester Sauce

Coat pork in seasoned flour and fry in melted butter until browned on each side. Remove from pan. Fry mushrooms for 2-3 mins. then stir in 1 level tablespoon of remaining flour. Cook for 1 min then gradually add the cider and bring to the boil. Add Worcester sauce and seasonings, replace the pork. Cover and simmer gently for about 10 mins. or until tender. Stir in the cream, parsley and chives and reheat gently but without boiling. Adjust the seasonings and serve with noodles or creamed potatoes. Serves 4.

by JANE SMALLRIDGE

PORK CHOP RISOTTO

1 med. Onion	6 oz Long Grain Rice
2 oz Streaky Bacon	1 small tin (7 oz) Sweet Corn
2 oz Mushrooms	with red & green peppers
1 golden meat extract cube	4 Pork Loin Chops
1½ pt. Boiling Water	Salt & Pepper
1 oz Margarine	

Peel and chop onion. Remove rind and bone from bacon. Cut bacon into pieces. Slice mushrooms. Dissolve meat cube in boiling water to make stock. Melt marg. in frying pan and fry onion & bacon for 4 mins. Add rice and fry until fat is absorbed. Add mushrooms, stock and 2 level teasp. salt and shake off pepper. Bring to boil and cook gently until rice is tender and stock is absorbed. Stir occasionally. Prepare a hot grill. Trim chops and sprinkle with salt & pepper. Place chops on grill rack and reduce heat to moderate. Grill chops for 15-20 mins. turning once. Drain sweet corn with peppers and add to rice mixture. Stir over a low heat for a few minutes. Taste and add more salt & pepper if necessary. If liked stir in 1 rounded teaspoon chopped parsley just before serving. Place rice mixture on a warmed serving dish and arrange chops on top. Serve with a green salad.

by IRIS FRENCH

YORKSHIRE SURPRISE

4 slices Streaky Pork (boned)	1 Egg
4 stuffing balls	Pinch Salt
Sliced Onions	¼ pt. Milk
4 oz Plain Flour	½ lb Cooking Apple cut into
	small pieces

Place pork into baking tin in rings with stuffing in the middle. Cover with onions and apples. Add a knob of dripping. Put in oven 350° for 30 mins. turning all ingredients once. Make up Yorkshire Pudding with flour, salt, egg and milk. Beat well. Turn oven to 450° and pour mixture over meat and bake until brown. Cut into slices and serve with gravy.

by W. LARKINS

by JENNY ELLIS

PLOUGH PUDDING

$\frac{1}{2}$ lb Flour	2 Onions
Pinch of Salt	1 tbsp. Chopped Sage
Shake of Pepper	2 tbsp. Brown Sugar
$\frac{1}{4}$ lb Shredded Suet	$\frac{1}{4}$ lb Pork Sausage Meat
6 Streaky Bacon Rashers	

Make a suet paste with the flour, salt, pepper, suet, mixing with water to a stiff paste. Roll on floured board about $\frac{1}{4}$ " thick. Spread with sausage meat. Chop bacon rashers, sage and onions, mix together and spread over. Season to taste and spread sugar over. Roll up in well floured cloth, fasten ends securely, tie and pin middle. Boil for two hours. Remove cloth, lay on hot dish and coat with onion sauce. This should be sufficient for 4-5 persons.

This pudding was eaten on Plough Monday, which is no longer celebrated, but this is eaten often in the Sussex farming areas and elsewhere and has been a favourite dish in my family for many years.

by ALICE DAVIES

VEAL STROGANOV

3 Veal Escalopes (pounded thinly)	1 tbsp. Tomato Purée
1 oz Butter	1 tspn. Prep'd French Mustard
1 tbsp. Oil	$\frac{1}{2}$ tspn. Salt
1 Onion, thinly sliced	$\frac{1}{4}$ tspn. Black Pepper
6 oz Button Mushrooms	1 dessertspoon chopped Fresh Parsley
6 fl.oz Soured Cream	

Cut veal into strips 2" x $\frac{1}{4}$ " wide. In a large frying pan melt the butter and oil. When the butter has foamed add the veal strips a few at a time to maintain the heat in the pan. Ensure that they fry and do not poach in their own juices. When browning, transfer the strips to a warm plate. Fry onions stirring occasionally for 3 mins, add mushrooms and continue cooking for a further 4 mins. In a separate bowl, combine soured cream, mustard, tomato purée, salt & pepper stir this mixture into the onions & mushrooms in the frying pan. Add the veal strips and allow to reheat, turning over to amalgamate flavours. Do not boil. Transfer to serving dish and sprinkle with parsley. Serve with fried or boiled rice as an alternative to normal vegetables.

by E.J. NUTKINS

FRIED CHICKEN AND ORANGES

3 Chicken	2 oz Butter
	$\frac{1}{2}$ tbsp. Oil
	3 large Oranges

Chicken and coat in seasoned flour. Heat the butter and oil. Fry chicken until nearly tender. Squeeze the juice from 2 oranges, and finish cooking. Serve the chicken joints on a bed of lettuce with the remaining orange, peeled and cut into rings. It is more delicious if 2-3 tablespoons of halved walnuts are added to the orange juice. The combination of crisp nuts and orange

by SHEILA ROWLAND

SPICEY CHICKEN CASSEROLE

4 large Chicken Joints	8 oz small Onions (leave whole)
3-4 tbsp. Flour	3-4 med. Carrots (finely chopped)
1 tspn. Salt	1 can thawed frozen Orange Juice
1/4 tspn. Pepper	1/2 pt Chicken Stock
Paprika Pepper	1 tbsp. Brown Sugar
2-3 tbsp. Oil (for frying)	1/4 tspn. Ground Ginger
4 oz Mushrooms (sliced)	1/2 tbsp. Curry Powder

Put flour, salt, pepper & paprika in a strong bag. Shake to mix. Add 2 pieces of chicken at a time and shake. (Reserve any left over flour). Fry chicken, skin side down first in hot oil. Brown, drain, place in casserole. Fry onions until just brown (may need to add more oil). Drain and add to chicken with finely chopped carrots. Blend flour with oil in frying pan and stir in the orange juice and stock. Cook and stir until mixture thickens and boils. Add sugar, ginger, curry powder and mushrooms. Sauce should be fairly thin - if necessary, dilute with a little more stock or water. Pour over chicken. Cook in centre of moderate oven 355°F - Gas No. 4 until chicken tender (1 1/4-1 1/2 hr.) Serve with baked potatoes. Can be prepared in advance and put in the oven when required.

by SUE GILBERT

CHICKEN KROMESKIS

1/2 lb. cooked Chicken	For the batter:
1 level des.sp. chopped Parsley	4 oz S.R. Flour
1/2 oz Margarine	Pinch of Salt
1/2 oz Plain Flour	1 large Egg
4 tbsp. Milk	1/4 pt. Water
Pinch of Ground Mace	
Salt & Pepper	
10 rashers Streaky Bacon	

Chop the chicken meat finely. Melt the margarine in a small pan over a gentle heat, then remove the pan from the heat and stir in the flour. Gradually blend in the milk until the sauce is smooth, then return the pan to the heat and bring to the boil stirring all the time. The sauce will become very thick as it cooks. Add chicken, parsley, mace and seasoning to the sauce. Mix well. Remove the rind from the bacon and any small bones. Stretch each rasher to half its length again. Place a teaspoonful of sauce on each rasher and roll up tightly.

To make batter: Sift flour and salt into a bowl. Separate the yolk from the white of the egg. Add yolk to flour and beat to a batter with a whisk. The mixture is smooth add the stiffly beaten egg white and metal spoon.

Have a deep fat pan half filled with cooking oil heating to 350°F. When fat is ready dip the Kromeskis into the batter one at a time for about 3 mins. until golden brown. Drain well. Garnish with parsley. Makes 10.

by MAE STANDING.

CHICKEN SHAKUTI (HOT)

- | | |
|----------------------------------|-----------------------------------|
| 1 large Onion | *(4 oz Chilli Powder |
| $\frac{1}{2}$ inch fresh Ginger | 4 oz Paprika Powder |
| 3 Garlic cloves | $\frac{1}{2}$ oz Coriander Powder |
| 2 green Chillis (finely chopped) | 1 oz Tumeric Powder |
| 3 lb Chicken | $\frac{1}{2}$ oz Cumin Powder |
| 2 tbsp. Desiccated Coconut | $\frac{1}{2}$ oz Garlic Powder |
| 2 tbsp. Vinegar | $\frac{1}{2}$ oz Mixed Spice |
| 4 tbsp. Cooking Oil | Mix well & store.) |
| $\frac{1}{2}$ lb Tomatoes | |
| $\frac{1}{2}$ pt. Water | |
| Salt | |
| 2 tbsp. Curry Powder* | |

Cut the chicken into pieces as desired, wash, add salt and 1 tbsp of vinegar and set aside.

Mix the curry powder with 1 tbsp of vinegar and set aside.

Heat 2 tbsp of oil in a medium pan, add chopped onions, garlic, ginger and green chillis and cook until brown. Add curry paste and coconut and cook for 5 mins. on low heat, remove from pan and set aside.

Return pan on to heat and add 2 tbsp of oil, add chicken and cook until brown stirring constantly. Add $\frac{1}{2}$ pt. Water and cook chicken until dry and tender. Add sliced tomatoes and cook for 5 mins. on low heat. Add fried ingredients and cook for a further five minutes on low heat. Serves 4.

by J. FOLDS

SWEET 'N SOUR CHICKEN

- | | |
|-----------------------------------|--------------------------|
| 4 Chicken joints, freshly cooked | $\frac{1}{2}$ pt. Water |
| or left-over chicken | 1 med. Onion, chopped |
| 4 tbsp. Vinegar | 1 Green Pepper, chopped |
| 3 oz Demerara or Gran. Sugar | 4-6 oz Chopped Pineapple |
| 1 tbsp. Tomato Purée | 1 tbsp. Cornflour |
| 2 tbsp. Soy Sauce | 4 Tomatoes, quartered |
| $\frac{1}{2}$ pt. Pineapple Juice | Salt & Pepper |

Blend together vinegar, sugar, tomato purée, soy sauce, pineapple juice and three-quarters of the water. Add onion, green pepper and pineapple and bring to boil. Blend cornflour with remaining water, pour some of boiling sauce on to cornflour mixture and return to saucepan. Return to boil, stirring and to cook for about $\frac{1}{2}$ a minute. Add tomatoes and seasoning. Pour sauce heated chicken and keep warm for five minutes so that it can soak into . Serve with boiled, long-grain rice. Serves 4-5.

by DAPHNE WREN

CHICKEN WITH PEPPERS

2 Chicken portions
 1 can Condensed Mushroom Soup
 Third Jar Red Pickled Peppers
 (sliced)

$\frac{1}{2}$ tspn. Curry Powder
 Seasoning

Place mushroom soup, peppers, curry powder and seasoning in casserole dish, mix together, add chicken portions, spoon over sauce, cover with lid. Place in oven 200°C for 2 hours. Serve with Rice.

by MARY ROBINSON

ROAST DUCKLING

(a) with prune stuffing or (b) with apple sauce

1 4-5 lb Duckling
 $\frac{1}{2}$ lb Prunes
 3 large Cooking Apples -
 preferably sharp flavour

Cider for basting (optional)
 $\frac{1}{2}$ teasp. Mixed Herbs
 Little Salt, Pepper &
 sugar mixed.

Soak prunes overnight. Peel and core apples and cut in small pieces. Stone and halve prunes.

Wash duck inside and out. Rub cavity with salt, pepper and sugar mixture. Also dust pieces of apple with this seasoning, adding herbs. Stuff bird till quite full with alternate layers of stoned and halved prunes and apples. Sew up with white cotton. Rub skin with salt to make it crisp. Prick well with fork and place duck on rack over roasting pan. Roast in moderate oven (350°F Gas No. 3) for 2½ to 3 hrs. pricking duck from time to time; allow fat to escape. When leg joint moves freely, bird is done. 15 mins before end of time cider can be poured over duck.

Alternatively an ordinary sage & onion stuffing can be used and apple sauce served with the duckling.

The important part is to place the duckling on a rack and prick well and frequently. Stuffings can be varied to suit person's own taste. Excellent served with clear gravy and asparagus and/or green peas.

by GLADYS HOOLEY

ROAST PHEASANT WITH A DIFFERENCE

2 Pheasants - approx 2½ lbs each
 Salt & Black Pepper
 2 slices Fat Salt Pork
 Chicken Stock
 Red Wine
 Watercress
 Bread Sauce

Stuffing:

1 Cooking Apple
 4 tbs. Softened Butter
 2 tbs. Olive Oil
 Salt & Black Pepper

Gravy:

¼ pt. Chicken Stock
 2 tbs. Red Currant Jelly
 2 tbs. Grated Breadcrumbs

Stuffing: Grate apple coarsely and combine with softened butter, lemon juice and onion which you have softened in olive oil. Season generously with salt and pepper. Stuff birds, season with salt and black pepper. Cover with salt pork or bacon and cook at 350° for about 1½ - 2 hours, or until tender, basting from time to time with mixed chicken stock and red wine.

Gravy: Skim fat from pan juices, stir in crumbs, jelly and chicken stock and cook gently until thickened.

