




# HINTS ON WAR TIME COOKERY

by  
D. H. and M. W.

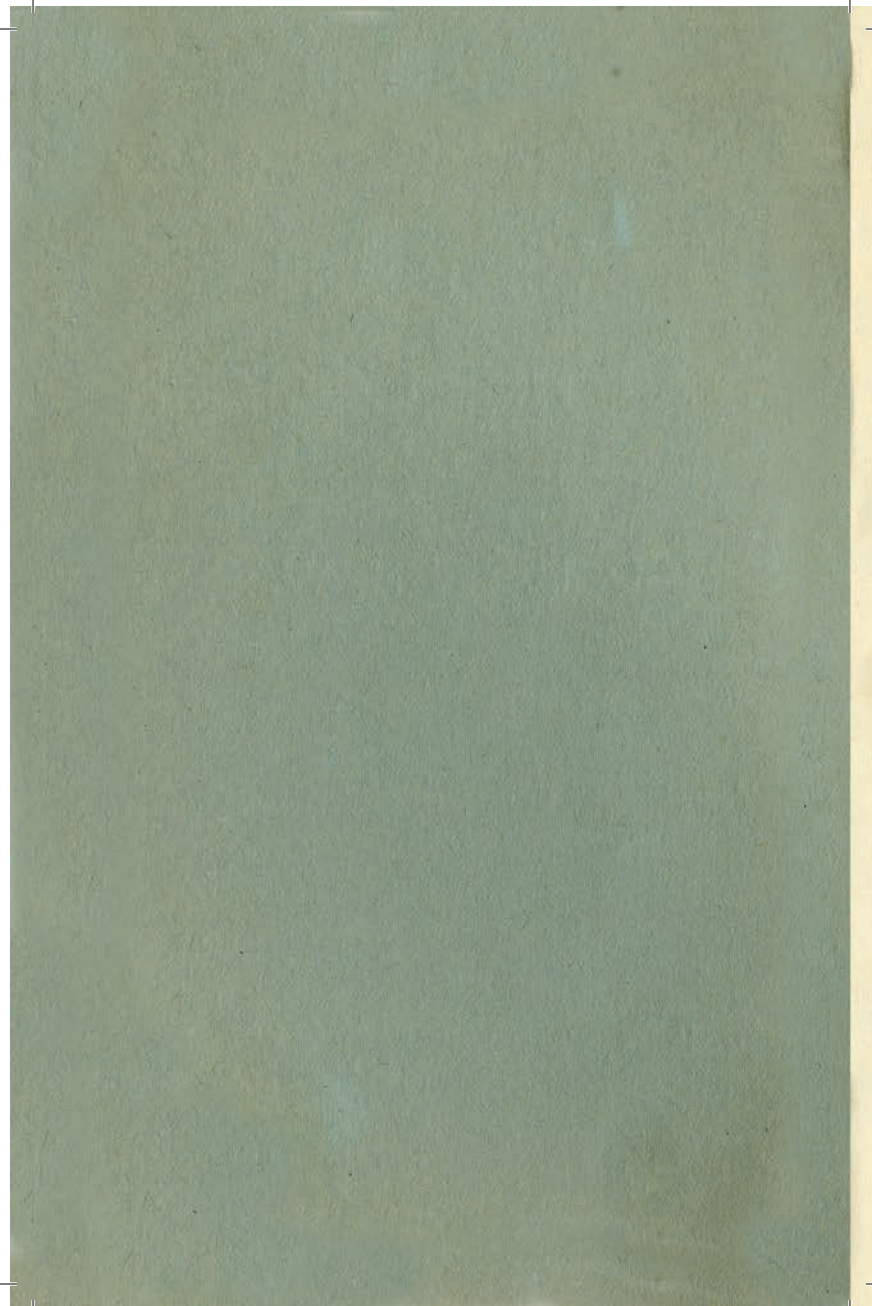


Issued by the Controlling Committee of the  
States of Guernsey



GUERNSEY STAR AND GAZETTE LTD.  
BORDAGE STREET





# Hints on War Time Cookery

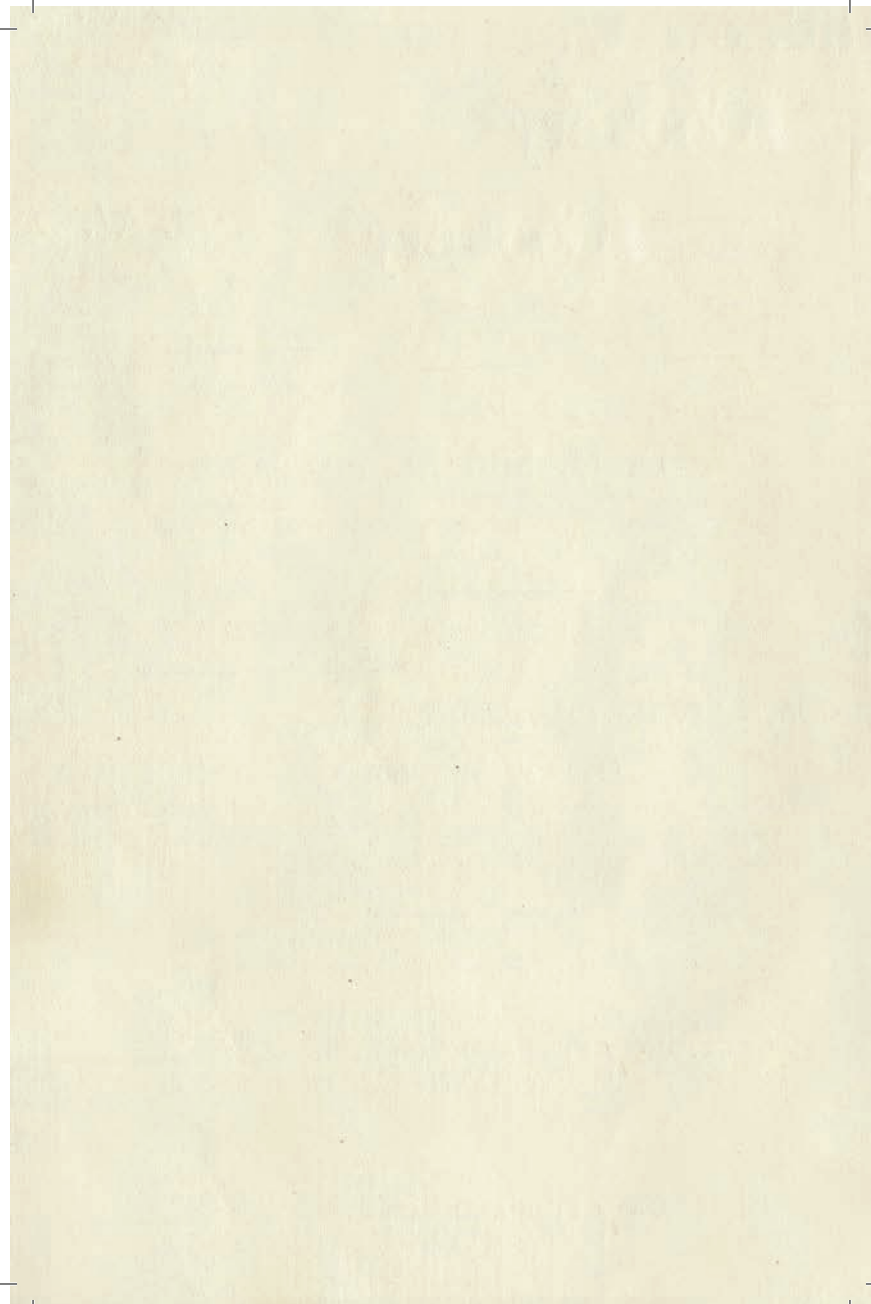
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## PREFACE

I HAVE been asked to write a short preface to this pamphlet to explain that it is issued with a dual purpose.

