

Fate Brown

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CARRIED MEALS SNACKS AND SANDWICHES



These sandwich fillings all contain body-building food (meat, milk, cheese, fish or egg) and a raw vegetable; with the addition of bread they make a complete meal. The sweet spreads given at the end of the leaflet will not make "complete meals". They are useful only for replacing cakes or biscuits.

Savoury snacks, to be served hot or cold
(Suitable for large-scale canteens).

PASTRY SNACKS

There are three types of pastries which can be used in the preparation of snacks. All are suitable for savoury dishes, and Nos. 2 and 3 can also be used for sweet dishes:—

1	POTATO FADGE	<i>For 4</i>	<i>For 100</i>
		8 oz. cooked mashed Potato.	6 lb.
		1-2 oz. Flour.	2 lb.
		Salt and Pepper.	

Mix potato, seasoning and enough flour to make a stiff dough. Roll out thinly and cut in convenient pieces. Cook on a girdle or hotplate or in a greased frying pan, browning them on both sides. Serve hot.

2	POTATO PASTRY	<i>For 4</i>	<i>For 100</i>
		2 oz. Fat.	2½ lb.
		8 oz. Flour.	6 lb.
		4 oz. cooked mashed Potato.	3 lb.
		½ teaspoon Salt.	2½ oz.
	Water if necessary.		

Rub fat into flour, add potato and salt, and if necessary enough water to make a stiff dough.

3

OATMEAL CRUST

	<i>For 4</i>	<i>For 100</i>
	4 oz. Oatmeal.	5 lb.
	4 oz. Flour.	5 lb.
	2 oz. Fat.	2½ lb.
	Salt. Water.	

Rub fat into flour, add salt. Stir in the oatmeal and mix to a stiff dough with water. Roll out and use for sweet or savoury dishes.

Fillings suitable for savoury pastry

	<i>For 4</i>	<i>For 100</i>		<i>For 4</i>	<i>For 100</i>
1	¾ lb. Sausage Meat. 3 oz. cooked dried Peas, Beans or Lentils. 1 tablespoon Herbs, Parsley, chopped Leek mixed. Salt and Pepper.	15 lb. 5 lb. 1 lb.	6	¼ lb. grated Cheese. ¼ lb. mashed Potato. 1 tablespoon Parsley, coarsely chopped. Salt, Pepper, Mustard, Worcester Sauce.	6 lb. 6 lb. ½ lb.
2	¾ lb. Sausage Meat. 4 oz. grated Carrot. 1 tablespoon chopped Parsley. Worcester Sauce.	15 lb. 5 lb. ½ lb. ¼ pt.	7	½ lb. mixed raw Veg- etables, shredded or coarsely chopped. ¼ lb. Cheese. 1 tablespoon Parsley, coarsely chopped. 2 level dessertspoons Flaked Oats (if available) or Bread- crumbs. Salt, Pepper.	10 lb. 3 lb. ½ lb. ½ lb.
3	¾ lb. Sausage Meat. Pickle or Chutney. 3 oz. chopped Leeks. 4 tablespoons Dried Milk.	15 lb. 2 lb. 2 lb.	8	¾ lb. mixed cooked chopped Vegetables (including cooked dried peas, beans or lentils). 2 tablespoons Cheese Sauce. 1 tablespoon Parsley, coarsely chopped. Salt, Pepper, Mustard.	15 lb. 3 pt. ½ lb.
4	¼ lb. mashed Potatoes. ¼ lb. mixed cooked Vegetables (includ- ing dried peas, beans or lentils). 1 tablespoon chopped Parsley. 1½-2 tablespoons Salad Dressing.	8 lb. 8 lb. ½ lb. 3 pt.			
5	6 oz. mashed Fish— pilchard, herring, salt cod. 1 tablespoon Parsley, coarsely chopped. 1 teaspoon Lemon substitute. 1 tablespoon Salad Dressing.	10 lb. ½ lb. To equal 6 lemons. 2 pt.			