Serve: Remove bacon and string. Transfer to heated dish and garnish with watercress.

by RUTH WATERS

SPAGHETTI BOLOGNESE

1 med. Onion
 1 oz Beef Dripping or 1 tbs. Oil
 1 lb Mince
 Lge tin Tomatoes
 Clove Garlic
 Bay leaf
 Beef Stock cube
 Wineglass Red Wine (optional)
 1 tsp. Sugar
 Seasoning

2 oz Spaghetti per person

Grated Cheese

Finely chop onion and fry until soft. Add mince and brown lightly. Add garlic, tomatoes, stock cube, bay leaf, wine, salt and freshly-ground black pepper. Simmer until meat is cooked and liquid absorbed (about 20 minutes). Add sugar. Serve with spaghetti and top with grated cheese.

by CHRISTINE MORRIS

M/W ONION & MINCE SWIRL ON FULL STIR.

ADD TOMES, A SQUEEZE GARLIC PUREE, BAY LEAF,

OXO, WINE. M/W 15 MIN ON 7.

DD SUGAR.

EANWHILE COOK DINO'S IN PAN ON COOKER.

RAGU BOLOGNESE

8 oz Lean Beef (minced or ground)	1 wineglass White Wine Vinegar
4 oz Chicken Livers (optional)	1 wineglass Stock or Water
3 oz Bacon	Oxo Cube
1 Carrot	1 small can Italian Tomatoes
1 Onion	Butter
3 tspn. Concentrated Tomato Purée	Salt & Pepper

Chop onion into fine pieces and bacon too. Place in saucepan with knob of butter and fry until brown. Put mince in this and continue frying until meat is brown, then add grated carrot and white wine vinegar, tinned tomatoes, tomato purée, stock (Oxo cube) and salt & pepper. Simmer gently for 40 mins. 15 mins from end, cook spaghetti and serve with Parmesan Cheese.

by JEAN RIDER

MOUSSAKA

1 oz Butter	1 Onion
1 oz Flour	1 large Aubergine
4 oz Cheese	1 large Potato
$\frac{1}{2}$ pt Milk & Water mixed	1 large Green Pepper
1 Egg	1 lb lean Minced Lamb
Pepper & Salt	$\frac{1}{2}$ pt. Oxo Stock
Tomato Purée	Vegetable or Cooking Oil for frying

Put oil in frying pan, slice and fry aubergine. Slice and fry potato. Slice and fry pepper and onion together.

Cheese Sauce: Melt butter, add flour off heat to make roux, add milk and cheese gradually, stirring continuously, season well. Remove from heat, allow to cool stir in egg gradually to stop skin forming on top.

Add stock and tomato purée to meat and mix well. Leave. Layer potatoes and aubergines in a casserole, layer one layer of meat on this, one layer of pepper and onion (mixed), one layer of cheese sauce on this. Repeat finishing with one layer of potato and aubergine on top. Cook for 45-60 mins at Reg. 5.

Instead of Lamb you could use Beef with sliced tomatoes or pork with mushrooms. Serve on its own.

by ISLA WOIWOD

BEEFBURGERS

$\frac{1}{2}$ lb Mince	1 small Egg
1 small Onion, chopped	1 tbsp. Flour
1 level tbsp. Sage & Onion Stuffing	

Add onion and stuffing to mince and season. Add flour and beaten egg together. Divide into four. Dip in flour and fry for about 15 minutes

by P. SLADE

QUICK SAUSAGE AND MACARONI CASSEROLE

Approx. $\frac{1}{2}$ lb Macaroni, cooked	Tabasco Sauce
1 lb Leeks, cooked	Garlic (optional)
$\frac{1}{2}$ lb Pork or Beef Sausages, cooked	Herbs
$\frac{1}{2}$ pt. White Sauce	Grated Cheese
Salt & Pepper	Small can Tomatoes

Chop cooked sausages and leeks into 1" pieces and mix with the cooked macaroni in a casserole dish. Make white sauce and season with salt, pepper, tabasco and herbs. Mix a small can of tomatoes into the sauce - fresh tomatoes can be used if desired and should be blanched and skins removed first. Sprinkle say one clove of garlic on to macaroni, sausage and leek mixture and pour over the white sauce. Mix gently. Sprinkle with the grated cheese in order to cover the casserole and place in a medium oven until cheese is well melted and beginning to brown.

Can be served on its own, with a green vegetable or a side salad.

by P.R. COPLAND

SAUSAGE AND RICE CASSEROLE

1 lb Cold cooked Pork Sausages	1 tspn. Worcester Sauce
6 oz Long Grain Rice	2 hard boiled Eggs, chopped
8 oz Tomatoes, skinned & sliced	4 oz Cheddar Cheese (grated)
6 tbsp. Water	Salt & Pepper to taste
2 level tbsp. Tomato Ketchup	

Slice sausages. Cook rice in boiling salted water until tender - about 12 minutes. Drain. Put tomatoes, water, ketchup and Worcester sauce into a saucepan. Bring to boil. Add sausages, rice and eggs then stir in 3 oz cheese. Season to taste with salt and pepper, then transfer to a heat proof dish. Sprinkle remaining cheese on top then brown under a hot grill. Serve straight away. Serves 4.

by G. IVORY

MEAT LOAF I

1 lb Mince Beef	1 tspn. chopped Parsley
1 cup stale Breadcrumbs	1 Egg, beaten
Salt & Pepper to taste	1 tbsp. Fat
1 small Onion, grated	

Add all ingredients and mix thoroughly together. Place in greased baking dish. Bake at 350° F for 45 to 60 minutes, or until done. Can be served cold with salad.

by W. HOPCOTT

MEAT LOAF II

1½ lbs lean Minced Beef	3 med. slices of Bread
¾ lb Pork Sausage Meat	1 level tspn. Dried Herbs, mixed
1 small Green Pepper, finely chopped	1 clove Garlic, crushed
1 large Spanish Onion, chopped	2 tbspn. Milk
1 Egg, beaten	Salt & Pepper

In a large mixing bowl blend the beef and the sausage meat thoroughly and add the chopped green pepper, onion, herbs and garlic and mix again. Now take the crusts off the bread, soak it in the milk, squeeze the excess milk out and add the bread to the meat; then have another good mix.

Season well with salt and black pepper, bind it all with a beaten egg and pack it into a medium sized loaf tin. Bake it for 15 minutes, then turn the temperature down to 325° (Gas 3) and cook for another 45 minutes or so.

Jacket potatoes go very well with this dish and can be cooked at the same time. Also a tomato sauce made with tinned tomatoes simmered for a few minutes with a bay leaf, salt and black pepper is a suitable accompaniment.

The loaf is also delicious cold as a party buffet dish, or for a picnic with crusty bread and pickles.

by SONIA FYNN

BEEF LOAF

1½ lb Beef Mince	2 Eggs
2 oz Breadcrumbs	2 Bay Leaves
1 Onion, chopped	Salt & Pepper
Garlic	Thyme (good pinch)
Milk	1 tbs. Tomato Purée
1 tbs. Meaux Mustard	
(or ordinary French)	

Use enough milk to moisten the breadcrumbs. Mix beef with the soaked breadcrumbs and add the finely chopped onion and garlic. Mix well. Add the 2 eggs, well beaten, crumbled bay leaves, salt, freshly ground black pepper, thyme, mustard and tomato purée. Mix thoroughly and form into a loaf shape. Bake on a grid in an ovenproof dish for 1½ hours in a low oven. Gas 3 335°F 170°C.

This is delicious hot or cold and can be turned into a super inexpensive dinner party dish by cooking the loaf for 1 hour then wrapping in thinly rolled puff pastry. Decorate with pastry leaves, brush with beaten egg and return to the oven for a further half an hour at Gas 6 or 7, 210°C, 410°F. This will serve 6 people easily.

N.B. Allow the loaf to cool slightly before wrapping in pastry.

by JAN MOLYNEUX

BEEF MEAT LOAF

1 lb Mince meat	$\frac{1}{4}$ cup Onion, chopped
1 cup soft White Breadcrumbs	1 Oxo Cube (optional)
1 cup Milk	$\frac{1}{2}$ tsp. Salt & Pepper
1 Egg, beaten	$\frac{1}{4}$ tsp. Sage (optional)

Heat oven to 350-375° (mod). Mix all ingredients together thoroughly. Put in shallow loaf tin. Bake 1 $\frac{1}{4}$ hrs. or until done. Jacket potatoes may be baked at the same time and served with this.

by R. MADISON

GOLDEN SLICE

5 oz Oats	1 large Onion
6 oz Carrots	4 oz Cheese
2 oz Margarine	1 Egg
Salt	Pinch of Rosemary

Set oven at Gas 6, 400°. Melt margarine. Grate the onion, carrots, cheese and mix with herbs, seasoning and oats. Stir into the marg. and add the beaten egg. Press into shallow dish (8" approx.) and bake 25 mins.

Makes a good main dish for vegetarians, but is quite an acceptable meal for everyone and is just as nice cold.

by JOAN HILL

NEAPOLITAN PIE

1 $\frac{1}{4}$ lb Stewing Steak	1 large (14 oz) can peeled Tomatoes
1 Onion	Pinch Mixed Dried Herbs
$\frac{1}{4}$ lb Mushrooms	Salt & Pepper
$\frac{1}{2}$ oz Dripping	1 $\frac{1}{2}$ lbs. Potatoes
1 tbsp. Flour	Milk & Margarine

Cut meat into small cubes, chop onion and slice mushrooms. Melt dripping in a saucepan and fry meat, onion and mushrooms for 3 to 4 minutes, stir in flour and cook for 2 to 3 minutes. Add contents of can of tomatoes, herbs and seasonings. Bring to boil, stirring; cover and simmer for 1 $\frac{1}{4}$ hrs or until tender, adding more liquid if necessary. Pour into an oven-proof dish.

Peel potatoes and cut into even sized pieces; cook in boiling, salted water until tender. Drain, mash with a little milk.

Prepare a moderate grill. Cover meat with a layer of potatoes, fork the top and dot with margarine. Grill until golden brown. Serves 4 portions.

by MARGARET GARRARD

ANY DAY PIE

- | | |
|--|------------------------------|
| $\frac{3}{4}$ lb cold Roast Beef | 1 level tspn. Gravy Powder |
| 3 oz Onions | Salt & Pepper |
| 1 ($6\frac{1}{2}$ oz) can Tomatoes | 1 lb Potatoes |
| 1 ($7\frac{1}{4}$ oz) can Baked Beans | 3 oz Cheddar Cheese (grated) |
| 1 level tspn. Flour | |

Mince cold roast beef and onions into a basin. Stir in the canned tomatoes, baked beans, flour, gravy powder, salt & pepper and turn into a $1\frac{1}{2}$ pint shallow pie dish. Peel and slice the potatoes, arrange on top of meat. Bake, Mark 5 375°F for approximately 40 minutes. Ten minutes before end of baking time, sprinkle with grated cheese.

A good quick way of using up cold roast beef.

by H. CHAFFEY

KIDNEY SORRENTO

- | | |
|----------------------------|----------------|
| $1\frac{1}{2}$ lb Potatoes | 4 tbsp. Sherry |
| 8 Lambs Kidneys | 4 tbsp. Cream |
| 2 Onions | Parsley |
| 1 clove Garlic | |

Parboil potatoes, cool and slice $\frac{1}{4}$ " thick and fry in butter until golden brown. Prepare kidneys and cut into quarters, fry with onions and garlic and season. When cooked add sherry and cream. Place kidneys on top of, or in centre of potatoes and sprinkle with chopped parsley.

This serves four, but it can be altered according to taste, i.e. more potatoes or cream and sherry.

by JOSEPHINE HOY

FRUITS DE MER WRESTLINGWORTH

- | | |
|---------------------------------|---|
| 4 fillets of Plaice | $\frac{1}{2}$ lb Prawns |
| 1 large glass White Wine | 1 bottle Mussels, well rinsed |
| a little Arrowroot or Cornflour | $\frac{1}{2}$ lb peeled and pipped Grapes |
| a little Evap. Milk | Seafood Seasoning |

Gently poach fish in wine with a little seasoning. Make sauce by mixing cornflour with a little evap. milk and add liquor from fish. Add prawns, mussels and grapes to sauce.

Place fish on serving dish, cover with sauce, optional garnish a little thinly sliced cucumber.

The original recipe came from an ex chef at the Ritz, now keeping a hotel in Ostend (Fruits de Mer d'Ostende). This is a much simpler but relatively tasty substitute.

by ROSEMARY COOPER

FISH GRATIN

1-1½ lb Fish (Cod, Plaice,
or White Haddock)
1-2 tsp. Salt
3 fl. oz. Water

Ingredients to add to taste:

1 tbsp. lemon juice, or
2-3 tbsp dill, or
2-3 tbsp tomato sauce or purée, or
small pkt. frozen prawns (or tinned) or
1 tin lobster or crab, or
1 small tin mushrooms

Sauce:

2 tbsp. Butter or Margarine
3 tbsp. Plain Flour
6 fl. oz Juice from Fish & Milk
1 Egg Yolk
1 tbsp. Cream
Salt & Pepper

Clean fish if fresh. Defrost frozen fish. Put fish in a well-greased oven-proof dish. Sprinkle salt over and add the water. Cover with foil or grease-proof paper. Cook the fish in the oven for 10-15 mins. at 420°F. When cooked carefully pour the fish juice into a dish for use in the sauce. Make the white sauce, cook for 3-5 min. and then leave to cool for a while. Mix the egg yolk with the cream and add to sauce. Add ingredients to taste. Pour sauce over the fish. Sprinkle cheese over, garnish with the creamed potatoes. Put in oven for 10 mins at 450°F until potatoes are golden brown. Serve with peas.

by K. BRYANT

SESAME FISH

2 lb Fish Fillets (Whiting,
Coley, Cod, Haddock or other)
Salt & Pepper
1 Egg
2 tbs. Milk
2 oz Flour (brown)

6 tbs. Breadcrumbs
4 tbs. Sesame Seeds
4 tbs. Oil
1 oz fresh chopped Parsley
3 tbs. Lemon Juice
1 small finely chopped Onion

Beat together egg and milk. Season fish with salt & pepper. Dip each piece lightly into flour, liquid, then into mixed breadcrumbs and seeds (or breadcrumbs & chopped nuts). Heat oil until hot, reduce heat. Fry 3-8 mins (depending on thickness). Drain on paper towels to absorb excess oil. Combine parsley, lemon juice and onion. Pour over fish before serving. Serves 5-6.