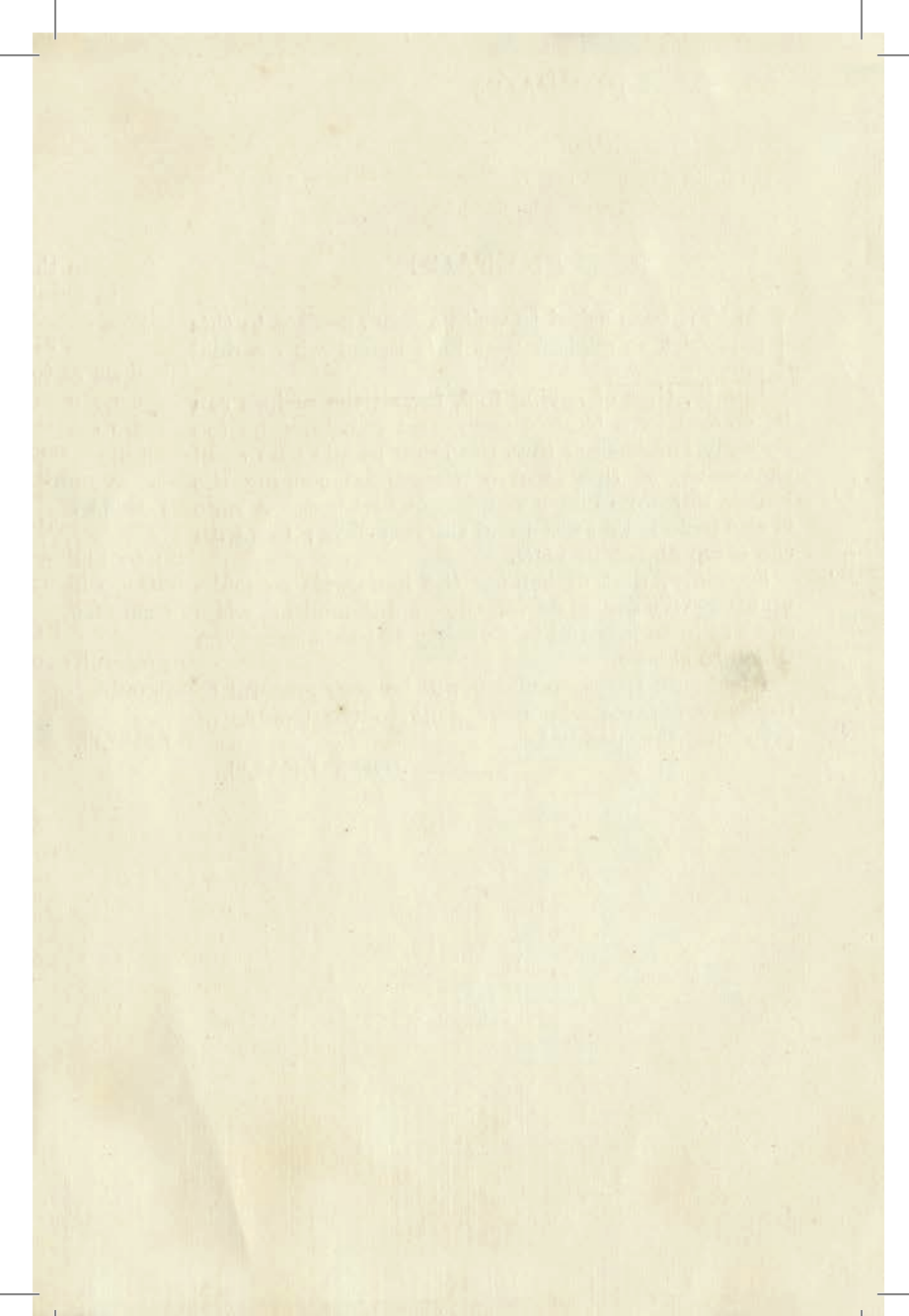
Firstly, that of saving fuel, for all the recipes can be cooked in a baker's oven, and it cannot be too strongly emphasised that the more people who avail themselves of this form of communal cooking the longer will our slender supplies of fuel last. A note is also included on the use of the Hay-Box ; this with the same object in view.