Roll the pastry out, cut into oblongs, as for sausage rolls. Place the filling on the pastry, damp the edges, fold over, and bake for 20 minutes if the filling is cooked and 40-45 minutes if the filling is raw.

N.B.—It is advisable to pre-cook sausage meat.

JACKET POTATOES

Scrub large potatoes and bake, boil or steam in their jackets. When cooked, cut in half lengthwise, take out the inside and mix with one of the

following:—

1. Vegetable yeast extract, parsley, salt and pepper.
2. Equal quantities of grated raw carrot and cheese, mixed with mustard salt and pepper.

Or any of the fillings used in Pastry Snacks, or Sandwich Fillings.

Put back the mixture into the potato halves, and bake or grill until browned.

Serve hot with a vegetable or cold with a salad or raw vegetable garnish. For carried meals, after filling, place two halves together and tie with clean rubber band or tape.

CHEESE AND POTATO SCONES

with soft cheese filling

	<i>For 4</i>	<i>For 100</i>
	$\frac{1}{2}$ lb. Flour.	7 lb.
	$\frac{1}{4}$ lb. Potato, cooked and mashed.	$3\frac{1}{2}$ lb.
	$\frac{1}{4}$ lb. grated Cheese.	$3\frac{1}{2}$ lb.
	4 level teaspoons Baking Powder.	4 table-
	Salt.	spoons.
	Milk or Water to mix.	
<i>Filling.</i>		
	4 oz. grated Cheese.	3 lb.
	2 level tablespoons Dried Milk, dry.	1 lb.
	1 tablespoon chopped Parsley.	1 lb.
	Water.	1 pint.
	1 tablespoon Pickles or Sauce.	1 lb.
	Salt and Pepper.	

To make the scones rub the potato into the flour, add salt and baking powder, stir in the cheese and mix to a soft dough with milk or water. Roll out to $\frac{3}{4}$ in. thick and cut into wedges. Bake in a hot oven for 15 minutes.

Filling.—Mix the dried milk, cheese, chopped pickle, parsley and seasoning with sufficient water to form a soft paste. Split open the scones, spread with filling and serve at once, or serve cold.

FISH CUTLETS

	<i>For 4</i>	<i>For 100</i>
	$\frac{1}{2}$ lb. Tinned Fish, or	9 lb. or
	$\frac{3}{4}$ lb. Fresh Fish.	16 lb.
	$1\frac{1}{2}$ lb. Potatoes.	30 lb.
	3 tablespoons Parsley.	1 lb.
	Worcester Sauce.	
	Milk.	
	toasted Oatmeal.	

If fresh fish is being used cook until tender, skin, bone and flake the flesh. Cook and mash the potatoes. Mix the fish, potatoes, seasoning and coarsely chopped parsley. Shape, coat with milk and toss in toasted oatmeal. Bake or fry and serve hot or cold.

MOCK HAMBURGER

	<i>For 4</i>	<i>For 100</i>
	$\frac{1}{2}$ lb. Mince.	10 lb.
	$\frac{1}{2}$ lb. Potatoes (finely grated raw or cooked mashed).	20 lb.
	1 teaspoon Mixed Herbs.	4 oz.
	$\frac{1}{4}$ lb. Oatmeal.	4-5 lb.
	1 teaspoonful Worcester Sauce.	$\frac{1}{2}$ -1 pint.
	Salt and Pepper.	
	1 dessertspoon chopped Leek.	$1\frac{1}{2}$ -2 lb.

Mix all ingredients together and form into rounds. Fry in covered frying pan for 15-20 minutes or bake in a moderate oven.

Sweet snacks to be served hot or cold

POTATO	<i>For 4</i>	<i>For 100</i>
	1 lb. Potato Fadge.	25 lb.
APPLE CAKES	$\frac{1}{2}$ lb. Apples.	15 lb.
	2 oz. Margarine.	$1\frac{1}{2}$ -2 lb.
	2 oz. Sugar.	$1\frac{1}{2}$ -2 lb.