Mixed chopped nuts may replace sesame seeds. A few drops of sesame oil (from Oriental Stores) added to oil before fish gives a beautiful nutty aroma and taste. Serve with tossed salad or potatoes in foil & fresh garden peas.

POTATOES IN FOIL (may be prepared beforehand & cooked later)

4 lge Potatoes
2 oz Butter

2 med Onions (in slices)
Salt & Pepper

Peel and cut potatoes crosswise into four slices. Spread butter between slices (thickly) and on top. Reassemble potatoes with onion between slices. Season with salt and pepper before wrapping each tightly in double foil. Bake at 325°F/Reg. 3 for 1½ hrs. Open and sprinkle with parsley.

by JEAN ROWAN

TRIPES A LA MODE DE CAEN

2½ lb prepared honeycomb Tripe	1 or 2 cloves of Garlic
2 Onions, cut in half with two halves each with clove stuck in	About ½ pt. Chicken Stock
1 Calf's Foot (or Pig's trotter or ox foot)	About ½ pt. Dry Still Cider
2 Carrots	2 tbsp. Calvados or Brandy
2 Leeks (white part only)	2-3 oz shredded Suet
A faggot of Herbs (Parsley, Thyme, Bay, Tarragon and celery)	Salt

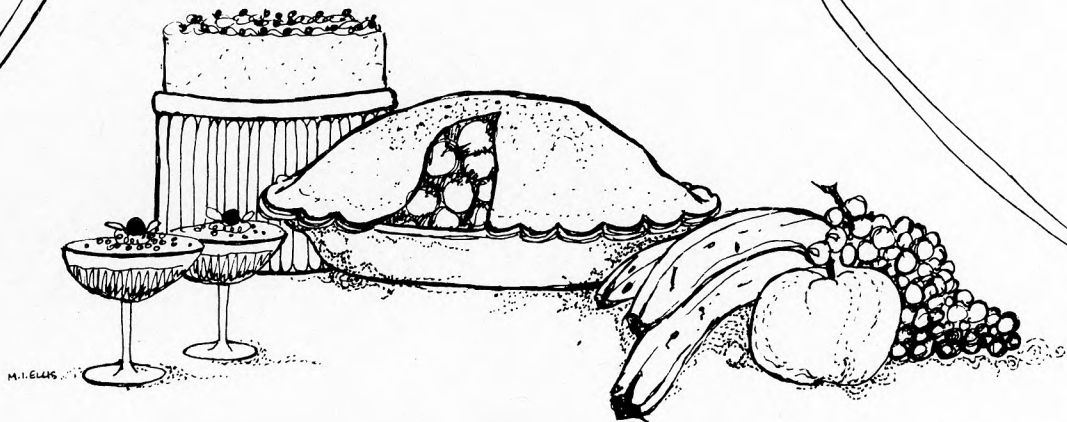
Cut tripe into 2" squares and wash it in a colander under cold running water. Cover the calf's foot with cold water, bring to boil for 1 minute. Rinse under cold tap.

Put the vegetables and herbs in the bottom of a heavy earthenware casserole with some pork rind if you happen to have some. Lay the tripe on top and sprinkle with salt. Put in the calf's foot and pour over cider, stock and calvados to cover. (If necessary add some water). Sprinkle as evenly as possible with the suet.

Cover dish very closely with a double thickness of tin foil and tie it on tightly so that no steam can escape. Put on lid and bring contents of casserole to boil on top of the stove. You will have to listen for the bubbling sound as the lid is tightly closed. Stand casserole immediately on the centre shelf of a pre-heated oven, Mark 3 (325°F). Give it a few moments to start bubbling again and then turn the heat down to between ½ to 1 (250°F) and cook for 12 hrs. It can be cooked overnight, one cannot really overcook it.

When it is done, pour contents into a sieve over a large bowl, take out the tripe and shreds of meat from calf's foot and transfer these to a smaller casserole. Press the vegetables through the sieve and add a little tomato purée to give it colour. If possible cool the bowl and then chill it so that the fat can be removed. In any case remove as much fat as possible. When you wish to eat, pour sauce over tripe and re-heat until bubbling, sprinkle with chopped parsley and chives and serve very hot in deep plates.

by BETTY GIBSON



Desserts

CHOCOLATE MOUSSE (I)

4 oz Black Chocolate	Knob of Butter
4 Eggs	Chopped Nuts
2 tbsp. Rum or 1 tspn.	
Rum Essence	

Melt the chocolate slowly with the knob of butter. Take off the heat and add egg yolks and stir. Add rum or rum essence. Beat egg whites until stiff and fold into mixture. Spoon into glasses and cover with chopped nuts. Refrigerate.

by DIANA PAGE

CHOCOLATE MOUSSE (II)

4 oz Plain Chocolate	2 tbsp. Single Cream
2 Eggs	1 oz Walnuts or Almonds
1 tbsp. Caster Sugar	Shortbread biscuits
Grated rind of 1 Orange	

Break chocolate into small pieces. Separate egg yolks from whites of eggs and place yolks in bowl, together with chocolate, sugar and finely grated orange rind. Bring a small pan of water to the boil and remove from the heat. Stand the bowl containing the ingredients over the pan of water and beat mixture with wooden spoon till well blended, creamy and smooth. Allow to cool. Stir in the cream, then lightly fold in the stiffly whisked egg whites. Pour into serving dishes. Chill for 2-3 hours. Sprinkle with chopped nuts and serve with shortbread biscuits. Serves 3-4.

by HUGH WILLIAMS

MINCE TART EN SURPRISE

Shortcrust Pastry	Meringue topping:
Mincemeat	2 Egg Whites
Rum or Brandy (optional)	3 oz Caster Sugar
Brick of Vanilla Icecream	

Make a flat mince tart, flavouring the mincemeat with rum or brandy, if possible. Leave to cool and, just before serving, spoon a family brick of vanilla icecream over the mincemeat. Make the meringue by whisking 2 egg whites until stiff, then fold in the 3 oz caster sugar with a metal spoon. Pipe or spoon the meringue over the flan, making sure that the icecream is entirely covered. "Flash" cook in a very hot oven (about 450°F) for 2-3 mins, only, until meringue is just tinged brown.

An apple or banana filling can also be used, but the mincemeat is particularly good.

by CLIVE BATES

PAVLOVA

3 Egg Whites	$\frac{1}{2}$ tspn. Vanilla Essence
Pinch Salt	1 large tin Raspberries
6 oz Caster Sugar	$\frac{1}{2}$ pint Whipping Cream
1 level tspn. Cornflour	
1 level tspn. Vinegar	

Line 8" sandwich tin with greaseproof paper. Beat egg whites and salt till stiff. Beat in half the sugar. Mix the cornflour with rest and fold in gently. Add essence and vinegar and mix. Spread in tin and bake slowly until firm on the outside but still soft inside. Turn upside down on a large dish and leave to cool. It will shrink a little during cooling. Arrange fruit on top. Decorate with whipped cream.

by JANE LINCOLN

ICECREAM AND BUTTERSCOTCH SAUCE

Icecream:	Butterscotch Sauce:
1 pt. Milk	4 oz Soft Brown Sugar
2 tspn. Vanilla Essence	1 oz Butter
4 Eggs	2 tbsp. Boiling Water
4 oz Sugar (or to taste)	4 tbsp. (thin) Cream
$\frac{1}{2}$ pt. Cream (double)	$\frac{1}{2}$ tspn. Vanilla Essence
	4 oz Golden Syrup

Icecream: Boil milk then add to well-beaten eggs and sugar. Thicken custard by stirring over very low heat, taking care to avoid curdling. Remove from heat and when cold add cream and vanilla flavouring. Stir well. Freeze. When it is gently frozen, beat well and return to freezer. This icecream is nicest eaten not too frozen.

Butterscotch Sauce: Put syrup, sugar and butter in pan and stir gently over low heat until sugar is dissolved. Boil for 3 minutes, remove from heat and add boiling water carefully. Cool a little and add cream and essence. Serve cold with icecream.

If the icecream is beaten before it sets too hard, the texture is smooth and creamy and is free from ice particles. It is also delicious with crushed bananas mixed in - or any other soft fruit, and just served with a topping of cream.

by PAMELA RANDALL

MELON SURPRISE

Packet Jelly	2 pieces Stem Ginger
1 small can Evap. Milk	Glacé Cherries to decorate
$\frac{1}{2}$ Melon	

Dissolve jelly in a little hot water. Make up to $\frac{1}{2}$ pt with cold. Allow to cool. Whip milk until thick then whisk in jelly until almost set. Stir in chopped ginger. Scoop melon flesh with potato scoop (Put on one side). Put jelly into melon. Place scooped melon around dish. Decorate with cherries and chopped ginger.

by JANET LEE

SHERRY CREAM LOG

1 pkt. Maryland Choc& Nut Cookies	About $\frac{1}{2}$ bottle Sweet Sherry
$\frac{1}{2}$ pt. Double Cream	Few flaked Almonds, Glacé Cherries and Angelica for decoration.

Whip half the double cream in a basin, pour sherry into a basin and immerse biscuits one at a time in sherry, take out immediately, sandwich together with the whipped cream. Place biscuits sandwiched together with cream on to a piece of tin foil, parcel up and place in freezer for about 4-6 hours.

About an hour before serving whip the rest of double cream. Take biscuits out of foil and place on oblong dish. Cover with whipped cream and decorate with flaked almonds, glacé cherries and angelica. Keep in fridge until served.

by K. MOTTERAM

LEMON PUDDING

2 Eggs	6 oz Sugar
Juice and rind of 1 Lemon	2 dessertspoons Flour
$\frac{1}{2}$ pint Hot Milk	$\frac{1}{4}$ tspn. Salt

Beat egg-yolks, beat in sugar, lemon juice and flour, and add scalded milk. Fold in stiffly beaten egg-whites, lemon rind and salt. Pour into buttered dish. Stand the dish in a dripping pan of boiling water and bake at 375° for 45 minutes.

When baked, this pudding has a very light sponge top and a lovely lemon sauce underneath. The instructions should be followed exactly (also ingredients) - any deviation seems to result in disaster!

by SONIA FYNN

LEMON WHIP PUDDING

6 oz Caster Sugar	Rind & Juice of 1 large or 2 small lemons
1 level tbsp. Plain Flour	1 oz Butter
2 Eggs	Pinch of Salt
$\frac{1}{4}$ pt. Milk	

Sift flour, sugar, salt together. Beat in egg yolks, lemon rind, juice and milk. Melt butter and stir it into the mixture. Beat egg whites stiffly, fold lightly into mixture. Pour mixture into ungreased dish and stand in tin, surrounded by enough hot water to come half-way up the sides of the dish. Bake pudding in oven 380° F for 30-40 mins. until surface of the pudding is set. Sprinkle with caster sugar. Can also be eaten cold.

by LESLEY MAY

LEMON SAUCE PUDDING

2 Eggs	2 oz S.R. Flour
1 large Lemon	Pinch Salt
1 oz Butter	One Third pt. Milk
4 oz Caster Sugar	

Heat oven to 375°F. Grease 1 pt. pie dish. Separate eggs. Grate lemon rind and squeeze juice. Mix softened butter, sugar and rind. Beat in yolks and juice. Add flour, salt and milk in thirds alternately (it will look curdled), whisk egg whites to soft peak stage and fold into mixture. Pour into dish and stand the dish in a tin of cold water. Bake for 40 mins. and serve immediately.

by VIVIEN NEWELL

LEMON DELICIOUS PUDDING

2 Eggs	2 tbsp. Lemon Juice
1 tspn. grated Lemon rind	5 oz Caster Sugar
2 tbsp. Flour	2 tspn. Melted Butter
¼ pt. Milk	

Separate the whites and yolks of the eggs. Mix together in this order: lemon rind, lemon juice, sugar, flour, beaten egg yolks, milk and butter. Mix thoroughly, can be done in a blender when there is no need to beat egg yolks. Beat egg whites until stiff. Fold egg whites into lemon mixture. Pour into a greased baking dish and cook until set. Pudding separates into frothy top and creamy base. Temperature: 325°F for approx. 45 minutes.

by TERESA SHARP

LEMON FRIDGE CAKE

1 pkt Sponge Cakes	2 lemons, rind & juice
4 oz Butter	3 Eggs separated
6 oz Caster Sugar	

Cut sponges into three lengthways. Put layer of sponge at bottom of dish. Cream sugar and butter together add egg yolks and beat well, add juice and rind of lemons. Fold in well-beaten egg whites. Layer mixture with sponge finishing with mixture. Leave for at least 12 hrs in fridge. Decorate with cream.

by MARY BATES

GERMAN NUT CAKE

6 oz Margarine	3 Eggs
6 oz Sugar	$\frac{1}{4}$ lb Finely Chopped Nuts
8 oz Plain Flour	$\frac{1}{2}$ tspn. Vanilla Essence
1 heaped tspn. Baking Powder	

Mix together Baking Powder, marg., sugar, flour and eggs until creamy. Add vanilla essence. Stir in nuts. Put in well greased loaf tin. Bake in oven at 325° until firm to touch for 1 hour. Leave to cool. Slice and serve with cream.

by JOY GYFORD

STREUSAL CAKE

1 $\frac{1}{2}$ oz Margarine	Topping:
3 oz Caster Sugar	1 $\frac{1}{2}$ oz soft dark Brown Sugar
$\frac{1}{2}$ an Egg	$\frac{1}{2}$ tspn. Cinnamon
2 fl.oz Milk	1 level tbs. Plain Flour
3 oz Plain Flour	$\frac{1}{2}$ oz Melted Margarine
1 level tspn. Baking Powder	1 oz Nuts (chopped)

Grease, line 7" sandwich tin. Cream marg. and sugar, beat in the egg. Sieve half the flour and fold in. Add milk whilst folding in rest of sieved flour. Put into tin and spread out.