Secondly, that of helping the housewife to make up attractive dishes during the coming months, when she will have less and less variety of food-stuffs from which to choose.

I feel sure the community will be very grateful to the lady experts who have gone to the trouble of preparing this pamphlet.

JOHN LEALE.





## CONTENTS

	PAGE
BAKEHOUSE COOKERY .. .. .	7
GENERAL STOCK—THE STOCK POT .. .. .	9

### Soups

Cream of Barley Soup .. .. .	11
Green Pea Soup .. .. .	11
Lentil Soup .. .. .	12
Red Pottage .. .. .	12
Vegetable Soup .. .. .	13

### Meats

Beefsteak and Kidney Pie .. .. .	14
Beefsteak and Kidney Pudding .. .. .	15
Beef Olives .. .. .	16
Braised Lamb .. .. .	16
Ham Roly-Poly .. .. .	17
Irish Stew .. .. .	17
One Pot Stew .. .. .	18
Oven Stew .. .. .	18
Ox Cheek Stewed .. .. .	19
Oxtail en Casserole .. .. .	20
Rabbit Pie .. .. .	20
Sausage Hot-Pot .. .. .	21
Sausage Roll .. .. .	21
Savoury Meat Roll .. .. .	22
Sea Pie .. .. .	22
Stewed Rabbit.. .. .	23

## Vegetable Dishes

Boston Baked Beans	..	..	..	24
Curried Vegetables	..	..	..	24
Guernsey Bean Jar	..	..	..	25
Sweet Corn and Potato Pie	..	..	..	25
Tomato and Onion Pie	..	..	..	26
Vegetable Hot-Pot	..	..	..	26

## Puddings

Boiled or Steamed Fruit Pudding	..	..	28
Dried Fruit Pudding	..	..	29
Roly-Poly	..	..	29
THE FIRELESS COOKER OR HAY-BOX	..	..	31



## BAKEHOUSE COOKERY

The need for using bakehouse ovens instead of individual gas and electric cookers has been strongly urged by the Island authorities. Unless this is done voluntarily now there will soon be no other method available for the majority of Guernsey homes.

The steady heat of a brick oven is ideal for soups, stews, bean jars and roast dinners and those who avail themselves of it will find that they gain in the quality of the cooked food.

This booklet gives a few of the many dishes that can with advantage be taken to the bakehouse and also gives a few hints on their preparation. The bakers will advise you if you have any recipes about which you are uncertain.

When casserole cooking is thoroughly understood many combinations of food can be used and very palatable results obtained. For braising, pot roasting, as well as stewing, which are all slow cooking processes, this method has proved its superiority over and over again.

### Hints on Preparation

1. Use can be made of many kinds of saucepans, but they must be chosen carefully. Fireproof glass, earthenware or aluminium are suitable—but they must have a good lid or an old plate to check evaporation ; but *not wooden handles*, as these are liable to burn. Enamel or iron is not recommended.

2. When filling the casserole or pan, if potatoes are in the recipe, be sure to put them in last, as they will brown and form a good covering for the rest of the food.

3. When preparing vegetables for soups, dice these neatly, as this will eliminate the need for sieving and so cooling the soup before serving.

4. When preparing a pudding for boiling, make sure that the cloth is securely tied to keep the water out.

5. Tomatoes should be added whole to stews, with or without the skins, or a little purée can be added at home just before serving.

6. Roast dinners should be prepared in the usual way with potatoes under the meat and plenty of dripping. Dumplings may also be cooked in the same tin.

7. Cakes should be of the type with little or no baking powder.

When fetching your dinner from the bakehouse take a container of a suitable size to place your pan in, a bucket is a very satisfactory receptacle, a piece of old blanket or any warm piece of material wrapped round will conserve the heat en route.

## GENERAL STOCK—THE STOCK POT

*Method.*—In every household a stock pot should be in general use. There should be sufficient material left from the daily meals to furnish stock for ordinary family soups without having to buy fresh meat or use expensive meat extracts for the purpose.

For small households an ordinary tinned or aluminium saucepan will serve the purpose very well. An earthenware casserole or marmite is also to be recommended for small quantities of stock; it is very clean, and it is easy to keep the contents simmering at a gentle rate. The saucepan chosen must be large enough to hold the bones, meat, water, etc., used for making the stock, and leave 4 inches over at the top to allow for skimming.

All scraps of meat, cooked or uncooked, bones and pieces of vegetable, poultry giblets and rinds of bacon, should be kept for making stock. Remains of gravy, too, should be saved for the same purpose, although no thickened sauce must be added, as it would cloud the stock. For the same reason such things as rice, potatoes, bread, must not be added, as they would thicken the stock and prevent it keeping.