Roll and shape the fadge into rounds, and spread with thinly-shredded pieces of apple. Cover with another round of fadge and bake in a hot oven for 20-30 minutes. Cut through the rounds, lay back the halves, sprinkle with sugar and a knob of margarine and put together again.

TURNOVER	<i>For 4</i>	<i>For 100</i>
	$\frac{1}{2}$ lb. Potato Pastry.	15 lb.
	1 tablespoon Jam.	2 lb.
	2 tablespoons cooked Fruit or Fruit Pulp.	5 lb.

Make the pastry and roll into rounds. Melt the jam in a pan, add pulp or fruit, beat well and spread in the pastry. Fold over and seal the edges. Brush with milk and bake in a hot oven.

N.B.—This could be made in large squares and cut into portions before serving.

CHOCOLATE	<i>For 4</i>	<i>For 100</i>
TARTS	$\frac{1}{2}$ lb. Potato Pastry.	8 lb.
	$\frac{1}{2}$ pint Milk or Milk and Water.	6 pints.
	1 oz. Flour.	$\frac{3}{4}$ lb.
	1 oz. Cocoa.	$\frac{3}{4}$ lb.
	few drops Vanilla Essence.	3-4 teaspoons.
	1 teaspoon Syrup.	1 lb.
	1 teaspoon Sugar.	1 lb.

Make the pastry, put in patty tins and bake. Blend the flour, cocoa and sugar with a little milk. Heat the remaining milk and pour on to the flour. Return to the pan and stir until it thickens. Cook for 3-4 minutes. Remove from the heat and stir in the syrup, sugar and vanilla. Beat well, pour into pastry cases and allow to set.

Alternative filling for pastry cases

<i>For 4</i>	<i>For 100</i>
$\frac{1}{2}$ pint Water.	6 pints.
2 level tablespoons Dried Milk, dry.	$\frac{3}{4}$ lb.
1 oz. Flour.	$\frac{3}{4}$ lb.
2 oz. mixed Dried Fruit.	2 lb.
1 tablespoon Syrup.	1 lb.
pinch Nutmeg.	1 oz.

Allow the fruit to simmer for 5-10 minutes in half the water. Blend the flour and dried milk powder with the rest of the water and stir into the fruit

and water. Cook the mixture until thick. Add the syrup, nutmeg and spice. Pour into pastry cases and allow to rest.

N.B.—This mixture could also be used for turnovers.

Sandwiches and Fillings

Nowadays snacks must be nutritious as well as appetising. They should contain body-building foods—eggs (dried or fresh), milk (dried or fresh), meat, fish or cheese; and fresh, raw vegetables as well as energy-producing foods such as potatoes, bread or oatmeal. Sweet snacks are mainly energy-producing only, and should not be regarded as forming the main part of a meal.

Sandwiches may be of three types:—

1. The usual sandwich of two slices of bread with a filling between.
2. Decker sandwiches, that is three or more slices of bread with two or more different fillings.
3. Open sandwiches, that is one slice of bread with filling spread on thickly. This type is not of much use for packed meals, but can be made very attractive for workers' snacks in canteens.

Any of the fillings may be used in scones, bread rolls or jacket potatoes, or made up into rolls and pasties with potato pastry or fadge—either of which may be used in place of bread.

The spreads and fillings are not meant for keeping. They are for immediate use and should not be kept longer than two days unless otherwise stated.

Cheese Spreads

1 CHEESE AND POTATO

	<i>For 4</i>	<i>For 100</i>
	3 oz. Cheese—grated.	6 lb.
	4 oz. Potato cooked and mashed.	6 lb.
	Chutney.	$\frac{3}{4}$ lb.
	1 tablespoon chopped Parsley.	$\frac{1}{2}$ lb.
	Salt and Pepper.	