Make topping: Chop nuts, mix all dry ingredients together. Pour on melted marg. and mix well. Sprinkle evenly over the top of the cake mixture. Bake, Oven Reg. 4/350° for 35-40 mins.

Leave to cool in tin before removing as this cake tends to break easily. Good served with cream as a dessert. Also freezes well.

by FREDA WALKER

CHEESE CAKE - KASE TORTE (I)

4 oz Butter	Filling:
1 oz Caster Sugar	8 oz Cream Cheese
7 oz Digestive Biscuits, finely crushed	4 tbsp. Lemon Juice
2 oz Plain Chocolate	1 Egg, separated
	1 oz Caster Sugar
	$\frac{1}{4}$ pt. Milk,
	Few drops Vanilla Essence
	$\frac{1}{2}$ oz Gelatine
	1 oz Plain Chocolate

Grease an 8" flan ring. Add melted butter and the sugar to the biscuits. Press into the tin over the base and up the sides. Melt the chocolate and spread over the base. Leave in a cool place to harden. Soften the cheese with the lemon juice and beat until smooth. Beat the egg yolks with the sugar and the milk. Heat the egg yolk mixture gently in a double boiler, whisking until thick enough to coat the back of a spoon. Gradually stir the heated mixture with the essence into cheese mixture. Dissolve gelatine with a little water and stir into mixture. Whisk egg white stiffly and fold into mixture when it is on point of setting. Quickly pour into crust and leave to set. Melt remaining 1 oz chocolate and zig-zag over the top. Decorate with lemon slices

by MAE STANDING

CHEESE CAKE (II)

4 oz crumbled Digestive Biscuits	1 large Egg
2 oz Marg. or Butter	2 oz sifted Icing Sugar
4 oz Cream Cheese	Juice half Lemon
6 oz flavoured Yoghurt	$\frac{1}{2}$ oz Powdered Gelatine

Line base and side of tin with foil. Make crumble base, allow to set. Separate egg and beat yolk into the cream cheese with icing sugar. Put lemon juice into a pan. Sprinkle over the gelatine, then dissolve the grains over a low heat. When liquid is completely clear, stir it into the cream cheese mixture along with the flavoured yoghurt. Whisk egg white until it is stiff and fold it into the cream cheese mixture. Pour on to base, leave to cool, preferably over night to allow to set.

by ISOBEL MACNAMARA

PINEAPPLE SWEET

1 pkt Barmouth Biscuits	2 oz Caster Sugar
$\frac{1}{2}$ pt. Double Cream	2 oz Butter
Small tin Crushed Pineapple	1 Egg

Put half of the crushed biscuits in bottom of dish. Cream together the butter and sugar and add the egg gradually. Pour the creamed mixture over biscuits. Whip the cream till thick and add the pineapple (incl. juice). Pour this over the creamed mixture. Spread remaining crushed biscuits over the top. Leave in fridge for 24 hrs.

by ROSEMARY GREENHILL

HUNGARIAN CHOCOLATE CAKE

2 pkts Sponge Fingers	3 Eggs, separated
a little Milk & rum	3 oz dark Chocolate
3 oz unsalted Butter	$\frac{1}{2}$ pt. Whipping Cream
3 oz Icing Sugar	

Line a 2 pint pudding basin with greaseproof paper squeezed out in cold water. Line basin again with sponge fingers quickly dipped in milk and rum. Cream butter and sugar until light and fluffy. Beat in egg yolks. Soften chocolate over low heat, add to butter mixture. Beat egg whites until stiff, fold into mixture, pour into sponge finger mould. Cover top with dipped sponge fingers. Put greaseproof paper and a saucer on top. Refrigerate for 36 hours. To serve turn out and cover with whipped cream. Decorate with grated chocolate. Serves 6.

by HUGH WILLIAMS

CARMEL FLAN

1 Shortcrust Flan Case	½ pt. Double Cream
1 large can Condensed Milk	

Place can of condensed milk (unopened) in saucepan of water and bring to the boil. Boil for three and a half hours (check occasionally to see that can is well covered with water). Place contents of can in flan and smooth with knife. Whip cream and decorate.

N.B. When opening can be sure to cover with a cloth to protect your hands from contents.

by M. ROBINSON

BAKEWELL TART

4-6 oz Shortcrust Pastry	Raspberry Jam
2 oz Butter or Margarine	2 oz Semolina
2 oz Sugar	Almond Essence
1 Egg	A few whole Almonds

Line a flat dish with the pastry, spread with raspberry jam. Cream together the butter and sugar, beat in the egg, semolina and almond essence. Spread the mixture on top of pastry with whole almonds on top. Bake in hot oven (425°, Gas No. 7) for 30-35 minutes. Serve with custard.

by A. PURKISS

RASPBERRY AND BANANA TART

8 oz S.R. Flour	Filling:
4 oz Lard	Raspberry Jam &
8 tspn. Cold Water	Bananas

Make pastry in usual way, then divide in half. Line plate with one half, spread raspberry jam over pastry then slice bananas to cover jam. Cover filling with second round of pastry. Press edges together and bake 25-30 mins in moderate oven. When cooked sprinkle with caster sugar.

by M. MUNCEY

RASPBERRY AND BANANA TRIFLE

- | | |
|------------------------------|-------------------------------------|
| 4 slices Plain Sponge Cake | $\frac{1}{2}$ pint Custard Sauce |
| 3 heaped Tbsp. Raspberry Jam | $\frac{1}{4}$ tspn. Vanilla Essence |
| 4 thinly sliced Bananas | |

Cut the cake into $\frac{1}{2}$ " cubes and put in a serving dish or individual glasses, spoon the jam over the cake and top with banana. Warm the custard through and flavour it with vanilla essence. Let the custard cool slightly before pouring it over the banana. Chill the trifle in the refrigerator before serving.

Always a favourite with children and can be made with left over custard and stale cake.

by J. SMITH

APPLE PUREE PUDDING

- | | |
|---------------------------------|---|
| 1 pint sweetened Apple Purée | $\frac{1}{2}$ pint Double Cream (whipped) |
| 1 level tbsp. Powdered Gelatine | 1 level tbsp. Caster Sugar |
| Juice of a Lemon | 2 drops Vanilla Essence |
| 2 stiffly beaten Egg Whites | |

Dissolve the gelatine in lemon juice placed in a cup over hot water, stir it into the apple purée. Fold in the egg whites. Pour this mixture into a moist $1\frac{1}{2}$ pint mould and leave to set in the refrigerator for 2 hours. Before serving unmould the pudding and pipe on cream, sweetened with sugar and vanilla essence.

by J. SMITH

APPLE STRUDEL

- | | |
|----------------------------------|-------------------------------------|
| 12 oz Plain Flour | $1\frac{1}{2}$ -2 lb Cooking Apples |
| 3 oz Sugar | 4 oz Sultanas |
| 2 oz Yeast | Pinch Cinnamon |
| $\frac{1}{2}$ pint Milk (approx) | Dash Lemon Juice |
| 2 Eggs | 2 oz Apricot Jam |
| 10 oz Pastry Fat | 4 oz Icing Sugar |

Mix flour and sugar in mixing bowl, mix egg and yeast and milk together and add to flour and sugar and make a dough. Roll out dough, cut pastry fat into small pieces, place up one end of dough covering approx. half of dough. Bring other end of dough over to cover pastry fat. Roll out dough. Fold two ends to middle and then in half again. This is done three times to get pastry fat evenly into the dough. Then rest pastry for 10 mins. Roll out pastry very thin on table roughly 10" long and 7" wide approx. Place chopped apple down centre, sprinkle sultanas over top of apple and sprinkle cinnamon on the top. Fold one end of pastry over apple to cover and then bring other end of pastry over to give you a strip of pastry with filling completely covered. Mark strips with a knife to let out the air. Place on a well greased tray and leave in a very warm place to allow pastry to rise for approx. 20 mins. Then place in oven 420°F and bake until golden brown. Leave to cool. Boil apricot jam and brush over strips and allow to set. Make thin water icing adding dash of lemon and brush this over strips. Allow to set and then cut into strips of what size you require.

by MARION GATES

ICED RHUBARB AND ORANGE PIE

8 oz Wholemeal Flour	2 oz Gran. Sugar
Pinch Salt	(if using fresh fruit)
2½ oz Margarine	Rind and Juice of ½ med.
2½ oz Lard	Orange
6 oz compressed Dates, chopped	5 oz Icing Sugar, sifted.
½ lb fresh Rhubarb, sliced, or	
1 lb 3 oz Tin Drained	

Turn on oven, moderately hot, 400°F (Mark 6). Put flour and salt in a mixing bowl. Rub in margarine and lard until mixture resembles fine breadcrumbs. Mix in 3 tbsp. water to make a dough. Roll out two thirds of dough and line an 8" pie plate or loose based flan tin. Put half the dates and half the rhubarb on the pastry. Sprinkle granulated sugar on top, if needed. Peel off a little of orange rind and cut into thin strips for decoration. Finely grate rest of rind and squeeze out the juice. Sprinkle grated rind and juice over dates and rest over rhubarb. Roll out rest of pastry and make a lid for pie. Seal edges and make a few slits in top. Bake in centre of oven for 30-40 minutes. Mix icing sugar with about 1½ tbsp. water to make a spreadable icing. Spoon on to pie - finish off with rest of dates and the strips of orange rind.

by M. G. FRANKLIN

FRUIT WONDER

Suet Crust:	Filling:
4 oz S.R. Flour	Any fruit in season (apple,
2 oz shredded Suet	blackberries, plums, etc)
Pinch Salt	Topping:
	2 dessertspoon Golden Syrup
	2 dessertspoon Brown Sugar

Mix S.R. Flour, suet and salt with enough water to make a stiff dough. Place desired fruit into steep sided basin or casserole dish (soufflé dish ideal) with 2 dessertspoon water and sugar to sweeten. Roll out pastry large enough to cover top of fruit inside basin and slightly up the edges. Spread golden syrup on top of pastry and sprinkle the sugar over the top. Bake in oven 375° (Gas No. 5) for approx. 35 minutes. Serve with custard or cream.

by JUNE GODBOLD

WINTER PUDDING

5 oz Butter	2 oz Angelica, chopped
2 oz soft Brown Sugar	4 oz cooked Prunes, stoned
1 doz Glacé Cherries	3 oz Caster Sugar
12 dried Apricots, soaked overnight then drained	2 Eggs
	1 oz Ground Almonds
	3 oz S.R. Flour

Preheat oven to 325°F or Gas 3 (170°C). Well butter a 2 pint ovenproof dish. Melt 2 oz butter and pour into dish. Sprinkle with sugar then cover with 6 halved cherries, half the apricots, half the angelica and half the prunes. Chop remaining fruit fairly finely. Cream rest of butter with sugar until light and fluffy. Beat in eggs then stir in chopped fruit with almonds. Fold in flour lightly then transfer mixture to prepared dish. Bake in centre of oven for 1½ to 1¾ hours or until wooden cocktail stick, inserted, comes out clean. Turn out on to warm plate and serve with cream or custard.

by CHRISTINA ALLCOCK

DANISH APPLE CAKE

4 oz Butter or Marg.	1 Egg
2 oz soft dark Brown Sugar	1 lb Cooking Apples
2 oz Gran. Sugar	4 oz Sultanas
8 oz S.R. Flour	

Melt butter in saucepan. Mix in sugar, beat in egg, fold in the flour. Put two thirds mixture into a greased loose bottom 8" tin. Layer sliced apple and sultanas. Put remaining mixture in blobs on the top. Bake Gas 6-7 or 400° for about 45 minutes.

by ANN BARNICOAT

RICE TART

1 pint Milk	Lemon
1½ oz Sugar	Nutmeg
3 oz Rice	2 tbsp. Rum
2 oz Butter	2 oz Sultanas
2 Eggs	

Boil rice in milk with rind of lemon until nearly cooked. Add butter, sugar, nutmeg, rum, sultanas. Let cool a little. Beat separately whites and yolks of eggs (whites should be stiff). Mix in first yolks then whites. Bake in oven for 20 minutes at Reg. 4-5 or 350-375°. Serve cold.

by JANE LINCOLN

BREAD PUDDING (I)

12 oz Bread inc. crusts	2 level tspn. Mixed Spice
3 oz prepared, shredded Suet	1 level tbspn. Golden Syrup
2 oz Caster Sugar	1 oz Gran. or Demerara Sugar
8 oz Mixed Dried Fruit	

Brush the 7" square tin with melted fat. Cut up bread roughly, put it into a basin and saturate with cold water. Leave to soften then turn into a colander and squeeze out as much liquid as possible. Put the bread into a mixing bowl and beat with a fork until smooth. Add suet and caster sugar, dried fruit and mixed spice and mix very well together. Stir in syrup (although syrup is not essential) and when pudding is properly mixed turn it into the prepared tin and smooth over the surface. Sprinkle the top with sugar. Bake the pudding in a moderately hot oven 375° or Gas Mark 5 for an hour.