Look over the scraps carefully and see that they are all clean and free from taint. Nothing must be added unless it is quite clean and contains some goodness. Scraps of game that are high must also be avoided. The more variety of meat and vegetables used, the better will be the flavour. Break up the bones, remove any fat from the meat, and cut both

meat and vegetables in small pieces. When all is ready, put the stock material into the stock pot and cover it well with cold water. To be exact, there should be double the weight of water there is of meat, etc. Instead of plain water, the liquid in which meat or vegetables have been boiled may be used, only avoid using the water in which cabbages or potatoes have been cooked, or that to which soda has been added, or any liquid that is too salt. A few washed and crushed eggshells put into the stock will help to clear it.

Put the lid on the saucepan and it is now ready to be taken to the bakehouse.

Four to five hours, or at most one whole day, will be sufficient to cook it, and at the end of that time it must be strained off through a sieve, or through a cloth stretched over a colander, into a large basin, and then set aside to cool.

Stock must never be allowed to remain in the saucepan overnight, neither must it be allowed to stand for hours at the side of the fire without cooking.

The stock pot itself must be thoroughly washed out and put to air before it is used again.

It is a mistake to put too many vegetables into a stock of this kind, as they prevent it keeping so well. Neither should little bits of things be put into the stock pot at odd times; what is not ready when the stock is started should be kept for another purpose.

Stock should be brought to the boil every day and then cooled. It can be used for soups, stews, gravy, etc.



## SOUPS

### Cream of Barley Soup

- 2 ozs. Pearl Barley.
- 2 sliced Onions.
- 2 sliced Carrots.
- 1 small Bay Leaf.
- A few sprigs Parsley.
- 2 Quarts Stock.

Put stock in casserole or saucepan. Add barley, onions, carrots, bay leaf and parsley, and cook slowly for 3 hours.

### Green Pea Soup, from Dried Peas

- $\frac{1}{2}$  Pint Dried Peas.
- 3 Pints Stock or Water.
- 1 Lump of Sugar.
- Sprig of Mint (chopped finely).
- 1 Onion.

Wash the peas, picking out any discoloured ones, and let them soak in the water or stock over night. Next day chop onion and add to the mixture with the mint and sugar. (If dried mint is used it must be tied in a small piece of muslin.)

Simmer slowly until the peas are quite tender for 2 to 3 hours.

*Note.*—The water in which a piece of salt meat has been boiled (provided it is not too salt) is excellent

for making the soup. If it becomes too thick whilst cooking more liquid must be added.

Time for cooking. About 3 hours.

Quantity—2½ pints.

### Lentil Soup

- ½ lb. Lentils.
- 3 Stalks Celery.
- 4 Sprigs Parsley.
- 1 Onion, 1 Carrot, 1 Turnip.
- 1 Crust Stale Bread.
- 1 Bay Leaf.
- Salt and Pepper.
- 3 Pints Water.

Wash lentils and soak in cold water over night. Strain, place in pan with water and vegetables cut in neat dice, bay leaf, and bread cut in squares, salt and pepper. Cook slowly for 1½ hours.

### Red Pottage

- ½ lb. Haricot Beans.
- 1 Cupful Tomato Pulp.
- 2 or 3 Onions.
- 2 ozs. Dripping.
- 1 Beetroot.
- 2 or 3 Sticks of Celery.
- 6 Pints Water.
- A small bunch of Herbs.
- Seasoning.



*Method.*—Wash the beans and soak them over night in 1 pint of cold water. Next day put them into a large saucepan in the water in which they were soaked, another 3 pints of water and the dripping. Add the vegetables prepared and cut in pieces. The beetroot should be peeled and cut in thin slices, and either preserved tomatoes used or fresh tomatoes cut in small pieces. Allow the soup to boil slowly until the haricot beans and other vegetables are quite soft. If the soup has reduced very much in quantity and become too thick, add more water or a little milk to make it of the right consistency. Season to taste and reheat.

Time to cook— $2\frac{1}{2}$  to 3 hours.

Quantity—About 3 pints.

### Vegetable Soup

- 4 Onions.
- 2 Turnips.
- 4 Carrots.
- 5 Skinned Tomatoes.
- 6 Potatoes.
- 2 Parsnips.
- 3 Stalks Celery.
- 3 Quarts Cold Water.
- Salt and Pepper.

Cut all vegetables in neat dice, slice tomatoes. Place in pan with seasoning. Add water. Cover tightly and cook slowly for  $2\frac{1}{2}$  hours.

## MEATS

### Beefsteak and Kidney Pie

- 1 lb. Beef (cut thin).
- 2 Sheeps' Kidneys.
- 1 Hard-boiled Egg.
- 1 teaspoon chopped Parsley.
- Salt, Pepper.
- 1 tablespoonful Flour.
- 4 tablespoonfuls Stock or Water.
- Short crust pastry.

Wipe the meat with a damp cloth and trim away all skin and any superfluous fat. Cut into narrow strips suitable for rolling. Split the kidneys, remove the skin and inside fat, and cut them into small pieces. Mix the flour, salt, pepper, together on a plate. Dip the pieces of meat and kidney into this mixture, coating them on all sides. Roll up the strips of steak with the kidney. Place these rolls loosely in a pie-dish, heaping them rather high in the middle of the dish to support the crust, and sprinkling them with the chopped parsley. Cut the egg into six or eight pieces and arrange them round the meat. Pour in the stock or water. Then cover the pie with crust.

