

Cookery Calendar



SEVILLE ORANGE MARMALADE—makes about 10 lb.

3 lb. Seville oranges
2 lemons

7 pints water
Sugar

Wash the fruit, peel it and cut the rind into shreds. Cut up the pulp, removing the pips. Tie the pips in a muslin bag and place in a basin with the peel and pulp; add the water and leave to soak for 24 hours. Place in a pan and cook gently until the fruit is tender, about 1 hour, then boil more rapidly until the volume is reduced by one third. Remove the bag of pips, after squeezing out the juice. Measure the cooked pulp and to each pint, add 1 lb. sugar. Return all to the pan, stir until the sugar is dissolved, then boil rapidly until setting point is reached. Allow the marmalade to cool slightly before potting.

GRAPEFRUIT AND LEMON MARMALADE (Thick)—makes about 10 lb.

4 grapefruit (to weigh about
2½ lb.)

7 pints water
Sugar

6 lemons (to weigh about 1½ lb.)

Wash the fruit, peel it and cut the rind into shreds, removing any excess pith. Cut up the pulp, removing any pips, and put the pulp and peel into a basin with 5 pints water; put the pips and excess pith in another basin and add the remaining 2 pints water. Leave all to soak overnight. Strain the water off the pips and place it in a pan with the rest of the fruit and water. Tie the pips and pith in a muslin bag, place in the pan and cook gently for 1 hour, then boil until the peel is quite tender and the volume reduced by one third. Remove the bag of pips, after squeezing out the juice, measure and to each pint of cooked pulp add 1 lb. sugar. Return all to the pan, stir until the sugar is dissolved, then boil rapidly until setting point is reached.

PANCAKES—for Shrove Tuesday

4 oz. plain flour
½ level teaspoon salt
1 egg

½ pint milk or milk and water
Fat for frying

Sift the flour and salt into a basin. Add the egg and sufficient milk to make a thick batter and beat very well. Stir in the rest of the milk and pour the batter into a jug. Heat just sufficient fat to grease the bottom of the frying pan and when very hot pour in a thin layer of batter. When the underside is brown, loosen the edges and toss or turn it over. When both sides are brown turn out on to sugared paper, sprinkle with lemon juice and roll up. Keep very hot until all the pancakes are cooked, then serve on a dish decorated with small pieces of lemon.

—please see overleaf for Variations.



Pancake Variations

- 1 Add 2 oz. currants or other dried fruit.
- 2 Add grated orange or lemon rind to the batter before cooking.
- 3 As the pancakes are cooked, roll a slice of ice cream (cut from a block) inside each and serve *immediately*. Do not keep hot.
- 4 Serve with orange or lemon sauce instead of pieces of lemon.
- 5 Spread thinly with any well flavoured warmed jam before rolling up.
- 6 Use a savoury filling, e.g. sauce mixed with cooked vegetables, fried bacon and leek, cooked meats, grated cheese. Be sure the filling is hot.
- 7 For *Swiss Pancakes*, mix together 1 small grated onion, $\frac{1}{2}$ oz. margarine, 2 oz. grated cheese, 2 tablespoons milk, 1 level teaspoon mustard and salt and pepper to taste; make very hot and spread over the pancakes before rolling up. Excellent for lunch or supper.

SUET PANCAKES—no egg required

6 oz. plain flour and
2 level teaspoons baking powder
or 6 oz. self-raising flour
Pinch of salt

4 oz. finely chopped or shredded
suet
Approx. 7 tablespoons milk to mix
A little fat for frying

Sift the flour, baking powder (if used) and salt together and mix in the suet. Mix to a soft dough with the milk and divide into four. Roll each piece into a circle about 7" across and fry in a very little fat until golden brown on both sides. Serve very hot with syrup.

ORANGE SPONGE PUDDING*—using sweet or Seville oranges

3 oz. margarine
2 oz. sugar
1 egg
Grated rind of 1 orange
6 oz. plain flour and

2 level teaspoons baking powder
or 6 oz. self-raising flour
Pinch of salt
Approximately $\frac{1}{4}$ pint milk and
water to mix

Cream the margarine and sugar together until light, add the egg and beat well again: beat in the orange rind. Sift the flour, baking powder (if used) and salt and add to the creamed mixture with sufficient milk and water to mix to a soft dropping consistency. Turn into a greased basin ($1\frac{1}{2}$ pint size), cover with greased paper and steam for $1\frac{1}{2}$ hours. Turn out and serve with orange sauce (see below).

Orange Sauce

1 level tablespoon custard powder
 $\frac{1}{2}$ pint water

Grated rind and juice of 1 orange
1-2 level tablespoons syrup

Blend the custard powder with the water. Bring to the boil, stirring all the time, and boil gently for 3 minutes. Add the orange rind, juice and syrup, mix well and serve hot.

*And while on the subject of puddings you may like to be reminded about the Ministry's recipe booklet:—

"CAKES, PUDDINGS, BISCUITS & SCONES"

Sixteen pages of delicious and economical recipes particularly suitable to these days of uncertain supplies of sugar, fat and eggs. The price is only 3d. Obtainable through any bookseller, or by post 4d. from H.M.S.O., P.O. Box No. 569, London, S.E.1.

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