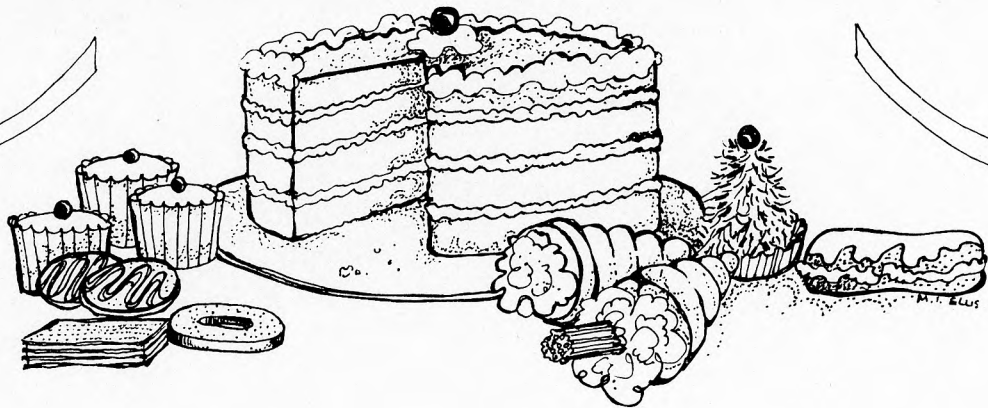
by MARY BRIM

BREAD PUDDING (II)

½ lb stale Bread	3 oz Suet
3 oz Sugar	½ tspn. Spice
3 oz Raisins	1 Egg
3 oz Currants	Little Milk

Soak bread and when well soaked drain. Break it up with a fork and add sugar, suet, fruit and spice and mix up well and add egg and milk. Make nice and moist. Well grease Pie Dish. Put in mixture and bake for about one hour centre oven 375°. Mixed fruit can be used if preferred. Knobs of butter put on top of pudding in oven improves this pudding.

by R. HUCKLE



Cakes and Biscuits

NEW BANANA CAKE

2½ cups sifted S.R. Flour	1 cup Buttermilk
1.2/3 cups Caster Sugar	5 large ripe Bananas
½ tspn. Salt	2 Eggs
5 oz Butter or Margarine	¼ lb freshly ground Nuts (Hazel & or Walnuts)

Sift salt and flour, add sugar and rub in fat, add nuts. Mix eggs and buttermilk. Mash bananas. Beat all together until smooth and put in greased cake tin. Bake in oven at Mark 5 gas or 350-400° F. electric for about three quarters of an hour or until done.

by BETTY GIBSON

COCONUT CAKES (I)

6 oz S.R. Flour	1 Egg
5 oz Gran. Sugar	4 tbsp. Milk
2 oz Desiccated Coconut	a little grated Lemon Rind, or
3 oz Margarine	1 tspn. Milk

Rub the margarine into the flour. Stir in the sugar and coconut and mix with the beaten egg and milk. Bake in greased patty tins or paper cases. This quantity makes about 16 small cakes. Bake at 450° for 15-17 mins. using the third runner from top and first runner from the bottom of an oven with side and bottom heating. For ovens with side heating only, use the same runner positions but after the top tray cakes are removed, move the lower tray to higher position.

by J. CARTER

COCONUT CAKES (II)

4 oz Margarine	2 Eggs
4 oz Sugar	1 tbsp. Golden Syrup
3 oz Desiccated Coconut	5 oz S.R. Flour

Cream fat and sugar. Beat in eggs, one at a time. Add syrup. Add flour and coconut. Put in small cake tin. Cook for about 15 minutes in moderate oven.

Cakes stay moist longer, with the addition of golden syrup.

by SYLVIA BARRATT

COCONUT TART FILLING

4 oz Margarine	6 oz Short Crust Pastry
2 oz Sugar	
8 oz Desiccated Coconut	
1 large Egg	

Melt margarine over low heat, add sugar, coconut and egg and mix well. Line a 7" pastry tin with shortcrust pastry and bake blind. Spread pastry case with a thin layer of jam. Top with filling and bake until golden brown at 420°F.

by J. SMITH

COCONUT MERINGUE COOKIES

Topping:	Base:
2 Egg Whites	3 oz Margarine
2 oz Coconut	4 oz Caster Sugar
4 oz Caster Sugar	2 Egg Yolks
Chopped Cherries & Nuts	2 tbsp. Milk
	Few drops Vanilla Essence
	6 oz S.R. Flour
	$\frac{1}{2}$ tspn. Salt

Cream Margarine and sugar, beat in egg yolks, milk and essence. Fold in flour and salt. Line and grease swiss roll tin, press mixture into tin.

Beat egg whites until stiff, add coconut and sugar. Spread mixture over base and sprinkle with cherries and nuts. Bake in moderate oven 325°F, gas Mark 3, for about 30 minutes. When cold, cut into slices and remove from tin.

by GWEN BONFIELD

CIDER CAKES

8 oz Butter	1 lb S.R. Flour
4 Eggs	$\frac{1}{2}$ pint Cider
8 oz Sugar	1 tspn. Nutmeg

Beat butter and sugar to a cream, add beaten eggs and nutmeg, then stir in flour and cider alternately. Bake in small buttered patty pans in a moderate oven. When done, dust with sugar and cool on wire tray.

by BETTY GIBSON

GRIESTORTE

3 Eggs
 4 oz Caster Sugar
 2 oz Semolina
 Rind & Juice of $\frac{1}{2}$ Lemon
 $\frac{1}{2}$ oz Ground Almonds

Filling No. 1:
 3 Peaches, fresh
 2 oz Sugar
 $\frac{1}{2}$ pint Double Cream

Filling No. 2:
 2 Egg Yolks
 5 oz Sugar
 $\frac{1}{2}$ pint Double Cream
 Chopped Brown Nuts
 Grated Rind and Juice of 1 Lemon
 Water to make up to $\frac{1}{2}$ pint
 1 tspn. Cornflour

Separate the eggs and beat the yolks and sugar together until thick and mousse-like, then add the grated rind and juice of the lemon and continue to beat for 2-3 minutes. Stir in the semolina and almonds, then whisk the egg whites until stiff but not dry and fold into the mixture. Turn into an 8" moule à manqué or sandwich tin which has been greased and floured and the bottom lined with greaseproof paper. Bake in a moderate oven (Reg. 4 or 350°F) for 30-40 minutes. Cool on a rack, split and fill when cold.

Filling No. 1 - Scald the peaches and peel. Slice and cover with sugar. Leave for 15 minutes. Whip the cream adding the juice from the peaches gradually. When stiff fold in the peaches and fill the cake. Dust the top with icing sugar.

Filling No. 2 - Beat egg yolks, sugar and lemon rind together. Add juice and water to cornflour and add this to the egg mixture. Mix well and bring slowly to the boil stirring all the time. Cool. Whip cream stiffly and fold in lemon mixture. Fill the cake with half the mixture, spread a thin layer round the sides and roll in nuts. Spread the rest of the mixture on the top.

by DIANA ROBERTS

NUSSKUCHEN

4 oz Butter
 4 oz Sugar
 2 large Eggs
 $1\frac{1}{2}$ oz Ground Hazel Nuts (toasted)

4 oz S.R. Flour
 1 tspn. Instant Coffee
 1 tbsp. Warm Milk

Soften butter in a bowl, add sugar and beat until light and fluffy. Separate the eggs and beat the egg yolks into the butter and sugar. Stir in the prepared nuts. Dissolve the coffee in warm milk. Sift the flour and whisk the egg whites until stiff. Fold the flour into the mixture with the coffee flavoured milk, then fold in the egg whites. Turn mixture into prepared tin and bake for about 25 minutes until cake is firm to touch and has shrunk slightly from sides of the tin.

by OLIVE WALKER

LEMON CAKE

6 oz Butter
 6 oz Caster Sugar
 2 large Eggs
 2 Egg yolks
 6 oz S.R. Flour, sifted
 Grated rind of 2 Lemons
 Juice of half a Lemon

Butter Cream & Decoration:
 2 Egg Whites
 4 oz sifted Icing Sugar
 8 oz Unsalted Butter
 Juice of 1½ small Lemons
 2 oz chopped Nuts
 4 Crystallized Lemon Slices

Brush a 7" square tin with melted fat and line base with a piece of grease-proof paper cut to fit; brush the paper lining also. Beat butter for the cake until soft, then add the caster sugar and cream them together until light and fluffy. Beat eggs and yolks together, add gradually to the creamed mixture, beating well. Finally stir in the sifted flour with lemon rind and juice. Turn mixture into tin, spread it to the sides, leaving centre slightly hollow. Cook on centre shelf, moderate oven 350°F, Gas Mark 4, for about 1 hour until golden brown and springy to the touch. Cool on wire tray.

To Decorate - split the cake in half, spread it with a little buttercream, then sandwich the halves back together. Spread the rest of the buttercream over the top and sides. Stand cake on large piece of greaseproof paper, sprinkle the nuts on the paper around it. Using a palette knife lift the nuts up the side of the cake, pressing them in as you work. Mark cake into 16 squares with the back of a knife and decorate each square with a quarter piece of a crystallized lemon slice.

This cake can be frozen and kept in the deep freeze for 2 months. For freezing put on a board in freezer uncovered for 5 hours until solid, then put cake in a polythene bag and seal.

by EVELYN WILDING

CHOCOLATE CAKE

8 oz Margarine
 8 oz Caster Sugar
 12 oz S.R. Flour
 4 Eggs
 2 oz Cocoa
 6 tspn. Milk

Filling:
 3 oz Butter or Margarine
 6 oz Icing Sugar
 2 tspn. Cocoa

Cream Margarine and sugar. Beat in eggs, one at a time. Sieve cocoa and flour and fold into mixture. Add milk to moisten. Put into two Victoria sandwich tins. Cook in an oven at 350°F, Gas Mark 4 and bake for 25-30 minutes.

Mix filling by placing all ingredients into a bowl and creaming together. When cake is cold sandwich together.

by M. GIARDIELLO

OLD FASHIONED GINGERBREAD

12 oz S.R. Flour	2 tbsp. Dark Treacle
1 tspn. Ground Ginger	1 Egg beaten, with
1 tspn. Mixed Spice	1 teacup Milk
6 oz Sugar	
4 oz Margarine	

Mix flour and spices, beat sugar and margarine to a smooth cream, stir in the treacle, then add the dry ingredients and beaten egg and milk, a little at a time. Mix thoroughly. Chopped dates or raisins can be added as a change. Pour into shallow, well-greased tin and bake in a moderate oven 375°F for three quarters of an hour. Cut into fingers or squares.

by E.M. WATTS

GINGERBREAD SPONGE

2 cups S.R. Flour	2 tspn. Ginger
1 cup Sugar	3 oz Margarine
2 tbsp. Golden Syrup	1 Egg
1 cup Milk	Small tspn. Bicarbonate of Soda
	mixed in a tiny amount of vinegar

Heat margarine, syrup and milk in saucepan, add bicarb (mixed). Mix flour, ginger and sugar in a bowl and stir cooled mixture in saucepan. Stir in beaten egg. Pour into well greased baking tin and bake for 30 minutes at 350°.

by P. BONFIELD

CHERRY CAKE (I)

8 oz Flour	4 oz Margarine
4 oz Sugar	2 Eggs beaten with 4 tbsp. Milk
6 oz Cherries (cut in quarters)	and 12 drops Vanilla Essence

Mix the flour and cut cherries, beat the sugar and margarine to a cream, then stir in the beaten liquids and the flour (alternately a little at a time) and mix thoroughly. Use a well greased 6" cake tin (3" deep) and bake in a moderate oven (350° - 375°F) for about an hour and a quarter.

by MRS. PURKISS

CHERRY CAKE (II)

6 oz Butter or Margarine	8 oz S.R. Flour
6 oz Caster Sugar	1 oz Ground Almond
6 oz Cherries, washed & dried	3 small Eggs

Cream butter and sugar. Add eggs separately, beating each one well into mixture. Fold in the flour and cherries. Turn into a greased and papered tin. Bake in moderate oven, 350°. Turn low for 50 minutes. Switch off for the last half hour. Time 1½ hours.

by MARGARET ASKEM

DEVONSHIRE BLOCK CAKE

6 oz Flour	8 oz Currants
3 oz Butter	2 oz Candied Peel
3 oz Caster Sugar	2 Eggs
2 oz Black Treacle	2 tbsp. Milk

Work butter to a cream, add sugar and treacle and beat well. Break in eggs one by one, beating between each egg, after which add the milk (luke warm). When this has been beaten, add currants, peel and lastly flour. Beat well and bake in a slow oven (325°) for 1½ hours.

by MAVIS PAGE

SODA CAKE

1 lb Flour	¼ lb Currants
½ lb Fat	¼ lb Raisins
½ lb Sugar	¼ lb Peel
1 tspn. Mixed Spice	¼ pint Milk
¼ lb Sultanas	1 tspn. Bicarbonate Soda

Rub the fat into the flour, add the sugar and other ingredients, except the soda. Dissolve the B. Soda in teaspoon of milk or water and add last. Mix thoroughly and bake for approximately 2 hours (325°)

by P. CALLAN

MAGIC QUICKIE CAKE

8 oz S.R. Flour	2 Eggs
4 oz Sugar	¼ tspn. Mixed Spice
12 oz Dried Fruit (mixed)	Pinch of Salt
4 oz Margarine	

Mix all ingredients in a bowl and beat for five minutes. Cook in a moderate oven, 300°F, Gas 2 or 3 for 2 hours.

by R. SEATON

CHILDREN'S TREAT YUM-YUM

Base:

3 oz Butter
 2½ oz Caster Sugar
 6 oz S.R. Flour
 2 Egg Yolks
 ½ tspn. Vanilla Essence

Topping:

2 oz chopped Nuts or Coconut
 2 oz Glacé Cherries, chopped
 4 oz Caster Sugar
 2 Egg Whites

Mix base ingredients to dough. Press into swiss roll tin. Mix ingredients for topping: fold into stiffly beaten egg white. Spread over base and bake for 40 minutes at 300°.

by PAM WILCOX

BOILED FRUIT CAKE (I)

'A'

1 lb Mixed Fruit
 1 tspn. Mixed Spice
 1 tspn. Bicarb.
 ¼ lb Margarine
 1 cup Sugar
 1 cup Water

'B'

1 cup S.R. Flour
 1 cup Plain Flour
 2 Eggs

Boil ingredients 'A' for one minute. Add ingredients 'B', mix and put into cake tin. Bake for 1-1½ hours at 350°, third shelf up.