### SHORT CRUST PASTRY

- $\frac{1}{2}$  lb. Flour.
- 3 ozs. Fat (Butter, Margarine, or Dripping).
- Cold Water.

Rub the fat into the flour until it is as fine as breadcrumbs. Make a well in the centre and add cold water very gradually, mixing carefully. Use very little water in the mixing of this paste or it will be tough instead of short. Flour pastry board slightly, lay the dough on it and work with the hands until free from cracks. Roll out to size required.

Time to bake—2 to 2½ hours.

### Beefsteak and Kidney Pudding

¼ Pint Soaked Beans.

½ lb. Beef (cut thin).

1 Sheep's Kidney.

1 tablespoonful Flour.

Seasoning.

3 tablespoonfuls Stock or Water.

1 dessertspoonful Ketchup.

Suet Pastry.

*Method.*—Prepare the beef and mix with the seasoned flour. Take a 1½-pint basin and grease it well with clarified butter or a little dripping. Make a suet crust by mixing 9 ozs. flour with 3 ozs. suet or dripping and a very little water. Roll out thinly. Line the basin with this, pressing it well in. Be careful also to get it smooth, and of an equal thickness all over. Roll remaining pastry into a round to form a cover. Fill up with the prepared meat and beans, and pour in the ketchup and stock. Fold down the edge of the pastry over the top and wet it with cold water. Place the round piece on the top and press the edges well together. Cover with a scalded and floured pudding cloth. Place the pudding into a saucepan of water and boil quickly until thoroughly cooked. More

boiling water must be added as required, and the pudding must never be allowed to go off the boil. When ready, lift out and remove the cloth and wipe the basin. Take a table napkin, fold it neatly and pin it round the basin and serve it thus, in the basin in which it was cooked. A small jug of boiling water or nice gravy should *always* be sent to the table with a meat pudding, as it will require filling when the crust is cut.

*Time to boil*—At least 3 hours. *Time to steam*, 3 to 4 hours. Sufficient for four to five persons.

### Beef Olives

- 1 lb. Steak.
- 1 oz. Flour.
- Salt.
- 1 Small Onion chopped.
- 1 tablespoonful ketchup.
- 1 Pint Stock.
- 1 Stick of Celery, or  $\frac{1}{4}$  teaspoonful Celery Seeds.
- 2 Cloves.
- $\frac{1}{2}$  packet Force meat.

*Method.*—Cut the meat into thin slices. Spread on the force meat. Roll and tie up. Roll in seasoned flour, put in saucepan of stock with vegetables, and simmer very gently  $1\frac{1}{2}$  hours. When cooked, place on a dish and strain the sauce over. Garnish with fresh parsley.

### Braised Lamb

- Breast of Lamb.
- Force meat.
- 2 lbs. Potatoes.
- 1 lb. Peas or Beans.



2 lbs. Carrot and Turnip cut small.  
 2 Onions sliced.  
 1 teaspoonful chopped Mint.  
 1 teaspoonful Chopped Parsley.  
 Salt and Pepper.  
 Dripping.

Bone lamb and spread thickly with forcemeat, roll up and tie with string or tape. Place in casserole with the vegetables and seasoning and a little dripping. Stew gently for 2 to 3 hours.

### Ham Roly-Poly

*(Enough for four People)*

$\frac{1}{2}$  lb. Flour, or  $\frac{1}{4}$  lb. Flour and  $\frac{1}{4}$  lb. breadcrumbs.  
 $\frac{1}{4}$  lb. Chopped Suet.  
 Pinch of Salt.  
 1 level teaspoonful Baking Powder.  
 Water.  
 $\frac{1}{4}$  lb. Uncooked Ham.

*Method.*—Sift together the flour, baking powder and salt, add the suet, mix to a dough with water. Roll out. Chop the ham in fairly small pieces and lay all over the dough. Then roll this up as for a jam roly, folding in a cloth in the usual way and boiling from 3 to 4 hours.

### Irish Stew

2 lbs. Potatoes.	4 Large Onions.
1 lb. Mutton.	$\frac{1}{2}$ Pint of Water.
Salt.	Pepper.

*Method.*—Peel and slice the potatoes. Peel and cut the onions (not in rings). Cut the meat into neat chops. Place a layer of potatoes, then onions,

then meat into the stewpan. Season well. Repeat layers, finishing with potatoes. Add water. Cover closely. Simmer gently for about 2 hours. Stir occasionally to prevent potatoes sticking to the pan and burning.

### One Pot Stew

- |                       |                                 |
|-----------------------|---------------------------------|
| 1 lb. Neck of Mutton. | $\frac{1}{4}$ lb. Pearl Barley. |
| 2 lbs. Potatoes.      | $\frac{1}{2}$ Cabbage.          |
| 2 lbs. Onions.        | Salt and Pepper.                |
| 3 Carrots.            | 3 Pints of Water.               |

Cut up the meat and trim off some of the surplus fat. Peel and slice the onions and scrub potatoes and peel very thinly. Choose smallish potatoes of even size if you can, and leave them whole. If you must use large potatoes cut them into four or six pieces and see that all the pieces are the same size. Scrape carrots and cut in rough pieces lengthwise. Place all these ingredients into stewpan or casserole with the cabbage well washed and shredded into ribbons. Pour in 3 quarts of cold water, add the barley and season with salt and pepper. Cook gently for 2 to 3 hours.

Serves 12.

