

GFB 1.

3 DINNERS

for beginners

This leaflet has been written for newcomers to cookery. If you've never cooked before, never boiled a potato or made a simple stew, then here is the help you need. We have worked out three simple dinner menus with full instructions for all the dishes and time-tables to show just how long they will take to prepare and cook. Please read the section about handy measures very carefully. Guessing may be all very well for a chef, but accurate measurements will save you many a disappointment, not to mention waste of food, fuel, time and temper.



MENU 1

Beef and Vegetable Stew, served
with watercress
Potatoes, cooked in the stew
Semolina Pudding topped with
jam



BEEF AND VEGETABLE STEW

2 tablespoons flour
2 teaspoons salt
 $\frac{1}{4}$ teaspoon pepper
12 oz. stewing steak
1 oz. dripping

8 oz. onions or leeks
12 oz. mixed root vegetables (carrots,
turnips, parsnips, etc.)
 $1\frac{1}{2}$ cups water or vegetable water
2 lb. potatoes
4 oz. watercress

Mix the flour, salt and pepper together on a flat plate. Cut the meat into cubes about 1" in size. Toss the meat in the flour and seasoning until it is all covered. Melt the fat in a strong saucepan until it is very hot and fry the meat gently until it is a good brown colour. Peel the onions or trim and wash the leeks, and cut into slices. Peel thinly or scrape the vegetables and cut into cubes about $\frac{1}{2}$ " in size. Add the onions or leeks to the meat and fry for a minute, then to this add the vegetables with the water. Put a lid on the pan, bring to the boil, then immediately reduce the heat and simmer the stew very gently for 1 hour. Peel the potatoes, cut into chunks and add to the stew. Continue cooking as before until the potatoes are tender, about another hour. Taste the gravy, and if necessary add more seasoning. Wash the watercress, remove some of the stalks, and serve the sprigs with the stew.

N.B.—Simmering means cooking more slowly than boiling. There should be only an occasional bubble showing. If it bubbles all over, it is cooking too quickly.


SEMOLINA PUDDING TOPPED WITH JAM

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|----------------------------------------------|------------------------|
| 4½ tablespoons semolina | Flavouring, if desired |
| 2 tablespoons sugar | A little jam |
| 1½ pints milk, fresh, household
or canned | |

Mix the semolina and sugar to a thin cream with some of the milk. Bring the remaining milk to the boil and pour into the blended mixture gradually, stirring all the time. Boil gently for 10 minutes to cook the semolina, stir frequently. Turn into a dish and serve hot or cold with a little jam.

METHOD

TO HAVE DINNER READY BY

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- 10.40 a.m. Prepare meat and vegetables for the stew and make the stew.
 - 11.0 a.m. Stew simmering. Make semolina pudding.
 - 11.50 a.m. Peel potatoes and place in the stew.
 - 12.50 p.m. Wash watercress thoroughly and allow to drain.
 - 1.0 p.m. Dish up.

These times will enable you to plan other work in between.

ALL QUANTITIES GIVEN ARE

MENU 2

Mince
Boiled jacket potatoes
Cabbage
Fried dumplings with syrup



SAVOURY MINCE

- 12 oz. fresh mince
- 1 onion or leek (2 oz.)
- 1 cup water or vegetable water
- 2 teaspoons salt
- $\frac{1}{2}$ teaspoon pepper
- 2 tablespoons plain flour
- A little cold water

Place the mince in a pan over the heat and cook it gently, stirring with a spoon or fork, until the meat is browned; no fat is needed as there is a certain amount in the mince which melts during the cooking. Peel the onion, or prepare and wash the leek, and slice finely. Add to the meat with the water and seasoning. Bring to the boil, reduce the heat, and simmer gently for $\frac{3}{4}$ hour. (See Menu 1.) Mix the flour to a smooth cream with a little cold water, and add to the mince, stirring all the time. Bring up to boiling point, as the stew will lose heat with the addition of the flour, and boil for 5 minutes to cook the flour. Serve very hot.

JACKET POTATOES

- $1\frac{1}{2}$ -2 lb. small or medium potatoes
- 3 cups boiling water (approx.)
- 1 tablespoon salt

Scrub the potatoes very well. Bring the salted water to the boil, add the potatoes, and boil until soft. Test with a fork to see if they are done. Drain thoroughly and serve in their jackets, or skin just before serving.

N.B.—The amount of water needed will depend on the size of the pan which is used for cooking. The potatoes should be just covered with water.

10 MINUTE CABBAGE

2 lb. cabbage
 $\frac{1}{2}$ cup boiling water

2 teaspoons salt
Little pepper

Cut the cabbage into quarters, remove any coarse outer leaves and any stalk from the centres—keep these for soup or stock. Wash the quarters very thoroughly and drain well. Cut into shreds with a sharp knife and place in the boiling water to which the salt has been added. Cover the pan with a tight-fitting lid and cook the cabbage 10-15 minutes. By this time the cabbage will be tender and most of the water evaporated. Drain thoroughly, keeping any liquid for soups, stews, gravies, etc. Sprinkle the cabbage with a little pepper and serve very hot.