A rich, moist, delicious fruit cake every time!

by SONIA FYNN

BOILED FRUIT CAKE (II)

3 cups Dried Fruit (currants,
 sultanas, etc. not cherries)
 1 cup Sugar
 4 oz Margarine
 1½ cups Water
 1 tspn. Bicarbonate of Soda

2 cups Plain Flour
 1 heaped tspn. Baking Powder
 1 tspn. Mixed Spice
 1 beaten Egg

Put first five ingredients into saucepan and boil for 25 mins. Boil gently. Cool until luke warm. Add other dry ingredients and beaten egg. Mix well. Pour into lined, well-greased cake tin and bake for 1¼ - 1½ hours. Oven temp. 350°F, Gas Reg. 4. Cover with brown paper half-way through cooking. When cooked remove from tin and cool on wire tray.

Leave a couple of days if possible before cutting.

by GILLIAN TRUSSELL

FRUIT CAKE

1 lb Sultanas
 ½ lb Margarine
 1 cup Sugar
 1 cup Water

1 tspn. Bicarbonate Soda
 2 Eggs
 2 cups S.R. Flour

Put in saucepan sultanas, margarine, sugar, water and Bicarb. and bring to boil and stir for 10 minutes. Leave to cool. Then add eggs and flour. Put in oven for 1½ to 2 hours at 325°.

by M. YOUNG

RICH FRUIT CAKE

6 oz Butter or Margarine
 6 oz Brown Sugar
 3 Eggs
 ½ lb S.R. Flour
 Pinch Salt
 ½ tspn. Mixed Spice

½ lb Currants
 ½ lb Sultanas
 2 oz Peel, mixed
 1 oz Cherries
 1 tbs. Treacle
 ¼ gill Brandy or Sherry

Grease tin and line with 3 layers of greaseproof paper. Beat butter till softened. Gradually beat in sugar. Beat until fluffy. Add 1 egg, sprinkle with a little flour and beat until blended. Repeat, adding egg, dredging with flour and beating until all eggs have been incorporated in the fat and sugar. Sift remainder of flour with salt and spice. Stir into egg mixture, then stir in currants, sultanas and peel. Stir in cherries, lastly stir in treacle with brandy or sherry. Place in prepared tin (7½" x 3"). Hollow out centre. Bake in slow oven, 300°F for 3½ hours until dry in centre when tested with a heated skewer.

by JOAN STOTT

SULTANA FRUIT CAKE

4 oz Butter or Margarine
 8 oz S.R. Flour
 Pinch of Salt
 4 oz Sugar

4 oz Sultanas (or more if liked)
 2 Eggs, beaten
 about 4 tbs. Milk to mix

Line a 7" cake tin. Rub the fat into the flour and salt until the mixture resembles fine breadcrumbs. Stir in the sugar and fruit. Make a well in the centre, pour in the egg and some of the milk and gradually work in the dry ingredients. Adding more milk if necessary to give a dropping consistency. Put the mixture into the tin and level the top. Bake in the centre of the oven for about 1 hour, until the cake is golden brown and firm to the touch. Oven temperature 350°F, Mark 4.

Especially nice if somebody only likes a very light fruit cake.

by W. ROBINSON

CUT AND COME AGAIN CAKE

8 oz S.R. Flour	9 oz Mixed Dried Fruit
$\frac{1}{2}$ tspn. Salt	1 Egg
1 tspn. Mixed Spice (optional)	$\frac{3}{4}$ gill Milk & Water
4 oz Butter or Margarine	1 tspn. grated Orange or
4 oz Sugar	Lemon Rind

Sieve flour, salt and spice (if any) together in a mixing bowl. Add fat and rub into flour, then stir in sugar, fruits, etc. Add beaten egg, milk and water. Bake in a lined tin (6"), for 1 hour 20 minutes. The cake may also be baked in a lined 2 lb loaf tin for $1\frac{1}{2}$ hours. Oven 350°F .

by E. MURPHY

TOSS-IN FRUIT CAKE

4 oz Margarine	1 tspn. each of Mixed Spice
8 oz S.R. Flour	and Cinnamon
4 oz Sugar	$\frac{1}{2}$ tspn. Nutmeg
12 oz Mixed Fruit plus	$\frac{3}{4}$ Cup Milk
4 oz Currants	1 tspn. Vanilla Essence
2 Eggs	1 tspn. Almond Essence
Pinch Salt	Sherry, if liked

Melt margarine in saucepan. Mix all ingredients together in bowl. Add melted margarine and mix well. Put into 6" cake tin. Bake at 275° for 2-2 $\frac{1}{2}$ hours. Best kept for 1 or 2 weeks before eaten.

by M. HUMBERSTONE

WHOLEMEAL SULTANA CAKE

8 oz Butter or Margarine	1 tspn. Baking Powder
8 oz Soft Brown Sugar (light)	12 oz Sultanas
3 Eggs	4 oz Glacé Cherries, halved
12 oz Wholemeal Flour	Milk

Cream together butter and sugar until fluffy. Beat in the eggs one at a time. Sift together the flour and baking powder and fold into the mixture. Add the sultanas and cherries and a little milk if the mixture is too stiff. Turn into a greased and lined 8" cake tin and bake in a moderate oven 325° for approximately 1 hour.

Optional Extra: Soak sultanas in a little brandy for about 1 hour before use.

by JOYCE BRADSHAW

STRAWBERRY CUPS

8 oz Plain Chocolate
1 x 10 oz tin Strawberries

1 pkt. Strawberry Blancmange
Cream to decorate

Melt the chocolate over pan of hot water and when melted use to line 8 plain paper cases (use double for support). Leave to dry and when set peel off the paper. Make up strawberry blancmange according to direction. Leave to cool for 10 mins. Stir in drained can of strawberries. Leave until nearly set, fill chocolate cups, leave to set. Decorate with whirls of cream.

by MOIRA LEONARD

BANANA-CREAM BOATS

4 oz sweet Shortcrust Pastry
3 Bananas
 $\frac{1}{4}$ pint Whipped Cream
1 dessertspoon Rum

1 dessertspoon Sugar
Few drops of Cochineal
1 oz chopped Almonds
few drops Green colouring

Line small oval shaped tins with pastry. Bake blind for 10 minutes in hot oven. Reg. Mark 7 or 450⁰F. Beat or sieve bananas; mix with rum and sugar. Add cream and a little pink colouring. Chill then pipe or pile into boats. Work green colouring into almonds and sprinkle over banana filling.

by E.K. PURKISS

TANGERINE TARTLETS

A piece of Shortcrust Pastry
Strained Juice of 2 Tangerines
Grated rind and juice of $\frac{1}{2}$ Lemon
2 oz Desiccated Coconut

1 Egg Yolk
2 oz Caster Sugar
 $\frac{1}{2}$ pint cold Water
 $\frac{1}{2}$ oz Gelatine

Put the gelatine and water into a stewpan and stir gently over a mild heat until gelatine is dissolved. Then add the strained juice of the lemon and tangerines, the lemon rind, sugar and coconut and lastly the well-beaten yolk of the egg. Stir continually over a mild heat until the mixture thickens, and then let cool. Meanwhile roll out the pastry to the thickness of $\frac{1}{4}$ " and line some patty tins. Fill the pastry cases with the mixture and bake in a moderate oven.

by JENNIFER ELLIS

NO-BAKE CHOCOLATE CAKE

$\frac{1}{2}$ lb Biscuits (broken, plain or sweet)	1 tbsp. Golden Syrup
$\frac{1}{4}$ lb Margarine	1 tbsp. Sugar
2 oz Cocoa	2 oz Chocolate (plain or milk)

Beat margarine, sugar and cocoa. Stir in syrup. Add crushed biscuits and mix until well coated. Press the mixture firmly into a greased tin about 7" square. Melt the chocolate and pour over the top. Leave to set, preferably in fridge.

A safe and easy recipe for children which is always a success.

by JENNIFER PERL

PETIT BEURRE CAKE

$\frac{1}{2}$ lb pkt. Petit Beurre Biscuits	3 oz Caster Sugar
4 oz Plain Chocolate	1 Egg
4 oz Butter	Cream to decorate plus nuts

Break the chocolate into pieces and melt in a bowl over boiling water. Cream together the butter and sugar. Add the yolk of the egg, and then the stiffly beaten egg white. Then stir in the melted chocolate. Dip the biscuit briefly in milk, and arrange on a plate, sandwiching together in layers with the chocolate mixture - finally covering the whole with chocolate mixture. Decorate as wished with cream and chopped nuts.

Fairly long-lasting and can be put in fridge, but needs bringing out well before eating to give it a chance to soften up.

by LESLEY KINGHAM

CHOCOLATE BISCUIT CAKE

$\frac{1}{2}$ lb Morning Biscuits	4 oz Glacé Cherries
$\frac{1}{2}$ lb Bournville Chocolate	2 heaped tbsp. Sugar
$\frac{1}{2}$ lb Butter	2 Eggs
4 oz Walnuts	

Beat sugar and eggs together in a large bowl. Chop nuts and slice cherries. Warm butter and melt chocolate in basin over a saucepan. Add melted butter to sugar and eggs. Then beat in melted chocolate. Stir in broken biscuits until well coated with chocolate mixture. Add nuts and cherries. Pour into greaseproofed cake tin, smooth surface. Decorate with halves of cherries. Put in a cool place until hard.

This cake can be stored in the fridge.

by ERIKA LESTER

PEPPERMINT FUDGE SLICE

Fudge:

1 lb Gran. or Loaf Sugar
 ½ pint Milk, Condensed Milk,
 or Cream
 2 oz Margarine or Butter
 Few drops Green Colouring
 3-6 tbsp. Cream

12-13 Digestive Biscuits
 1½ oz Caster Sugar
 3-4 oz Margarine or Butter
 ½-1½ lb Plain Chocolate (melted)

Put fudge ingredients into strong saucepan. Stir until sugar has dissolved. Boil steadily until forms soft balls in cold water, or reaches 238°F. Remove from heat. Beat cream in until mixture starts to thicken.

Crush the biscuits until just crumbs. Add sugar and mix with melted butter. Spread on base of a greased ovenproof tin. Leave to set. Add fudge as soon as ready. Spread evenly. Spread the chocolate over top. Leave overnight or for at least twelve hours.

To make less crumbly, add more cream in the fudge stage.

by SARAH CLARKE

MOCHA CAKE

6 oz Semi-sweet Biscuits
 6 oz Plain Chocolate
 6 oz Butter or Margarine
 1 Egg Yolk
 1 dessertspoon Rum
 ½ tspn. Vanilla Essence

2 tbsp. Evaporated Milk
 1 tbsp. Instant Coffee
 2 oz Chopped Almonds
 6 oz Icing Sugar

Break the biscuits into very tiny pieces. Break up chocolate and melt in large bowl over simmering water. Add butter by degrees, stirring after each addition until smooth. Remove bowl from water and stir in egg yolk beaten with the rum and essence. Beat milk and add to chocolate mixing well. Stir in almonds, biscuits, sifted icing sugar and coffee. Turn into prepared tin, level top and press down. Leave in cold place until firm (fridge).

To prepare tin, lightly oil inside of a 7" x 5" x 3" loaf tin. Lay a long piece of oiled greaseproof paper extending from each end along the bottom.

When cake is set, cut along both sides and pull paper ends to turn out. Decorate with Mocha Choc., Glacé or Butter Icing. Put a row of cherries and nuts on top.