### Oven Stew

- $1\frac{1}{2}$  lbs. Lean Beef cut  $1\frac{1}{2}$  inch. cubes.
- 1 Onion sliced.
- 8 slices Carrot  $\frac{1}{4}$ -inch thick.
- 2 Sprigs Parsley.
- $1\frac{1}{2}$  teaspoonfuls Salt.
- $\frac{1}{2}$  teaspoonful Peppercorns.
- 2 Cups Hot Water.
- 1 lb. Tomatoes cut in half.
- 1 lb. Peas.



Roll meat in seasoned flour. Place in saucepan or bean jar. Add onion, carrot, parsley, salt, peppercorns, hot water, tomatoes and peas. Cover and bake  $3\frac{1}{2}$  hours.

## Ox Cheek Stewed

*(Tête de Bœuf en Ragout)*

$\frac{1}{2}$ Ox Cheek.	Cold Water or Stock.
Vegetables.	1 oz. Butter.
Bunch of Herbs	1 oz. Flour.
Seasoning.	

*Method.*—Bone the ox cheek, if this has not already been done by the butcher, wash it well, and let it soak for several hours in cold water. Then wash in warm water and cut it in convenient-sized pieces. Put the pieces of cheek and the bones into a saucepan, cover them with cold water or stock and add vegetables for flavouring, a bunch of herbs, pepper and salt. Stew slowly until the pieces of cheek are quite tender, keeping them covered with the liquid all the time. When ready, strain, reserving the liquid. Melt the butter in the saucepan and let it brown, add the flour, and mix it in, allowing it to brown also; then pour in one pint of the liquid and stir until boiling. Add more seasoning if necessary, and return the pieces of cheek to reheat. Serve neatly and garnish the dish with nicely cooked spinach, or with some of the vegetables cut in fancy shapes.

*Notes.*—The bones and remains of vegetables must be kept for making soup or stock. A cow-heel is sometimes stewed along with the cheek.

Time to stew—3 to 4 hours. Sufficient for 7 or 8 persons.

## Oxtail en Casserole

- |                  |                        |
|------------------|------------------------|
| 1 Oxtail.        | 2 Celery Stalks.       |
| 1 Sliced Carrot. | 1 Pint Stock or Water. |
| 2 Sliced Onions. | Salt and Pepper.       |

Wash and dry tail and cut into joints. Place in casserole with vegetables and seasoning. Cover with stock. Cook slowly for at least 4 hours.

## Rabbit Pie

- 1 Rabbit.
- 4 ozs. Salt Pork, cut into pieces.
- 1 dessertspoonful Chopped Parsley.
- 1 tablespoonful Flour.
- 1 Hard-boiled Egg.
- Salt and Pepper.
- A little Stock.
- Short crust pastry.

Wash and dry the rabbit and cut into small neat joints. Coat these with flour and mix with the salt pork, salt and pepper, chopped parsley. Mix well and put into a pie-dish, piling rather high in centre. Pour in a little stock and arrange the hard-boiled egg cut in six or eight pieces round the sides. Cover the pie with short crust pastry according to directions given below. Bake in good oven till nicely brown and meat feels tender, being very particular to keep the hole in the top open the whole time. Rabbit pie may be served either hot or cold ; if it is to be eaten cold fill it up when cooked with stock that will jelly when cold.

### SHORT CRUST PASTRY

- $\frac{1}{2}$  lb. Flour.
- 3 ozs. Fat (Butter, Margarine, Cooking Fat, or Dripping). Cold Water.

Rub the fat into the flour until it is as fine as breadcrumbs. Make a well in the centre and add cold water very gradually, mixing carefully. Use very little water in the mixing of this paste or it will be tough instead of short. Flour pastry board slightly, lay the dough on it and work with the hands until free from cracks. Roll out to size required.

*Note.*—Onion may be added and a little forcemeat either in the form of balls or in a layer in the middle of the pie.

Time to cook— $2\frac{1}{2}$  to 3 hours.

### Sausage Hot-Pot

Sausages.

Onions.

Potatoes.

Tomatoes.

Fill casserole with alternate layers of sausage, onions (sliced), tomatoes (sliced) and potatoes (sliced). Season with salt and pepper. Cover with water and put a layer of potatoes on the top. Cook slowly for 1 to 2 hours.

### Sausage Roll

9 ozs. of Flour.

A pinch of Salt.

1 teaspoonful of Baking Powder.

3 ozs. of Suet.

Water to mix.

2 Beef or Pork Sausages.

*Method.*—Skin sausages and add a few drops of stock to moisten the sausage-meat. Mix flour, salt and baking powder together. Shred the suet and chop it finely. Mix to a dough and roll out about  $\frac{1}{4}$ -inch in thickness. Spread with sausage-meat. Wet edges and roll it up. Tie in a floured cloth and boil  $1\frac{1}{2}$  to 2 hours. Serve with thickened gravy.

Sufficient for six people.

## Savoury Meat Roll

*(Cold Breakfast Dish)*

- $\frac{1}{2}$  lb. of Beef Trimmings, minced or chopped finely.
- $\frac{1}{4}$  lb. of fat Bacon (cooked or uncooked).
- 3 ozs. of soaked bread (soak in water and squeeze dry).
- 1 small Shallot (finely chopped).
- $\frac{1}{2}$  teaspoonful of chopped Parsley, pinch of herbs.
- Pepper and Salt.
- One Egg, well beaten.
- Half gill of Stock.

*Method.*—Mix all well together, and tie up in a pudding cloth, like a roly-poly. Boil for  $1\frac{1}{2}$  hours. When cold, glaze with liquid meat glaze.

