

Egg Dishes



Savoury and Sweet

There's a lot to be said for eggs. They take their place with meat, fish and cheese as first-class body builders. In addition, their yolks give us iron and calcium while both the whites and the yolks provide vitamins of the B group, important for nerves, digestion and a healthy skin.

Egg dishes are easy to prepare and quick to cook and therefore light on fuel. They are also exceedingly popular with children as well as with adults. We give below 20 recipes, 10 savoury, 10 sweet. All are suitable for the main meal of the day.

Quantities for 4

Main meal dishes

Cottage cutlets

1½ lb. potatoes cooked and mashed
4 dried eggs dry
1 onion finely chopped
4 level tablespoons parsley, chopped

1 level teaspoon mixed herbs
Salt and pepper
1 dried egg, reconstituted for
Browned breadcrumbs [coating
Fat for frying

Mix potatoes, dried egg, onion, parsley, herbs, salt and pepper. Shape into cutlets, and dip in the reconstituted egg, and then in browned breadcrumbs. Fry till golden brown or bake in the oven.

N.B. *This quantity will make 4 large cutlets or 8 small ones.*

Egg, potato & bacon pancakes

1 lb. grated raw potato
2 tablespoons milk
1 oz. flour
½ leek or onion, chopped
2 level teaspoons parsley, chopped

2 rashers bacon, chopped
Salt and pepper
4 dried eggs dry
1 level teaspoon baking powder
Fat for frying

Grate the potato into the milk, add flour, parsley, leek, bacon and seasoning. Mix well together, add egg—beat well. Stir in the baking powder last. Fry in spoonfuls in hot fat until brown on both sides.

Father's fancy

2 lb. cooked potatoes, diced
1 onion, chopped
4 level tablespoons chopped parsley
4 eggs reconstituted

½ pt. milk
2-3 oz. grated cheese
Salt and pepper

Mix potatoes, onion and parsley and put in a piedish. Mix egg, milk and seasoning with cheese. Pour the mixture over the potatoes. Bake in moderate oven till golden, about 30 minutes.

Scotch eggs

½ lb. sausage meat
4 dried eggs reconstituted and hard boiled

1 dried egg reconstituted
Browned breadcrumbs
Fat for frying

Divide the sausage meat into 4 portions. Flatten each portion to make a circle about ½ in. thick. Place a hard boiled egg on each piece of sausage meat. Fold over the meat to cover the egg completely. Dip in egg and breadcrumbs, and fry in hot fat until golden brown. Serve hot with gravy and greens, or cold with salad.

Savoury egg patties

1 onion
 $\frac{1}{2}$ oz. fat
 $\frac{1}{2}$ lb. sausage meat
 $\frac{1}{2}$ lb. cooked mashed potatoes
2 level teaspoons chopped parsley

Salt and pepper
Milk or stock to moisten
 $\frac{1}{2}$ lb. short crust pastry
4 dried eggs reconstituted

Mince the onion, and fry it in the fat. When cooked add the sausage meat, and let it cook for about 15 minutes, work in the potato, add parsley and seasonings, and enough liquid to make a fairly soft consistency. Roll out the pastry thinly and line deep patty tins, or a flan tin with it. Half fill the pastry cases with sausage mixture. Season the eggs well and pour over the sausage meat. Bake in a moderate oven for about 30 minutes or until set, and brown.

Egg and sausage mould

1 lb. sausage meat
4 dried eggs reconstituted
6 level tablespoons chopped parsley

2 spring onions, or $\frac{1}{2}$ leek, chopped
Salt and pepper
 $\frac{1}{2}$ level teaspoon mixed herbs

Mix all ingredients thoroughly, and put into a greased basin. Steam for 1-1 $\frac{1}{2}$ hours. Serve hot or cold.

Egg and leek pie with cheese pastry

Pastry
6 oz. flour
Salt
1 oz. fat
2 oz. grated cheese
Water to mix

Filling
 $\frac{1}{2}$ lb. leeks weighed after preparing
Salt and pepper
4 dried eggs reconstituted

Boil the leeks in a very little salted water. Drain and chop. Mix flour and salt, and rub in the fat. Add the grated cheese and mix to a stiff dough with a little cold water. Divide into two and roll one half to fit a 7 in. diameter tin or plate. Mix leeks, salt, pepper and eggs. Pour into pastry case, and cover with a second piece of pastry. Bake in a hot oven for 30 minutes.

Creamed egg savoury

2 onions or leeks
1 oz. fat
2 oz. flour
 $\frac{2}{3}$ pint milk
4 dried eggs reconstituted, and hard boiled

1 lb. cooked potatoes
2 level tablespoons chopped
Salt and pepper [parsley]
Browned breadcrumbs

Chop the onions or leeks, and fry without browning in the fat. Add the flour, and mix well. Add the milk gradually and boil for 5 minutes. Dice the hard boiled eggs, and potatoes, and add these, and the parsley to the sauce. Season well. Pour into a greased pie dish, sprinkle with browned crumbs, and bake in a moderate oven till heated through, and browned on top.

