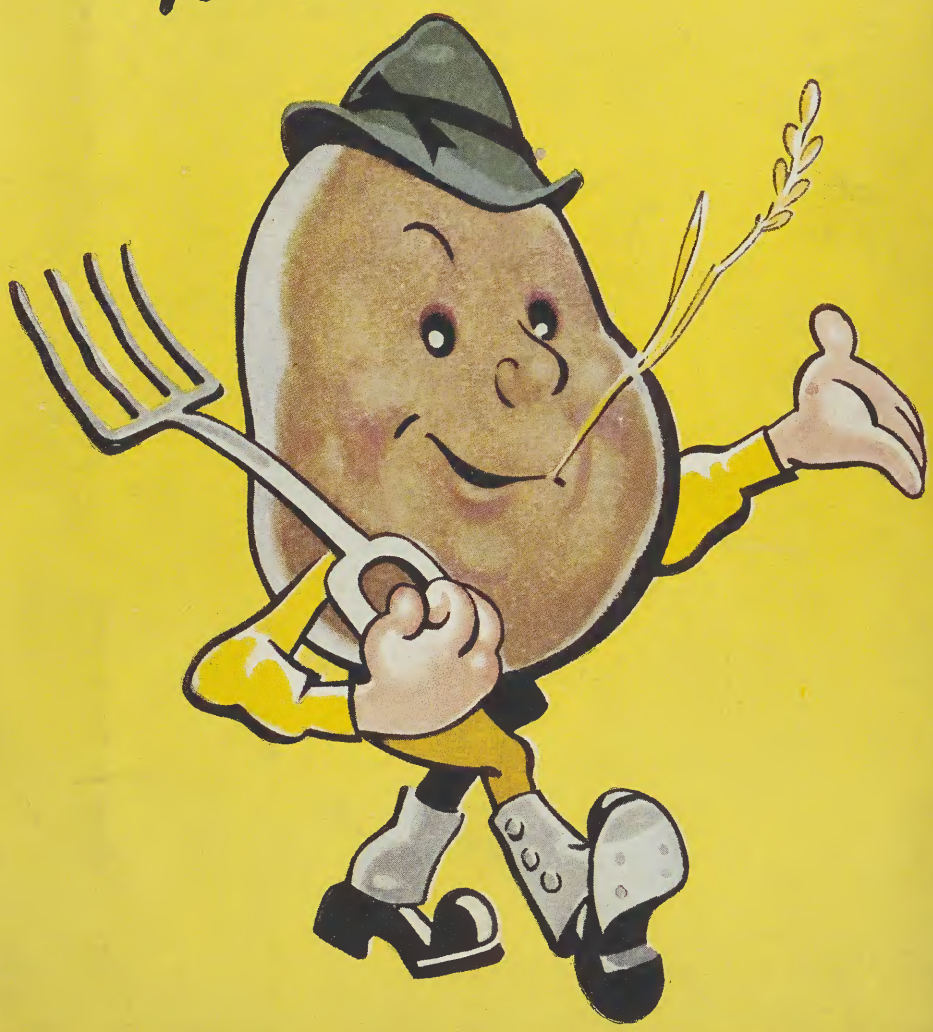


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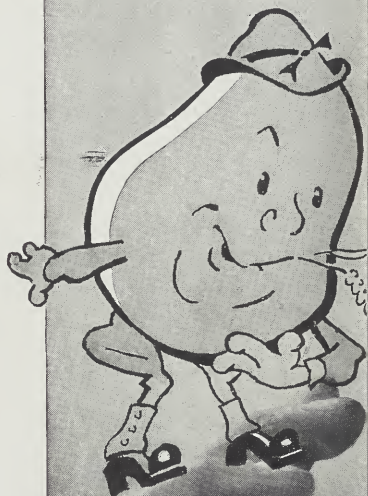
MINISTRY OF FOOD.  
FOOD ADVICE LETTERS

# Potato Pete's recipe book



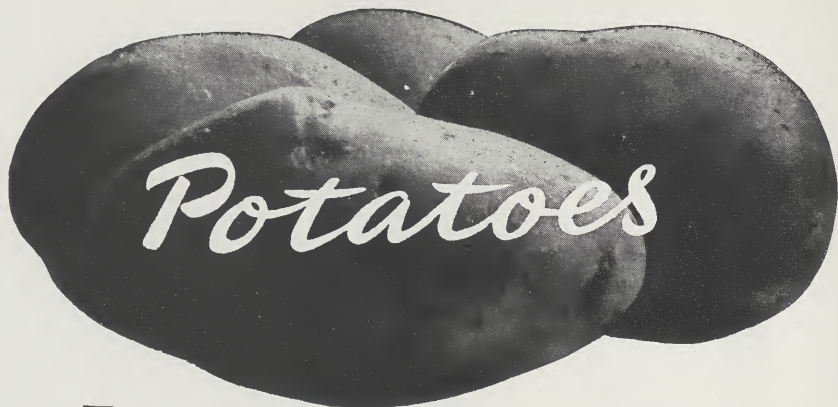
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Who am I?... POTATO PETE  
the more you serve me the better I can serve you  
I'll tell you how...