There is a less complicated recipe using ½ lb broken sweet biscuits, ¼ lb butter, 1 tbsp. sugar, 1 tbsp. chocolate, 1 tbsp. golden syrup and 1 egg. Melt butter, sugar, syrup in saucepan, add biscuits and choc. Proceed in same way and decorate with melted chocolate.

by JANE TYRWHITT DRAKE

ALMOND CAKES

1 sheet Rice Paper	4 oz Caster Sugar
1 standard Egg, very new laid	Grated rind of one small Orange
4 oz freshly Ground Almonds	Icing Sugar to dredge

Turn on oven and set at moderate, 350°F electric or Mark 4 gas. Cover a baking tray with rice paper or lightly grease baking sheet.

Separate egg. Mix egg yolk, almonds, caster sugar and orange rind. Whisk egg white until stiff, fold into mixture. Drop in teaspoonsful on to baking tray. Bake in preheated oven (centre) for 15 minutes. Dredge heavily with icing sugar.

by BETTY GIBSON

HEEBY JEEBY

Filling:	Mixture:
1 cup Soft Brown Sugar	3 cups Rolled Oats
1 cup Water	1½ cups Plain Flour
1 lb Cooking Dates	1 cup Soft Brown Sugar
Juice of 1 Lemon	1 cup Melted Lard
	1 tspn. Bicarbonate Soda

Filling - put all ingredients in saucepan and boil until thick.

Mixture - mix all ingredients together and press half mixture firmly into roasting tin. Cover with boiled filling. Put remainder of mixture on top. Press down. Bake in moderate oven (375°) for 30 minutes until golden brown. Cut in slices and dredge with icing sugar.

by MILDRED SHACKLEY

SHORTIES - CHOCOLATE OR GINGER

5 oz Margarine	Icing:
3 oz Caster Sugar	2 oz Margarine
6 oz Plain Flour	1 dessertspoon Syrup
2 tspn. Ground Ginger or	4 tbsp. Icing Sugar
Cocoa	2 tspn. Ginger or Cocoa

Cream fat, sugar and margarine. Add ginger (or cocoa) and flour. Press into swiss roll tin and bake in a cool oven until slightly brown. (if over-cooked it will be hard).

Icing - melt margarine in a saucepan. Add syrup and ginger (or cocoa). Add icing sugar and stir until smooth. Pour over cake while warm. Cut into pieces and leave in tin until cold.

by L. HIGGINS

SHORTBREAD (I)

8 oz Plain Flour
4 oz Cornflour

4 oz Icing Sugar
8 oz Butter

Set oven at 300°F and turn down to 250°F when you put shortbread into oven. Mix ingredients and knead. Bake for about 1 hour or longer.

by ISOBEL MACNAMARA

SHORTBREAD (II)

7 oz Plain Flour
7 oz S.R. Flour
4 oz Caster Sugar

3 oz Ground Rice
10 oz Butter

Mix all ingredients to a soft dough. Knead until smooth. Press into sandwich tins, prick tops to prevent rising. Bake in moderate oven, 325°, for 45 minutes or golden brown. Mark top in pieces while still warm, but leave in tins until cold. Sprinkle with caster sugar.

This quantity will make three shortbreads, sandwich tin size.

by ENA BANKS

TREACLE CRUNCHIES

4 oz Margarine
8 oz Digestive Biscuits
(crumbled)

1 heaped tbsp. Treacle
12 oz Cooking Chocolate

Melt margarine in a saucepan, add treacle, when melted break and add chocolate. Stir until dissolved. Remove from heat and allow to cool. While still warm add biscuit crumbs. Place on a buttered tray in small heaps. Leave for ½ hr. to set.

by DOROTHY WILSHER

CRISPY FINGERS

6 oz Dates
2 oz Gran. Sugar
4 oz Glacé Cherries

4 oz Margarine
3 oz Rice Crispies
6 oz Cooking Chocolate

Place dates, sugar and margarine in a saucepan and simmer over gentle heat until dates are soft. Add cherries (may be halved, quartered or left whole) and Rice Crispies (puffed wheat may be used) and press very firmly into swiss roll tin. When cool pour over melted chocolate. Cut into fingers when cold.

by MRS. HARRISON

CRUSTY OATCAKE

4 oz Plain Flour
 4 oz Caster Sugar
 4 oz Desiccated Coconut
 4 oz Porridge Oats
 1 level tbsp. Golden Syrup
 2 tbsp. Warm Water

1 level tspn. Bicarbonate Soda
 2 oz Lard
 2 oz Margarine
 For the topping:
 Juice of one lemon
 About 4 oz Caster Sugar

Sieve the flour into a bowl, stir in the desiccated coconut, caster sugar and porridge oats. Cut the fats into small pieces and rub them lightly into the dry ingredients. Stir in the golden syrup. Dissolve the bicarbonate of soda in the warm water and add this to the other ingredients, then press them all together with the hands. Turn the mixture into a swiss roll tin 12" x 8" and smooth it out evenly. Bake the crusty oatcake on the centre shelf of a cool oven, Gas Mark 2 or 300°, for 35 minutes.

Meanwhile mix the lemon juice with enough of the caster sugar to make a thin paste. When the tray bake is cooked, remove it from the oven and immediately spread the lemon and sugar mixture over the surface. Leave the tray bake to cool before cutting it into triangles.

by CHRIS HUCKLE

PEANUT BUTTER COOKIES

2 oz Butter
 2 oz Soft Brown Sugar
 2 oz Gran Sugar
 1 large Egg
 Few drops of Vanilla Essence

4 oz Peanut Butter
 3 oz Plain Flour
 ½ level tspn. Bicarbonate
 of Soda

Cream together the butter and sugars until light and fluffy. Gradually beat in the egg. Beat in the peanut butter and vanilla essence. Sift the flour and bicarbonate of soda together and fold into the creamed mixture. Roll the dough into about 16 small balls and place well apart on greased baking trays. Dip a fork in a little flour and press criss-cross lines on each ball. Bake for 20 minutes until golden brown at 350°F or Mark 4. Leave to cool on a wire rack.

by JOYCE MORLEY

RICH BISCUITS

8 oz S.R. Flour
 4 oz Caster Sugar
 4 oz Margarine or Butter

1 Egg, beaten
 Rind & Juice of ½ Lemon

Mix flour and sugar in a bowl. Rub in margarine until breadcrumbs. Add grated rind of lemon. Mix to a stiff paste with beaten egg and lemon juice. Roll out thinly and cut into rounds approximately 40 with a scone cutter. Place on a greased baking sheet. Bake in a moderate oven 350°-375°F, Reg. 3-4 for about 15 minutes.

by F. INGREY

WHOLEMEAL COOKIES

1 lb Wholemeal Flour	2 oz Sugar
4 tspn. Baking Powder	2 oz Butter
Pinch Salt	1 Egg
2 oz Sultanias	3 gills Milk (or water)

Mix dry ingredients, rub in fat and fold in egg and milk. Roll out to about $\frac{1}{8}$ " thick, cut into rounds. Bake for about 15-20 minutes.

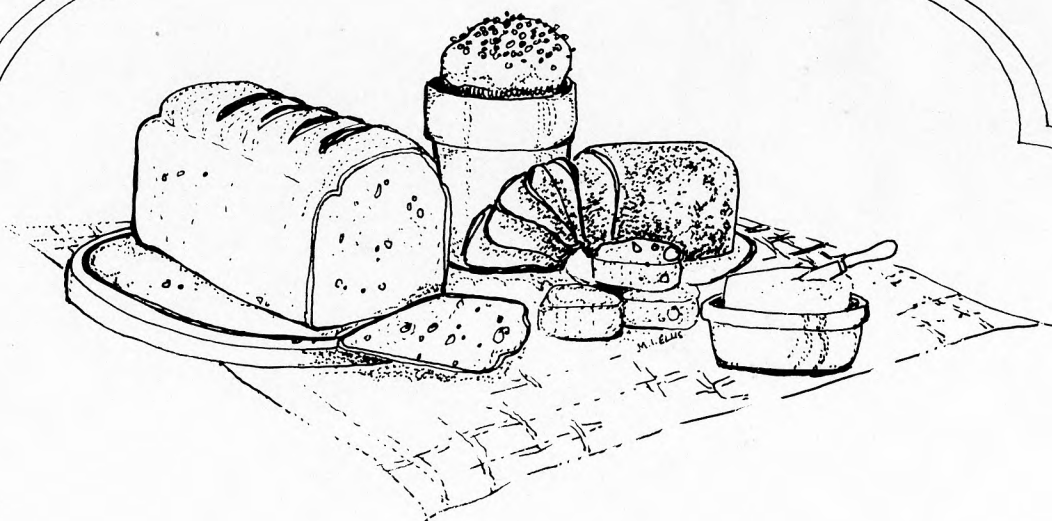
by H. MASTERMAN

BRAN BISCUITS

$\frac{1}{2}$ lb Kelloggs All-Bran	$\frac{1}{2}$ lb Butter
$\frac{1}{2}$ lb Wholemeal Flour	Milk to moisten

Rub fat into flour, etc. Mix with milk to stiff dough. Knead well. Cut into rounds, prick and bake for about 15 to 20 minutes.

by H. MASTERMAN



Bread, Fruit Loaves and Scones

LOAF

1 lb Wholewheat Flour	1 tspn. Sugar
1 tspn. Salt	Warm Water (approx. $\frac{3}{4}$ pint)
1 tspn. Dried Yeast	

Put dried yeast and sugar in about a quarter of the warm water and leave to expand. Mix flour and salt, add yeast mixture, and mix adding more warm water until a slippery mixture is obtained. Use wooden spoon and mix until the consistency is for a fruit cake. No trace of dry flour must be left. Put into well greased tin and leave to rise in a warm place until approx. doubled in bulk. Bake at 400°, approx. $\frac{1}{2}$ hour. If loaf does not drop out of tin easily, leave for about 5 minutes, after which it will slip out of tin easily. Pop back into oven for a few minutes to brown underneath (optional).

by DIANA PARNELL

KUSSELL LOAF

6 oz Wholemeal Flour	4 oz Demerara Sugar
4 oz White S.R. Flour	Pinch Nutmeg
$\frac{1}{2}$ level tspn. Baking Powder	$\frac{1}{4}$ pt. plus 3 tbsp. Milk
6 oz cleaned Sultanas	8 oz Black Treacle
2 oz Walnuts (chopped)	2 lb Loaf tin, greased

Put wholemeal flour into a bowl, sieve in the white flour with baking powder and nutmeg. Stir in sultanas, chopped nuts and demerara sugar. Measure out treacle, add milk to treacle in a saucepan. Over low heat stir together. Stir this mixture into dry ingredients and mix well together. Pour into the lightly greased tin. Bake the loaf on centre shelf of a moderate oven. Gas Mark 4 (350°F) for 1 to 1 $\frac{1}{4}$ hrs, or until a warmed skewer inserted into cake comes out clean. Turn on wire tray until cold.

Ideal for a holiday as it improves with keeping. Serve sliced and buttered.

by NANCY DYER

FRUIT LOAF (1)

2 cups S.R. Flour	1 cup Mixed Dried Fruit
1 cup moist Brown Sugar	1 Egg
1 cup Milk	

Put into a saucepan the fruit, sugar and milk. Bring to boil and boil for about 10 mins. on low heat stirring constantly. Cool. When the mixture is cool add the flour well beat the egg and add in last of all. Turn into a loaf tin or cake tin. Cook in moderate oven for about an hour. This is delicious when cold, sliced and spread with butter.

by MAY BONFIELD

FRUIT LOAF (II)

1 heaped breakfast cup of the following

Albran	Self Raising Flour
Caster Sugar	Milk
Mixed Dry Fruit	1 Egg

Put Albran, sugar and dry fruit into a bowl and mix well together. Stir in the milk and leave to stand for 2 hours. Sieve in the flour and egg, mixing well and pour mixture into a well greased 1 lb Loaf Tin. Bake in a moderate oven for 1½ hours.

by MRS. WALDOCK

FRUIT LOAF (III)

1 cup Raisins (or Currants and Sultanas)	¾ cup Sugar
1 cup Cold Tea	8 oz S.R. Flour

Leave fruit, cold tea and sugar to soak overnight. Add 8 oz Self Raising Flour and mix all ingredients well together and pour into a greased loaf tin. Cook in a moderate oven, 375° for about 1 hour.

by MARY FORDHAM

TEA BARM BACK

8 oz Soft Brown Sugar	1 Egg
1 lb Mixed Fruit (Currants, Sultanas, Raisins, Dates, Cherries, Nuts, etc.)	12-14 oz S.R. Flour, sieved (depending on degree of moisture preferred)
8 oz strong Black Tea	

Soak fruit in tea overnight. Place egg in bowl and beat until fluffy. Beat in fruit mixture. Stir in flour. Bake in greased 8" square tin or 1 lb loaf tin for 1¼ hrs. at 350° F lowering to 325° F soon after. Test with skewer.