2 CHEESE AND APPLE

	<i>For 4</i>	<i>For 100</i>
	3 oz. Cheese—grated.	5 lb.
	3 oz. Apple—raw, grated.	5 lb.
	Cloves.	
	1 tablespoon chopped Watercress or Parsley.	$\frac{1}{2}$ lb.

3 CHEESE AND CARROT SPREAD

Equal quantities of Cheese and grated raw Carrot or one-third Cheese to Carrot.

	<i>For 4</i>	<i>For 100</i>
	4 oz. Carrots, grated finely.	6 lb.
	3 oz. Cheese, grated.	6 lb.
	$\frac{1}{4}$ level teaspoon Mustard.	1 table- spoon.
	Vinegar to flavour.	To flavour.

Note.—Parsnips can be used instead of carrots in this recipe.

Egg Spreads

1 EGG SCRAMBLE

	For 4	For 100
	2 reconstituted Eggs.	50.
	1 tablespoon Milk.	1½ pints.
	½ oz. Margarine.	1 lb.
	3 oz. mashed Potato.	5 lb.
	1 oz. Bacon (optional).	1½ lb.

Fry the bacon and chop finely. Scramble the egg in the usual way, until lightly set. Stir in chopped bacon, bacon fat, mashed potatoes and seasoning, cook for 1 minute longer. Allow to cool and use on bread. Butter or margarine should not be necessary as the spread is soft and contains a good proportion of fat. The spread should be used with raw shredded cabbage, cress or lettuce.

Note.—Cheese, tomatoes or vegetable yeast extract may be used instead of bacon for flavouring.

2 EGG AND VEGETABLES

	For 4	For 100
	2 reconstituted Eggs.	50.
	2 tablespoons Milk.	1½ pints.
	½ oz. Margarine.	1 lb.
	4 tablespoons cooked mixed Vegetables (peas, carrots, potatoes, cabbage, etc.).	6 lb.
	1 tablespoon chopped Parsley.	6 oz.
	Salt and Pepper.	

Scramble the egg in the usual way with milk and margarine. When lightly set, stir in the diced cooked vegetables. Stir well and add parsley and seasoning. A little mayonnaise may be added for extra flavour if liked.

Fish Spreads

1 FISH AND POTATO

	For 4	For 100
	6 oz. cooked Fish.	9 lb.
	3 oz. cooked Potato.	4½ lb.
	1 tablespoon Parsley.	8 oz.
	Celery to flavour.	
	Salt and Pepper.	

Flake the fish and mash the potatoes. Add coarsely chopped parsley, chopped celery and seasoning. Mix well. Chutney or vinegar may be added to this spread for variety of flavour.

Note.—This filling makes excellent pasties with potato pastry. Allow 8 oz. pastry for 4, and 10 lb. for 100.

2 CHEESE AND FISH

	For 4	For 100
	4 oz. cooked Fish.	6 lb.
	2 oz. Cheese, grated.	3 lb.
	1 oz. Flour.	1¼ lb.
	¼ pint Water.	6 pints.
	Salt and Pepper.	
	1 tablespoon chopped Parsley or Watercress.	½ lb.

Make a thick sauce with flour and water. Mix in the flaked cooked fish, grated cheese, chopped parsley or watercress and seasoning. Cool and use thickly between bread or as a filling for potatoes or pasties.

3 SALMON LOAF

	<i>For 4</i>	<i>For 100</i>
	4 oz. Salmon, canned or chilled or Sardines, Pilchards, Herrings.	5 lb.
	6 oz. White Fish, cooked.	8 lb.
	2 oz. mashed Potatoes.	2½ lb.
	1 gill Milk and Water.	6 pints.
	1 oz. Flour.	1¼ lb.
	Salt and Pepper.	