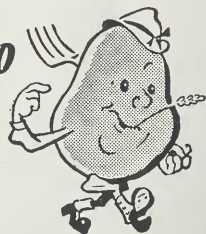
**I**N THE POTATO we have fine energy as well as valuable protective food. As it is home grown and cheap to buy, it is available for everyone, and in the absence of fruit for the winter months, it supplies the valuable vitamin C.

Doctors advise each of us to eat at least 12 ozs. and if possible 1 lb. of potatoes each day. With all the varied and interesting ways you can use them, this is an easy matter. Incidentally, potatoes help to save both fat and flour in pastries, puddings, scones and cakes.

To avoid waste, potatoes should be cooked in their skins. Peeling them you lose both goodness and bulk, and it is easy to scrub and steam them and remove the skins afterwards while they are hot. This way they develop delightful flavour.

Remember to save the water in which potatoes have been boiled, as it is useful as a foundation for a soup. Left-over mashed potato is useful for thickening stews, or for combining with oddments of cooked fish in croquettes or a fish pudding. Well seasoned mashed potato mixed with a little grated cheese or finely minced onion, or chopped spring onion, makes a tasty sandwich filling for the midday lunch-box.

*Follow me madam  
I'll show you a thing or two*



# EVERYDAY WAYS OF COOKING POTATOES



*First wash the potatoes, then scrub them with a small brush and rinse well in cold water*



## TO BOIL

Choose even - sized potatoes if possible, so that they will all be finished at the same time. Scrub them and place together in boiling salted water. Bring the water back to the boil, then turn the heat low to cook them gently for 10 to 15 minutes. Drain off the water, place a folded cloth over the potatoes to cover them completely, put on the lid again, and let them cook in their own steam at the side of the hotplate for another 20 minutes.

## TO STEAM

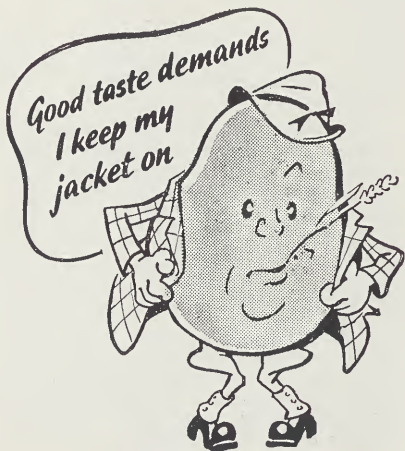
Place the potatoes in a steamer. If you have not got one, use a colander over a pan of boiling water. Sprinkle them with salt, and steam for about 40 minutes to one hour, according to their size. Dry directly over heat for a few minutes, then serve them at once.

## TO MASH

If you want to serve mashed potatoes, here is the way to do it.

After steaming into the folded cloth, the potatoes become floury, and the

skins are easily removed. When completely dried, mash them thoroughly with a fork until free of lumps. Add a little margarine (a teaspoon to 1-lb. potatoes, if you can spare it), a little hot milk, salt and pepper. Whip with the fork until very light, then pile into a heated dish.



## TO ROAST

Choose medium-sized potatoes, scrub them well and cook them in boiling salted water for 10 minutes. Take them out, drain them, remove their skins, and place them in the baking tin beneath the meat for  $\frac{3}{4}$  hour before the joint is to be ready. If you are not cooking a joint, place the potatoes in a baking tin in which you have melted a little dripping. Turn and baste the potatoes once or twice during cooking. When tender, drain them and sprinkle with salt before piling them in the hot vegetable dish.

## TO BAKE *in their Jackets*

Choose medium to large-sized potatoes for this, scrub and wash them thoroughly, then pat dry in a cloth.

Place them in a baking tin, or on the oven shelf, in a well-heated oven, cooking them till tender— $\frac{3}{4}$  to one hour.