When cold wrap in greaseproof and foil or store in airtight container for at least 24 hrs. before cutting. Serve cut in thin slices with or without butter.

by SUSAN SMITH

NUT AND RAISIN BREAD

8 oz Flour, with Plain Flour	2 oz Sugar
use 2 level tspn. Baking Powder	2 oz Walnuts, chopped
Pinch Salt	4 oz Raisins
3 oz Margarine	1 Egg beaten
$\frac{1}{4}$ tspn. Grated Nutmeg	Milk to mix
	Pressure Cooker

Grease loaf tin well. Sieve flour, baking powder (if used) and salt into a basin, rub in margarine. Add nutmeg, sugar, nuts, raisins; add the beaten egg & enough milk to give a very stiff consistency. This is important, beat well, and put into the tin. Cover with a pleated double thickness of greased greaseproof paper or foil. Steam for 15 minutes; bring to pressure and cook for 30 minutes at 5 lbs pressure. Allow the pressure to drop at room temperature. If liked put under a moderate grill for a few minutes to brown the top.

by J. SMITH

BANANA AND WALNUT LOAF

8 oz S.R. Flour	3 oz Golden Syrup
2 oz Margarine	2 med. sized Bananas
2 oz Caster Sugar	Icing Sugar) for decoration
2 oz Chopped Walnuts	Extra Walnuts)
1 Egg	
Pinch of Salt	

Sift flour and salt together, rub in margarine, stir in sugar and nuts. Mash bananas smoothly and blend with beaten egg and golden syrup. Pour into dry ingredients, mix well and turn into a greased loaf tin (7" x 3" approx). Bake for 1 hr. at Gas Reg. 4 (350°F). While loaf is still warm, brush top with a little white water icing and sprinkle with extra chopped nuts. Serve sliced and buttered when cold.

Lining the loaf tin with greaseproof paper sometimes makes it easier to remove the loaf from the tin.

by CAROLYN DRIVER

TREACLE AND WALNUT LOAF

4 oz Margarine	1 standard Egg
10 oz S.R. Flour	6 tbsp. Milk
1 level tspn. Baking Powder	1 tbsp. Melted Treacle or Syrup to glaze
3 tbsp. Black Treacle	2 oz Walnuts (chopped)
2 oz Soft Brown Sugar	

Place all ingredients in mixing bowl and beat together with a wooden spoon until well mixed (2-3 minutes). Place in greased and line 2 lb loaf tin. Bake in pre-heated moderate oven (350°F, Gas No. 4) on middle shelf for 1-1½ hrs. Leave in tin for 2-3 minutes. Turn out and cool on wire tray. Brush with glaze. Serve sliced and spread with butter.

by MARIAN MORRISON

DATE AND WALNUT LOAF

1 lb Plain Flour	1 tbsp. Treacle
12 oz Brown Sugar	1 Egg (beaten)
4 oz Butter (or Marg.)	$\frac{1}{2}$ pint Milk
1 tspn. Bi-carb. (sifted with flour)	12 oz Dates & Walnuts mixed (roughly chopped)

Cream butter and sugar. Add treacle, egg and flour alternately with milk. Finally add nuts and dates. Turn into lined loaf tin and bake in slow oven 250° for 2 hours. Keep for a few days before cutting.

by P.R. BROOKSBANK

RICH SCONES

8 oz S.R. Flour	1 level tsp. Baking Powder
2 oz Butter or luxury marg.	2 oz Currants or Sultanas
1 oz Sugar	1 Egg
Pinch Salt	Approx. $\frac{1}{4}$ pint Milk

Sieve together flour, baking powder and salt. Rub in butter and add sugar, fruit, beaten egg and milk. Knead lightly on floured board and roll out to $\frac{1}{2}$ " to $\frac{3}{4}$ " thickness. Cut out. Place on greased baking sheet and cook in pre-heated oven - 425° - approx. 12 to 15 minutes. (Scones should be light golden brown and should sound hollow when tapped).

by CHRISTINE MORRIS

'DIMPS' (SCONES)

8 oz S.R. Flour	1 Egg
3 oz Margarine or Butter	A little Milk

Rub fat into flour. Add egg, mix to a smooth dough. Roll out lightly. Cut into rounds, put on baking sheet and bake for ten minutes or until lightly brown at 400°F.

Best eaten day they are made. Any left over, split with a fork, then bake for $\frac{1}{2}$ hour in a slow oven, then eat with butter and cheese.

by CATHERINE CLARKE



Preserves

GOOSEBERRY JAM

(makes about seven pounds)

3 lbs Gooseberries
 $\frac{3}{4}$ pint Water

4 lbs Sugar

Wash, top and tail gooseberries, add water and simmer until tender, crushing fruit with wooden spoon. Add sugar and stir till dissolved. Boil briskly to setting point (about 10 mins). Bottle in warm jars.

by MARIAN SMITH

CARROT MARMALADE

1 lb Carrots
 $3\frac{1}{2}$ lbs Sugar

4 Lemons
 5 tumblers of Water

Mince carrots, squeeze lemons, mince lemon skins. Cook until tender. Pour in sugar and boil until it sets when placed on cold saucer. Bottle and cover in usual way.

by DIANE SWANNELL

LEMON CHEESE

$\frac{1}{2}$ lb Caster Sugar
 2 Lemons
 3 yolks & 2 whites of
 Eggs

2 tbsp. Cake Crumbs
 3 oz Butter

Grate rind off lemon and blend it with the sugar until of a uniform yellow colour. Put this lemon-sugar into a thick saucepan with butter, cake crumbs and yolks and whites of eggs slightly beaten. Stir constantly over gentle heat until mix becomes thick like honey. Pour into jars and cover like jam.

This mix will keep for some time and can be used in tarts instead of jam.

by JOY GYFORD

UNCOOKED PICKLE

1 lb Apples
 $\frac{1}{2}$ lb Onions
 $\frac{1}{2}$ lb Raisins
 $\frac{1}{2}$ lb Dates

2 oz Crystallized Ginger
 1 lb Brown Sugar
 $\frac{1}{2}$ pint Vinegar

Put all the ingredients through a mincer. Add 1 lb brown sugar and $\frac{1}{2}$ pint vinegar. Stir well. Put in clean jars. Improves the longer it is kept.

by OLIVE WALKER

PICCALILLI

(makes 6 lbs)

2 small Cauliflowers	$\frac{1}{2}$ oz Ground Ginger
2 med. Cucumbers	1 oz Dry Mustard
1 small Marrow ($1\frac{1}{2}$ lbs)	$\frac{1}{2}$ oz Turmeric
1 lb French Beans salt	1 level tbsp. Plain Flour
1 lb Onions	2 pints Vinegar
4 oz Demerara Sugar	1 oz All spice berries

Break the cauliflower into small sprigs, peel and dice the cucumber and marrow, string the french beans and cut them into diamonds. Peel and slice the onions. Mix the vegetables in a large bowl, sprinkle them with about three level tablespoonsful of salt, cover them with a plate and leave them to soak overnight. Put the demerara sugar, ground ginger, mustard, turmeric and flour into a basin and blend them to a smooth paste with a little of the vinegar. Put the rest of the vinegar into a pan with the allspice berries and bring them slowly to the boil, strain the boiling vinegar on to the blended ingredients stirring all the time. Put the mustard sauce into the pan and bring it slowly to the boil. Drain the vegetables thoroughly, add them to the mustard sauce, bring the piccalilli to the boil and simmer it for twenty minutes. Fill jars with the mixture, cover them with polythene.

by JOY WILSHER

TOMATO AND GREEN PEPPER CHUTNEY

5 lbs Red Tomatoes	1 lb Soft Brown Sugar
2 Onions	1 oz Salt
4 Green Peppers	1 oz Pickling Spices
$1\frac{1}{2}$ pints Vinegar	

Skin tomatoes, cut in halves and put in heavy preserving pan. Add diced peppers, sliced onion and salt. Simmer for approximately half an hour. In another pan put vinegar, sugar and pickling spices (in a muslin bag). Bring to the boil and again simmer for approximately half an hour. Remove the pickling spices and boil both mixtures together until thick.

This is quite an expensive chutney to make because the ingredients are greatly reduced in size when the cooking is completed, but it is certainly the very best chutney we have ever tasted.

by MARIAN BISTER

ELDERBERRY CHUTNEY

2 lb Elderberries	Small Bay Leaf
1 med. Onion chopped	6 Cloves
1 Green Apple chopped	$\frac{3}{4}$ pint Vinegar
1 tspn. Peppercorns	4 oz Brown Sugar
1 tspn. Allspice	1 tspn. Salt
2 small Chillis	

Wash and stalk elderberries, put in a pan with onion, apple and spices (tied in a muslin). Boil gently for 20 mins. Add sugar, vinegar and salt. Boil until it is the consistency of thick jam. Remove spices. Bottle in warm jars and cover.

by MRS FRANKLIN

PARSNIP WINE

4 lbs parsnip to	3½ lbs Sugar to
1 gallon of Water	1 gallon of liquid
Yeast	

Cut parsnips up small and boil until really soft, then strain through a cloth and measure back into boiler. Allow 3½ lbs sugar to each gallon of liquid. Stir well until sugar is dissolved. Boil for 45 minutes. Pour into a pan and when it has cooled to blood heat add a slice of toast with a piece of fresh yeast the size of a marble spread on it. Leave to work. Take scum off daily. If it should not begin to work, warm a little and put back in pan. Allow to work for 9 days and then put into jug or barrel. Perfect for bottling in 4 years. Do not make this wine until your parsnips are quite ripe.

by BETTY GIBSON

SOME TRADITIONAL SAUCES TO SERVE WITH ROAST MEATS

HORSERADISH SAUCE

2 tbsp. grated Horseradish	2 tspn. Caster Sugar
1 tspn. Lemon Juice	A pinch of Dry Mustard
1 tspn. Vinegar	$\frac{1}{4}$ pint Double Cream

Mix the horseradish, lemon juice, vinegar, sugar and mustard together. Whip the cream until fairly stiff, then stir in the horseradish mixture. This is a traditional relish to serve with beef.

MINT SAUCE

3 tbsp. Mint, finely chopped	2 tbsp. Boiling Water
1 tbsp. Caster Sugar	2 tbsp. Malt Vinegar

Place the mint on a chopping board, add half the sugar and chop together. Put the mint in a sauceboat, sprinkle the remaining sugar over it and pour in the boiling water. Mix well, allow to cool then add the vinegar. Serve with lamb.

APPLE SAUCE

1 lb Bramley Cooking Apples,	2 tbsp. Water
peeled, cored & sliced	1 oz Butter
A pinch of Ground Cloves	Sugar
A pinch of Ground Nutmeg	

Place the apples in a pan, add spices and water and simmer gently until the fruit is soft. Beat in the butter, add sugar to taste and serve with pork and sausages.

ELDERBERRY JELLY

4 lbs Elderberries	Sugar
1 pint Water	1-2 Lemons

Simmer the berries in water, when quite soft, strain through a jelly bag. To each pint juice add 12 oz to 1 lb Sugar, and the juice of a large lemon or 2 small ones. Stir well until sugar has dissolved. Boil rapidly until setting point is reached. Serve instead of red currant jelly with lamb.

HERBS, SPICES AND AROMATICS

There are many herbs and spices that are readily available in jars and packets. Obviously spices cannot normally be grown in this country so the use of shop bought products has to be the order of the day. This is not the case with herbs and aromatics. The gardens, for which Britain is so famous, were originally planted as a source of food, flavours and medicines. In the limited space available here, there is room to detail only the most commonly used plants that can be grown in the average household garden, or even window box. The onion family is probably the most widely used of the aromatics: garlic, onion, shallot and chives all fall into this group, so does the leek, but this is used mainly as a vegetable. Freshly picked herbs are very mild, compared to the dried plant. It is advisable, therefore, that they should be added towards the end of the cooking period.

The use of herbs is an art, not a science. It is suggested that not too many are combined at one time. The correct combination for any food is the one that tastes right for you.

BASIL	Finely chopped is used in salads, soups, stews and sauces.
CHERVIL	Use in cheese omelette, most soups and stews. Goes well on grilled fish.
CHIVES	Use chopped in salad dressings and as a garnish for potatoes and carrots.
DILL	Goes well with all grilled or poached fish.
MARJORAM	A little goes a long way. Use with braised meats, pork roasts and chops. Excellent in a poultry stuffing.
MINT	Fourteen varieties are grown in Britain. Use to flavour potatoes and peas, in sauce for lamb.
PARSLEY	Probably the most generally used of all the herbs. Improves flavour of soups, stews, fish and meat salads. Used in a sauce for boiled or steamed fish and boiled chicken. Also use as a garnish.
ROSEMARY	Compliments the flavour of lamb. Adds taste to sauces, stews and cream soups.
SAGE	Use with care in stuffings for chicken, duck and goose.
THYME	Goes very well when wine is used in cooking. Lemon thyme goes well with egg dishes.
BAYLEAF	This is not of course a herb but it is widely used to add flavour to stews and pates. It is also used in pickling.
BOUQUET GARNI	A combination of several herbs, usually parsley, thyme, marjoram, rosemary and bayleaf. Sometimes celery is used as well.

The following spices should be found in a well stocked kitchen:

Cloves, Cinnamon, Ginger, Nutmeg, Pepper. Curry Powder is a combination of many herbs and spices.

A TASTE OF WRESTLINGWORTH FOR GUESTS

Dinner Party for 4

Stuffed Mushrooms
Barbecued Leg of Lamb, Green Vegetables
Lemon Fridge Cake

Summer Lunch for 4

Cream of Cucumber Soup
Fruits de Mer Wrestlingworth, New Potatoes
Pavlova

Celebration Menu

Taramasalata
Roast Pheasant with a difference
Roast Potatoes, Garden Peas
Hungarian Chocolate Cake
Cheese Board

Supper Party for 8

Spicy Chicken Casserole (double quantities)
Jacket Potatoes
Ice-cream and Butterscotch Sauce
Cheese Board

T.V. Supper

Potato and Onion Soup
Salmon Cheese Quiche, Salad
Streusal Cake, Cream

Dinner Party from Freezer

Country Pate, Crusty Bread or Toast
Casserole of Beef with Red Wine, Boiled Rice
Green Salad
Sherry Cream Log

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