### *Substitute for Meat Glaze*

- $\frac{1}{2}$  pint of Stock.
- Sufficient Marmite to colour.
- $\frac{1}{4}$  oz. dissolved Gelatine.

## Sea Pie

- 1 lb. lean Beef.
- 1 Carrot.
- 1 small Turnip.
- 1 Onion.
- 1 dessertspoonful of Flour.
- Salt and Pepper.
- 2 sticks Celery.
- $\frac{1}{2}$  pint hot Water.



## CRUST

$\frac{1}{2}$  lb. Flour.  
 $\frac{1}{2}$  teaspoonful of Baking Powder.  
3 ozs. Suet.  
Water

*Method.*—Prepare vegetables and cut into neat pieces (dice). Cut meat in small pieces, dip in seasoned flour. Place meat and vegetables into a moderate-sized stewpan. Add sufficient water to cover well. Make suet crust and roll out just the size of the lid. Place on top of meat. Simmer gently 2 to 2 $\frac{1}{2}$  hours.

To serve.—Cut crust across into four, and remove on to a hot plate with fish slice. Season, and pile meat on a dish and place crust on the top.

## Stewed Rabbit

1 Rabbit.  
 $\frac{3}{4}$  pint Stock.  
1 Onion.  
Carrot, Turnip.  
 $1\frac{1}{2}$  ozs. Flour.  
 $1\frac{1}{2}$  ozs. Butter.  
Salt and Pepper.  
Chopped Parsley.

*Method.*—Wash the rabbit and thoroughly dry. Cut into neat joints. Dip each in seasoned flour. Place in pan with onion, carrot and turnip, season and cover with stock. Simmer till tender (about 1 $\frac{1}{2}$  to 2 hours). Dish the joints and strain the gravy over. Garnish with toast, or for household cookery with fried bread dipped in parsley.

## VEGETABLE DISHES

### Boston Baked Beans

- 1 lb. small white Beans.
- $\frac{1}{2}$  teaspoonful dry mustard.
- Onion.
- $\frac{1}{2}$  lb. lean Salt Pork.
- 2 tablespoonfuls Treacle or dark brown Sugar.

*Method.*—Put the mustard and a little chopped onion in the bottom of a bean jar. Slice the pork very thin and put this in, then the beans. Season with a teaspoonful of salt and  $\frac{1}{2}$  teaspoonful pepper, then add the sugar or treacle, put into a slow oven and bake for 8 hours, adding water when needed to keep liquid near the top of the beans. The dish should not be covered while cooking.

### Curried Vegetables

#### CURRY SAUCE—

- $\frac{3}{4}$  pint white Stock.
- 1 teaspoonful Curry Powder.
- 1 teaspoonful Curry Paste.
- 1 teaspoonful Chutney.
- Few drops Vinegar.
- $\frac{1}{2}$  oz. Dripping.
- $\frac{1}{2}$  oz. Flour.
- 1 Apple.
- 1 Onion.
- Seasoning.



Mix the curry, chutney, flour and fat smoothly together and gradually add stock till pouring consistency. Add rest of the stock and chopped apple and onion.

Cooked or uncooked vegetables should be diced and added to the sauce. Any root vegetables, cauliflower, fresh beans or peas are suitable. If the mixture is at all stiff, add more water.

Cook at least 2 hours.

*Note.*—Hard-boiled eggs, cooked or raw meat can be used instead of vegetables. Cooked meat should be added *after* the sauce is done.

### Guernsey Bean Jar

- 1 good meaty Bone.
- 3 Onions.
- 3 Carrots.
- 1 Turnip.
- 1 pint Beans (dried).
- Seasoning.

Soak beans 12 hours and wash. Put all the ingredients in a bean jar or casserole. Cover with plenty of water.

### Sweet Corn and Potato Pie

- 1 lb. Potatoes.
- 1 small tin Sweet Corn.
- 1 Onion.
- $\frac{1}{2}$  cupful Milk.
- 2 tablespoonfuls stale Breadcrumbs.
- Flour, Salt, and Pepper.
- $\frac{1}{4}$  oz. Margarine.

Peel the potatoes thinly and cut them in slices.

Half-fill a pie-dish with them, next put in the contents of a tin of sweet corn, drained. Cover with the onion cut in slices thinly. Put another layer of sliced potatoes on top. Dredge with flour and sprinkle with salt and pepper. Pour in the milk and cover the dish with breadcrumbs. Dot with margarine and bake for 2 hours.

### Tomato and Onion Pie

- 1 lb. Tomatoes.
- 1 lb. Onions.
- $\frac{1}{4}$  lb. fresh breadcrumbs.
- 2 ozs. Margarine (melted).
- Pepper and Salt.

*Method.*—Slice the onions and tomatoes. Arrange in alternate layers in a greased pie-dish in the following order :—Tomatoes, onions and breadcrumbs, margarine. Season each layer. Finish with breadcrumbs and margarine. Bake in a slow oven for about  $1\frac{1}{2}$  hours.

### Vegetable Hot-Pot

- 2 small Carrots.
- 2 small Turnips.
- 2 small Potatoes.
- 1 Onion.
- 1 teaspoonful Pearl Barley.
- 3 Tomatoes.
- Pepper and Salt.
- Water.
- 1 gill Milk.

*Method.*—Peel and cut into not too thin slices the carrots, turnips, potatoes and onion. Sprinkle pearl barley into bottom of casserole. Place onion slices first, then alternate layers of vegetables, sprinkling each layer sparingly with pepper and salt. Pour over enough water to cover. Place lid and cook in a moderate oven until vegetables are tender, trying with a skewer.

