

Sara Brown 13th Jan 45

High Teas and Suppers

In planning high teas and suppers care should be taken to see that the meal is well-balanced.

A good high tea or supper should include either a raw salad or a correctly cooked vegetable dish and one of the body-building foods such as cheese, dried egg, bacon, meat or fish. These can be supplemented with a vegetable body-builder such as peas, beans, lentils or oatmeal.

The ten menus suggested here all contain body-building and protective foods with bread, cake or scones as "fillers." The main dish in each menu is easily prepared without the use of an oven. For recipes for salads and soups ask for the salad and soup leaflets.

10. MENUS for HIGH TEAS and SUPPERS (Quantities for 4)

MENU 1

*Welsh Wonder
Watercress Sandwiches
Plain Cake.*

Welsh Wonder

8 large Leeks.
Salt and Pepper
6 level tablespoons
grated Cheese.

Cut the leeks in half lengthwise and wash well. Cook in a very little boiling salted water. When tender, drain well, keeping the vegetable water for soup or gravy. Place in a baking dish; sprinkle with salt and pepper and grated cheese. Place under the grill to melt the cheese.

NOTE.—Other vegetables suitable for cooking this way are: cauliflower, potatoes, artichokes, celery, cabbage or a mixture of cooked vegetables in season.

Number

WAR COOKERY LEAFLET 18

MINISTRY OF FOOD



MENU 5

*Cauliflower Hollandaise
Cheese & Salad Sandwiches
Plain Cake.*

Cauliflower Hollandaise

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| 1 large head Cauliflower. | 2 Dried Eggs, reconstituted. |
| 2 level tablespoons Flour. | 3 tablespoons Vinegar. |
| $\frac{1}{2}$ pint Milk or Stock, or Vegetable Water. | |
| 4 Peppercorns (in muslin bag). Salt. | |

Separate cauliflower into small pieces and boil until tender in very little salted water. Drain. Mix the flour to a smooth paste with a little of the milk or stock, boil remainder, pour on to paste, return to pan and boil 5 minutes with the peppercorns. Remove from heat and add the eggs carefully, boil 2-3 minutes longer, add vinegar and salt. Remove the peppercorns. Pour over the cauliflower.

NOTE.—Other suitable vegetables for this method are: broccoli, cabbage, celery, beetroot.

MENU 6

*Chow Tan, Brown Gravy
Mixed Vegetable Salad
Bread, Margarine & Jam.*

Chow Tan (Chinese Omelette)

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|-------------------------------------|----------------------------|
| 2 Dried Eggs, reconstituted. | 2 oz. chopped Celery. |
| 2-3 oz. finely chopped cooked Meat. | 1 small Onion if available |
| 2 oz. grated Carrots. | Salt and Pepper to taste. |

Add to the eggs, meat, grated carrot, celery and onion, salt and pepper to taste. Drop the mixture by tablespoonsful into hot fat and fry till brown on both sides. Serve with brown gravy.

MENU 7

*Cabbage & Bacon Savoury
Mashed Potato
Cheese Scones with Watercress.*

Cabbage and Bacon Savoury

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|-----------------------------------|----------------------------|
| $\frac{1}{2}$ pint boiling Water. | 3 level tablespoons Flour. |
| 1 Cabbage, shredded. | Salt and Pepper. |
| 4 Leeks, chopped. | 1 teaspoon Meat Extract. |
| 4 rashers Bacon, chopped. | |

Bring the water to the boil; add cabbage, leeks and bacon and boil 20 minutes. Strain off the liquid and keep the vegetables and bacon hot. Mix the flour to a smooth paste with a little cold water, pour on the boiling vegetable water, return to the pan; season and add the meat extract. Boil for 5 minutes. Pour the sauce over the cabbage and bacon. Serve with mashed potato.

MENU 8

Risotto
Raw Vegetable Salad
Bread, Margarine & Jam.

Risotto

1 oz. Fat.
1 Leek or Onion, finely
chopped.
1 breakfast cup Rice.
1 pint well flavoured Stock.
Salt and Pepper.

1 dessertspoon Tomato Sauce.
1 teaspoon Worcester Sauce.
Any scraps of cooked Meat or
Fish minced or chopped.
 $\frac{1}{2}$ breakfast cup grated Cheese.
2 tablespoons chopped Parsley.

Fry the leek and rice in the fat until brown. Add boiling stock, seasoning and sauce. Cover and cook slowly for 30-40 minutes or until the rice is tender. Add the meat or fish a few minutes before serving. Sprinkle with the cheese and parsley.

MENU 9

Bean Chowder
Watercress Sandwiches
Jam Tart or Plain Cake.

Bean Chowder

1 breakfastcup diced Vegetables
(potatoes, carrots and turnips).
1 rasher Bacon, chopped.
A little Dripping..
 $\frac{1}{2}$ breakfastcup cooked Beans.
1 level tablespoon Flour.

Salt and Pepper.
Celery Salt or Celery Seed
or 1 stalk Celery mixed
with Vegetables.
 $\frac{1}{2}$ pint hot Milk.
Chopped Parsley.

Fry the bacon in the dripping. Add the vegetables and cook until brown. Add the beans and enough boiling water to cover. Add celery flavouring. Cook until the vegetables are tender. Mix the flour to a smooth paste with cold water and stir into the vegetables. Boil 5 minutes, season and add the hot milk. Serve at once, sprinkled with chopped parsley.

MENU 10

Leek & Potato Soup
Pilchard & Cabbage Sandwiches
Drop Scones or Pancakes.

Leek and Potato Soup

4 medium sized Leeks.
1 oz. Fat.
3 medium sized Potatoes, sliced.
1 quart Water or Vegetable Stock.

Salt.
4 level tablespoons
Household Milk (dry).
Chopped Parsley.

Cut the leeks in half lengthwise, and wash well; chop finely. Melt the fat in a saucepan and fry the leeks gently for 15 minutes without browning; keep the lid on. Add the potatoes, $\frac{3}{4}$ of the stock and cook until the potatoes are tender. Mix the milk to a smooth paste with the remaining stock and add to the soup. Bring to the boil and sprinkle with chopped parsley just before serving.