

Ministry of Food

COOKERY CALENDAR



CAKES and BISCUITS

There are several methods of cake making but the easiest and quickest one, generally used for economical cakes, is the "rubbing in" method. The basic recipes can be adapted for many variations.

BASIC RECIPE

8 oz. plain flour and
4 level teaspoons baking powder
or 8 oz. self-raising flour
Pinch of salt
3 oz. fat—margarine, cooking fat
or dripping

3 oz. sugar
1 egg, well beaten
Just under $\frac{1}{4}$ pint milk and water
A few drops of flavouring essence

Sift the flour, baking powder if used, and salt together. Rub in the fat and mix in the sugar. Mix to a stiff dropping consistency with the egg, liquid and flavouring. Turn into a greased 7" cake tin and bake in a moderately hot oven for $\frac{3}{4}$ -1 hour.

Variations:

1. Plain Fruit Cake: Add $\frac{1}{2}$ level teaspoon mixed spice with the flour, and 3-4 oz. dried fruit, chopped if necessary, with the sugar.
2. Orange or Lemon Cake: Add the grated rind of 2 oranges or lemons with the sugar.
3. Ginger Cake: Add 2 level teaspoons ground ginger and $\frac{1}{2}$ level teaspoon mixed spice with the flour, and 1 level tablespoon syrup or treacle with the liquid.
4. Small Cakes: Use the basic recipe or any of the first three variations and mix to a soft dropping consistency. Divide the mixture into greased patty tins and bake for 20 minutes in a moderately hot oven.
5. Raspberry Buns: Use the basic recipe but reduce the sugar to 2 oz. and use only enough liquid to mix to a stiff dough. Cut the dough in 12 pieces, form into buns and make a hole in the middle. Put in a very little raspberry jam and pull the dough over to cover it. Roll in sugar and place on a greased baking sheet. Bake in a hot oven for 10 minutes.



COLONEL BISCUITS

4 oz. plain flour
4 oz. rolled oats
or barley kernels
1-2 level teaspoons salt

3 oz. margarine
4 oz. cold mashed potato
2 oz. sugar (sweet biscuits only)

Mix the flour, rolled oats or barley kernels and the salt. Rub in the margarine and then knead in the mashed potato. Continue kneading until the whole is a very stiff dough. No liquid should be used. Roll out until only $\frac{1}{4}$ inch thick and cut into biscuits. Place on baking tins and bake in a slow oven until crisp but not brown, about 15 to 25 minutes. Cool on cake racks or in any way which will let the air circulate around them to make sure they will stay crisp.

Sweet Biscuits

Add only a pinch of salt and the sugar to the dry ingredients. Mix as before. This quantity makes about 3 dozen, with a 2" cutter.

SWEET OATMEAL BISCUITS

2 oz. margarine or cooking fat
6 oz. self-raising flour
or 6 oz. plain flour and
3 level teaspoons baking powder

Pinch of salt
3 oz. oatmeal
2 level tablespoons sugar
About $\frac{1}{4}$ pint water to mix

Rub the fat into the dry ingredients. Add just enough water to bind into a stiff dough. Knead a little and roll out to less than $\frac{1}{4}$ " thick. Cut into rounds, place on a baking sheet and bake in a slow oven until the biscuits are coloured. Makes 20-24 biscuits with a 3" cutter.

SHORTBREAD BISCUITS

2 oz. margarine
3 oz. flour

2 level tablespoons sugar

Rub the margarine into the flour and sugar. Knead into a dough without adding any water. Roll out to about $\frac{1}{8}$ " thick and cut into fancy shapes or rounds. Bake in a cool oven until pale brown. Makes 18 biscuits with a 2" cutter.

NOTES

1. In the three recipes above, it is essential to mix to a stiff consistency and to knead well in order to get the dough smooth.
2. Bake on the middle shelf of the oven and cook until the biscuits are a very light brown in colour. Most biscuits will be soft when taken from the oven; they harden on cooling.
3. *Cooling*: After removing from the oven, allow to remain on the baking sheet for at least 10 minutes to become firm, then lift off with a knife on to a wire tray and allow to become quite cold before storing in tins.