Potato cheese souffle

1½ lb. potatoes
3 dried eggs reconstituted
2-3 oz. grated cheese

3 oz. flour
1 level teaspoon baking powder
1 gill milk to mix
Salt and pepper

Mash the potatoes, sieving them if possible. Add the egg with the other ingredients and enough milk to make a soft consistency. Bake in a greased dish in a hot oven for 30 minutes.

Savoury egg tartlets

6 oz. short crust pastry
3 dried eggs reconstituted
2-3 oz. grated cheese
Salt and pepper

2 level tablespoons chopped parsley
2 level tablespoons chopped onion

Roll out the pastry, and line patty tins with it. Mix the other ingredients together. Fill the pastry cases three-quarters full with this mixture. Bake in a moderately hot oven for 25-30 minutes.

Puddings

Chocolate Queen's pudding

2 oz. breadcrumbs
A small knob margarine
1 level tablespoon sugar
½ pint milk

2 level tablespoons cocoa
8 level tablespoons jam or jelly
3 dried eggs reconstituted
1 teaspoon vanilla essence

Put the breadcrumbs, margarine and sugar into a basin. Boil the milk, cocoa and half the jam, and pour it over the breadcrumbs, stirring the mixture thoroughly. Cover and allow to stand for ½ hour. Beat the eggs thoroughly, spread a tablespoon of jam over the bottom of a greased pie dish. Add eggs and vanilla essence to the breadcrumb mixture. Pour the pudding into the pie dish and bake in a moderately hot oven until set—about ½-¾ hour. Spread the remaining jam on top and serve hot.

Ginger sponge pudding

2 oz. fat (lard and marg.)
3 level tablespoons syrup
1 dried egg dry
2 level teaspoons ginger

$\frac{1}{2}$ level teaspoon mixed spice
1 level teaspoon bicarbonate of
6 oz. self raising flour [soda
A little milk

Warm the fat and syrup together in a basin. Beat well, then add the dried egg, spices and soda, and beat again. Add the flour and sufficient milk to make a fairly soft consistency. Steam for 2 hours. Serve with a syrup sauce.

Baked custard & variations

Baked custard

3 - 4 dried eggs reconstituted
1 pint milk

1 level tablespoon sugar
Flavouring

Beat the eggs and sugar together very thoroughly. Boil the milk and pour it on the eggs gradually, stirring well all the time. Add the flavouring. Pour into a greased dish, place the dish in a shallow pan of water, hot or cold, allowing the water to come about half-way up the sides of the dish. Bake in a moderately hot oven until the custard is set, about 40 minutes. *Note. Bake the mixture as soon as it is mixed. Do not allow it to stand.*

Chocolate custard

Baked custard recipe plus 2 level tablespoons cocoa
2 " " " sugar

Mix cocoa with egg and sugar, continue as for normal baked custard.

Dried fruit custard

Baked custard recipe minus sugar, plus 4 oz. dates, figs, prunes
or Baked custard recipe plus 2 oz. dried fruit.

Caramel custard

4 level tablespoons sugar } Caramel
2 tablespoons water }

4 dried eggs reconstituted
1 pint milk

1 level tablespoon sugar
Flavouring

Make a caramel by boiling together the sugar and water till a dark brown caramel is obtained. Line several small moulds or cups with the caramel. Make the custard with the other ingredients according to instructions above for Baked Custard. Pour this into the lined cups or moulds. Place the moulds in a shallow pan of hot or cold water. Bake in a moderately hot oven until the custard is set.

Custard tart

Use recipe for Baked Custard and pour hot custard into a pastry case
Bake in a moderate oven 30-40 minutes.

Egg and syrup flan

6 oz. short crust pastry
3 dried eggs reconstituted

3 level tablespoons syrup
A few drops lemon substitute

Line a plate with the pastry. Mix together the eggs, syrup and lemon substitute. Pour the mixture into the pastry case, and bake in a moderately hot oven for 20-30 minutes. Serve hot or cold.
This mixture may also be made into small tarts.

Biscuit pastry

8 oz. flour
Pinch salt
1½ level tablespoons dried egg dry

2 oz. cooking fat
Water to mix

Mix the flour, salt and dried eggs; rub in the fat. Mix to a stiff dough.
Use for sweet or savoury flans, tarts and pies.

Chocolate souffle

1 oz. fat
1 oz. flour
⅓ pint milk

4 dried eggs reconstituted
2 level tablespoons sugar
2 level tablespoons cocoa

Melt the fat, and stir in the flour. Add the milk, and cook until the mixture leaves the side of the pan. Add sugar and cocoa. Beat the eggs, add to the flour mixture, and beat well again. Pour into a greased dish, and bake 15 minutes in a fairly hot oven. Serve at once.

Ministry  of Food