Make a thick sauce with the flour and milk. Mash the fish and potato together, add to the sauce and beat well. Put in a greased basin, jar or cup. Cover with greased paper and steam 1 to 1½ hours. When cold turn out and slice. Use slices as sandwich filling or serve with bread and raw vegetable garnish.

Meat Spreads

1 MINCE SLICES

	<i>For 4</i>	<i>For 100</i>
	2-4 oz. minced Meat.	5-6 lb.
	3-4 oz. cooked mashed Potato.	5 lb.
	Salt and Pepper.	
	2 oz. Tomato or raw shredded Cabbage.	3 lb.

Mix all the ingredients except cabbage or tomato, together with a little stock or vegetable water to moisten. Use as a spread with slices of tomato or a sprinkling of raw shredded cabbage.

Note.—This filling is also excellent for jacket potatoes or savoury fadge.

2 SCOTCH SCRAPPLE

	<i>For 4</i>	<i>For 100</i>
	1½ oz. Oatmeal.	2½ lb.
	¼ pint Water.	6 pints.
	Salt.	
	2-3 oz. canned Pork Sausage Meat or Bacon.	5 lb.
	2-3 oz. raw shredded Cabbage.	3 lb.

Add oatmeal slowly to rapidly boiling salted water. Cook for 30 minutes or until thick, stirring the whole time. Stir in small pieces of sausage meat or chopped bacon. Mix thoroughly and leave to cool. Use in sandwiches with cress or raw shredded cabbage or tomato, etc. This mixture can also be fried and served hot.

Sweet Spreads

1 CHOCOLATE SPREAD

	<i>For 4</i>	<i>For 100</i>
	4 tablespoons mashed Potato.	6 lb.
	2 tablespoons Sugar.	2-2½ lb.
	1 tablespoon Cocoa.	1½ lb.

Mix all ingredients well together.

2 DATE AND CABBAGE

	<i>For 4</i>	<i>For 100</i>
	4 oz. outer Cabbage leaves.	6 lb.
	4 oz. Dates.	6 lb.
	$\frac{1}{2}$ teaspoon Mayonnaise.	10 table- spoons.

Shred the cabbage and put into a small quantity of boiling salted water. Cook for five minutes with the lid on the pan. Strain and mince with the stoned dates. Put through the mincer a second time and mix with the mayonnaise.

3 DATE AND CARROT SPREAD

	<i>For 4</i>	<i>For 100</i>
	3 oz. Carrots.	5 lb.
	$1\frac{1}{2}$ oz. Dates or other Dried Fruit.	$2\frac{1}{2}$ lb.

Mince together and use as a spread.

4 MOCK LEMON CURD

	<i>For 4</i>	<i>For 100</i>
	2 oz. Custard Powder or Cornflour.	3-4 lb.
	$1\frac{1}{2}$ gills Water.	9 pints.
	1 pinch Bicarb. Soda.	1 tablespoon.
	Lemon Substitute to flavour.	
	2 tablets Saccharin.	20 tablets.
	$\frac{1}{2}$ oz. Margarine.	$\frac{3}{4}$ lb.

Blend the cornflour with a little water, boil up the rest of the liquid, and pour over the blended cornflour. Return to the pan. Boil and cook for 2-3 minutes. Crush the saccharin tablets and stir in until dissolved. Add the flavourings and margarine and bicarb. Beat well and use when cold.

Handy Spoon Measures

Lentils, dried beans, mashed potato or finely grated raw potato	1 oz. = 1 level tablespoon.
Sugar	1 oz. = $1\frac{1}{2}$ " "
Flour, cocoa, oatmeal, custard powder, syrup or treacle	1 oz. = 2 " "
Rolled oats	1 oz. = 4 " "
Dried milk, grated cheese	1 oz. = $2\frac{1}{2}$ " "

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(GV473) Wt. 50157/350. 300m. 2/44. B. & S. Ltd. 51-4550.

March, 1944