## PUDDINGS

### Boiled or Steamed Fruit Pudding

Suet Crust (see p. 23).

Fruit.

Sugar.

Flavouring.

*Method.*—Almost any kind of fruit may be used for this pudding, or a mixture of fruits, if preferred. Make the suet crust and roll it out. Grease a basin and line it with the pastry. Press the pastry well on to the sides of the basin, and try to keep it of a uniform thickness. Roll remaining pastry out in a round shape, large enough to cover the pudding. Fill up the basin with the fruit, sugar and flavouring, pressing them well down, as the fruit sinks considerably when cooking. Wet the edge of the pastry which lines the basin, put on the cover, and press the two edges well together. Dip the centre of a pudding cloth in water, and dredge it with flour. Tie this over the top of the pudding, and place it into a saucepan of water. Boil quickly until thoroughly cooked. More boiling water must be added as required. When ready, turn out on a hot dish, and serve at once.

*Note.*—This pudding may be steamed instead of boiled.

Time to boil.—At least 2 hours. Sufficient for 4 to 5 persons.

## Dried Fruit Pudding

- 6 ozs. Self-raising Flour.
- 2 ozs. Margarine.
- 4 ozs. dried fruit (currants, sultanas, raisins).
- Pinch of carbonate of soda.
- 1 teaspoonful Golden Syrup.
- Milk to mix.
- Pinch of Salt.

Brush a pudding-basin and a doubled paper with melted margarine. Sift the flour, carbonate of soda and salt and rub in the margarine. Add the fruit. Mix to a fairly soft consistency with the milk and golden syrup. Put into the prepared basin and cover with prepared paper and steam for  $1\frac{1}{2}$  hours. Serve with custard sauce.

Serves 4 to 6 people.

## Roly-Poly

- 8 ozs. Flour.
- 3 ozs. Suet.
- Salt, cold water to mix.
- 3 or 4 tablespoonfuls Jam or other mixture.

*Method.*—Make some suet crust, mixing rather stiffly, and roll it out into an oblong shape about  $\frac{1}{4}$ -inch in thickness. Keep it as even at the edges as possible, and do not let it stick to the board. Wet round the edges of the pastry with cold water, and then spread with jam. Keep the jam about an inch from the edge all round. Roll up in the form of a bolster, sealing the edges well together. Dip a pudding cloth in boiling water, and dredge it with flour, or grease it well with a little melted fat. Wrap up the pudding in this, leaving room for it to swell,



and tie firmly at both ends. Place the pudding in a saucepan with plenty of water and a plate at the bottom, take at once to the bakehouse. When ready, lift out, undo the cloth carefully, and turn out the pudding on to a hot dish. Wipe any water off the dish and serve hot.

*Notes.*—If the jam is very liquid, a few bread-crumbs or a little oatmeal should be mixed with it. Syrup, marmalade, mincemeat, or raw sugar may be used instead of jam.

Time to boil—2 to 3 hours. Sufficient for 4 or 5 persons.



## THE FIRELESS COOKER OR HAY-BOX

### How to make a Box

1. Use a large strong wooden box ; a Tate's sugar box is good both for size and durability.
2. Line the inside of the box and the lid with 12 to 15 layers of newspaper, which may be covered with felt or flannel, though this is not absolutely necessary.
3. Fill the box almost to the top with tightly-packed hay, and then, when required, scoop out a place or places for the utensil or utensils which hold the food.
4. Make a cushion of felt or flannel, filled with hay or cork such as grapes are packed in, to fit the top of the box.
5. Fasten the lid by a strap or cord round the box, or
6. Fix the lid to the box with hinges, with a fastener in the front to keep it tightly closed.
7. The hay may be put into small bags of different shapes if preferred. Finely torn-up newspapers may be used if hay is not procurable.
8. The outside of the box may be covered with American cloth, canvas or cretonne.

### How to Use the Hay-Box

1. Use fireproof jars, tins or jam jars, with tightly-fitting lids. Marmites are the best. If saucepans are used they should have short handles.
2. The food must be at boiling point when put into the box, the principle of the Fireless Cooker being to retain the heat which has been established in the food, so that it may cook, in that heat.

3. Foods must usually be cooked five minutes to half an hour before they are placed in the box.
4. Wrap the cooking-jar or saucepan in newspaper before placing in the box—this should be done as quickly as possible.
5. Cover the jar with plenty of hay and the cushion, and close the box tightly.
6. Do not open the box until the food is to be served. Shake out all the hay frequently in the open air, adding fresh when necessary. Soiled hay should be removed at once.
7. A full pan holds the heat better than a half-full one.

### Average Times for Cooking Foods

*Peas and Beans.*—Boil for 30 minutes and leave in the box for 4 hours.

*Lentils.*—Boil for 15 minutes and leave in the box 2 hours.

*Potatoes.*—Boil for five minutes and leave in the box 1 hour.

*Porridge.*—Boil for five minutes and leave in the box all night.

*Rice.*—Bring to boiling point and leave in the box 45 minutes.

*A Meat Stew.*—Cook for 15 minutes to  $\frac{1}{2}$  hour and leave in the box at least 3 hours. Beef needs longer cooking than mutton.

*Fruit.*—Bring to boiling point and leave in the box 1 or 2 hours according to the hardness of the fruit used.

*Dried Fruits.*—Pour over them boiling water and soak over night, bring to the boil and leave in the box 4 hours.

*N.B.*—As a general rule, cook twice as long in the box as by the usual method.