SYRUP DUMPLINGS

12 tablespoons plain flour with
2 teaspoons baking powder
OR 12 tablespoons self-raising
flour
Pinch of salt
1 tablespoon dried egg, dry

1 oz. margarine or cooking fat
2 tablespoons sugar
Milk and water to mix
Fat for frying
A little golden syrup

Mix the flour, baking powder if used, salt and egg, making sure the egg is free from lumps. Rub in the fat with the tips of the fingers until the mixture resembles fine breadcrumbs. Add the sugar and mix in thoroughly. Make a well in the centre, add a little milk and water—about 3-4 tablespoons—and mix all together with a knife until a soft dough is formed, adding more liquid if necessary. Divide the dough into 8 pieces. Flour the hands, and form each portion of dough into a flat cake about $\frac{1}{2}$ " in thickness. Heat the fat in a frying pan until a faint blue smoke rises from it. Drop the dumplings into the hot fat, 2-3 at a time, and fry until golden brown all over and cooked in the centre (this takes 7-10 minutes). Break one open to see. Lift the cooked dumplings on to a piece of absorbent paper to drain away any surplus fat. Serve hot with golden syrup.

METHOD

TO HAVE DINNER READY BY

- 11.50 a.m. Begin cooking the mince.
- 12 noon Scrub the potatoes and put on to cook about 12.25.
- 12.5 p.m. Make the dumplings and keep hot.
- 12.30 p.m. Prepare the cabbage and put on to cook about 12.40 p.m.
- 12.40 p.m. Thicken mince.
- 1.0 p.m. Dish up mince, potatoes and cabbage.



MENU 3

Fried sausage and gravy
Creamed potatoes. Mixed salad
Steamed fruit pudding



SAUSAGE WITH BROWN GRAVY

1½ lb. sausages

1 cup boiling vegetable water
or stock

A little vegetable or meat extract
Salt and pepper

Prick the sausages and fry gently in a hot frying pan until well browned. No fat is necessary as there is sufficient fat in the sausages for frying. When cooked, remove from the pan and keep hot. Pour off the fat from the pan, leaving the brown sediment, add the boiling vegetable water or stock (the potato water may be used), and stir until boiling. Add a little vegetable or meat extract to colour and flavour and season to taste.

CREAMED POTATOES

1½-2 lb. potatoes

3 cups boiling water (approx.)

2 teaspoons salt

Knob of margarine

A little pepper

1-2 tablespoons milk

Scrub the potatoes and peel very thinly. Cut into halves if medium sized, or quarters if large. Put into the boiling water to which the salt has been added and boil gently until tender. Drain very thoroughly, return the potatoes to the pan on a very low heat and drive off the remaining moisture. Mash the potatoes with a fork or wooden spoon, add the margarine, more salt if required, pepper to taste and the milk. Beat well till soft and fluffy and serve hot.

MIXED SALAD

4 oz. cabbage
1 large carrot
Small piece of swede
1 stick celery, if available

1 small onion or leek
Salt and pepper
Little vinegar, or salad dressing
(about 1-2 tablespoons)

Cut the cabbage into quarters and wash well. Drain, remove the stalk and shred very finely. Wash the carrot and scrape, peel the swede and grate both the carrot and swede. Wash the celery, peel the onion and chop both finely. Mix all the vegetables together, season to taste and moisten with a little vinegar or salad dressing.

STEAMED FRUIT PUDDING

1 cup plain flour with
3 teaspoons baking powder or
1 cup self-raising flour
Pinch of salt
2 tablespoons dried egg, dry

2 oz. margarine or cooking fat
2 oz. sugar
2 oz. dried fruit (chop prunes or dates)
Milk or milk and water to mix (just over
¼ pint)

Mix together the flour, baking powder if used, salt and dried egg. Rub in the fat until no lumps remain and add the sugar and dried fruit. Add enough liquid to make a soft mixture which will drop off the spoon in a lump. Have ready a greased basin and put in the mixture, which should threequarters fill the basin. Cover with a greased paper and steam for 1 hour. Run a knife round the edge of the pudding and turn out.

N.B.—To steam a pudding: Place the pudding basin in a saucepan with boiling water coming half-way up the sides of the basin. Put the lid on the pan and keep the water boiling gently all the time. If there is room round the pudding basin, potatoes or other root vegetables may be boiled in the pan at the same time.

METHOD

TO HAVE DINNER READY BY

- 11.45 a.m. Make the steamed pudding.
- 12 noon. Put the pudding on to steam. Make the salad and set aside in a cool place.
- 12.20 p.m. Peel the potatoes and put them on to cook.
- 12.30 p.m. Start frying the sausages. Make gravy.
- 12.50 p.m. Drain and mash the potatoes.
- 1.0 p.m. Dish up.





HANDY MEASURES

The cup used in these recipes is a $\frac{1}{2}$ -pint size, but any kind of jug or jar which holds a $\frac{1}{2}$ -pint will do. This can be checked by borrowing a $\frac{1}{2}$ -pint milk bottle and filling it with cold water. Tip this carefully into the jug or jar and mark the water level.



All the measures for cups and spoons are level. With all dry ingredients the cup or spoon should be filled and then levelled off with a knife. If the measures are heaped at all, the recipes will not turn out as well as they should.



Fats are given in ounces. The easiest way to measure ounces is to mark the piece of fat into half and quarters when it is bought. If it is $\frac{1}{2}$ lb. piece, half will be 4 oz., a quarter will be 2 oz. and so on.



Vegetables are given in weights as this is the way they are generally purchased, and it is easy to guess a $\frac{1}{2}$ lb. or $\frac{1}{4}$ lb.



The Ministry of Food has compiled the "A.B.C. of Cookery" which is a comprehensive guide to cookery methods. Obtainable from H.M. Stationery Office or through any Bookseller. Price 1/- or 1/2 by post.

