

Cookery Calendar



SUGGESTIONS FOR CARRIED MEALS

ONION AND CHEESE SQUARES

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| Short pastry using 6 oz. flour | $\frac{1}{4}$ level teaspoon pepper |
| 4 oz. onion, very finely sliced | 2 oz. cheese, grated |
| 1 level teaspoon salt | |

Roll out the pastry to an oblong about $\frac{1}{4}$ " thick. Spread the onion over one half of the pastry and sprinkle with the seasoning and grated cheese. Damp the edges of the pastry, fold over and seal. Mark into squares and bake in a hot oven for 30 minutes.

FISH ENVELOPE

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| 1 can snoek* | Salt and pepper to taste |
| 3 medium-sized tomatoes,
skinned and sliced | $\frac{1}{4}$ level teaspoon ground mace,
optional |
| 3 level tablespoons breadcrumbs | Short pastry using 6 oz. flour |
| 2 teaspoons vinegar | |

Flake the fish, removing any skin and bone, and mix with the tomatoes, breadcrumbs, vinegar and seasoning. Roll out the pastry to a 10" square and pile the filling in the centre. Damp the edges of the pastry and form into an envelope. Bake in a moderately hot oven for 30 minutes.

*N.B.—8 oz. cooked fish or any other canned fish (e.g. crawfish, barracouta) may be used in place of the snoek.

PLUM BUNS

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| 8 large or 12 small plums | Pinch of salt |
| 8 oz. plain flour and | $1\frac{1}{2}$ oz. margarine or cooking fat |
| 4 level teaspoons baking powder | 2 oz. sugar |
| or 8 oz. self-raising flour | Milk to mix |

Stew the plums gently in very little sweetened water until tender, taking care to keep them whole. Strain, keeping the juice. Mix the flour, baking powder if used, and salt well together, rub in the fat and add the sugar. Mix to a very stiff dough with a little milk. Divide the dough equally into 8 or 12 pieces, roll out each portion into a round about 4"-6" in diameter. Place a plum in the centre of each round, damp the edges and gather them together, turn the buns over and make a small slit in the top of each. Bake on a greased tin in a moderate oven for 20-30 minutes.

N.B.—These may also be served as a pudding with the fruit juice or a custard sauce.



BUTTER OR MARGARINE EXTENDER

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| 4 oz. butter or margarine | $\frac{1}{4}$ level teaspoon salt |
| $\frac{1}{2}$ level tablespoon flour | $\frac{1}{4}$ pint milk |

Put 3 oz. butter or margarine in a bowl, and cream with a wooden spoon. Melt the remaining 1 oz. in a saucepan, work in the flour and salt and add the milk. Bring to the boil, stirring all the time, and boil gently for 5 minutes. Cool and add to the fat in the bowl. Beat until smooth and allow to cool before using.

SANDWICH SPREADS

EGG SPREAD

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| 2 eggs, hard-boiled | 1 teaspoon vinegar |
| 4 level tablespoons thick white sauce | Salt and pepper to taste |
- Chop the eggs and mix well with the other ingredients.

CARROT AND CHEESE SPREAD

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| 4 oz. finely grated raw carrot | Salt and pepper to taste |
| $1\frac{1}{2}$ oz. finely grated cheese | 2 teaspoons lemon juice |
| $\frac{1}{2}$ level teaspoon made mustard | $\frac{1}{2}$ oz. margarine, melted |

Mix all the ingredients thoroughly together.

CHEESE SPREAD

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| 1 level tablespoon flour | $\frac{1}{2}$ level teaspoon salt |
| 6 tablespoons water | Pinch of pepper |
| 2 oz. cheese, grated | 1 level tablespoon chopped chives or parsley |
| 1 oz. margarine | |

Makes the cheese go further and the bread need not be spread with butter or margarine.

Blend the flour with the water and bring to the boil, stirring all the time; boil gently for 3 minutes. Remove from the heat and beat in the cheese, margarine, seasoning and chives or parsley, and allow to cool.

HERRING SPREAD

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| 6 oz. cooked flaked herring | 1 level tablespoon chopped parsley |
| $\frac{1}{2}$ oz. margarine, melted | 2 teaspoons vinegar |
| $\frac{1}{2}$ level tablespoon finely chopped onion | 1 level teaspoon salt |
| | Pinch of pepper |

Mash the ingredients together to form a smooth paste. If preferred, the onion may be fried in the margarine before adding to the other ingredients.

REFRESHING FRUIT JUICES—ready to use

The natural strength canned orange and (sweetened) grapefruit juices now in the shops are ideal as long or short drinks with or without water. They cost less than buying fresh fruit for squeezing and no points are needed.

Pack a can of fruit juice in your next picnic basket instead of breakable bottles but don't forget your can opener. If you open a can at home and don't need it all immediately, pour the juice into a jug and keep it in a cool place.

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