When soft, hold the potato in both hands with a cloth, squeeze it gently until it bursts, then return to the bottom of the oven for a minute or two. This lets the steam escape and makes it floury. Season with a very little pepper and salt.

## TO FRY—*if you must*

In war-time, it is more economical to fry potatoes after cooking rather than when they are raw, as they take up less fat. Cut the cold potato into neat slices and fry in smoking hot dripping or cooking fat, turning until evenly crisped and brown. Sprinkle with salt and a little chopped parsley.

# Breakfast Dishes

## PARSLEY POTATO CAKES

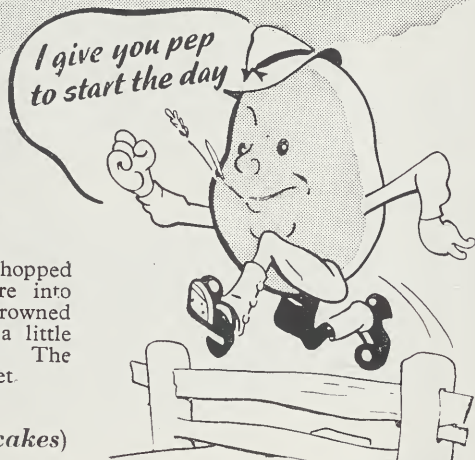
Boil an extra pound of potatoes the day before you want to make the cakes. Mash these while hot, with a little milk, and seasoning of salt and pepper to taste.

Next day add a tablespoon of chopped parsley and shape the mixture into little cakes. Cover these with browned breadcrumbs, and pan-fry in a little hot fat, or bake in the oven. The mixture should not be made wet.

## POTATO FLODDIES (*Pancakes*)

Two good-sized potatoes, flour to form a batter, seasoning, fat. Scrub the potatoes and grate them with a coarse grater over a bowl. Then add sufficient flour to form a batter. Season with salt and pepper

Melt a little dripping and make it very hot in a frying pan. Drop the mixture into it, and when brown on one side, turn and brown on the other.



To make it a savoury—add a pinch of mixed herbs and a dash of cayenne pepper to the recipe. Serve it plain with jam if you want it as a sweet dish.

## POTATO AND FISH CAKES

4 oz. flaked cooked fish  
8 oz. mashed potatoes  
1 teaspoon finely-chopped parsley  
Salt      Pepper  
 $\frac{1}{2}$  teacupful thick white sauce  
Frying fat—optional

*Method*—Flake the fish free of bone into a basin. Add the hot mashed potato, parsley, salt and pepper, add the sauce, form into a firm square and set aside to cool. Shape into six or eight round even-sized portions, coat with flour and water batter, drain and toss in dried crumbs, patting them on well. Fry in smoking hot fat on both sides until golden brown, or bake in the oven.

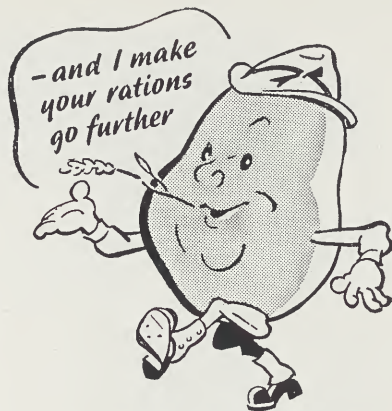
## FADGE (*Irish Potato Bread*)

Scrub and boil 2-lbs. of potatoes. Drain and dry over a low heat. Mash with a fork while still hot. Allow to cool until the little finger can bear the heat of the potato. Add salt and work in enough flour to make a pliable dough. Knead well for about five minutes on a heavily-floured board. Roll out about  $\frac{1}{4}$ -in. thick. Cut into wedge-shaped pieces. Cook on a hot-plate or in the oven until brown. Turn and brown the other side.

## POTATO TOPPINGS FOR TOAST

Cover slices of wheatmeal toast with one of the following mixtures, and crisp them under the grill.

- (1) Thinly-sliced cooked potatoes, sprinkled with salt, pepper and a teaspoon of finely grated cheese. Brown under the grill.
- (2) Freshly cooked mashed potato, blended with a little milk and meat or vegetable extract to taste. Season, dot with tiny pieces of



margarine or dripping and brown under the grill.

- (3) Arrange alternately some thin slices of cooked potato and raw tomato. Dot with dripping or margarine, season well, and replace under the grill until the potatoes are brown and the tomatoes cooked. Sprinkle with finely-chopped parsley.
- (4) Mix some mashed potato with half the quantity of flaked fish. Season well, add some chopped parsley or a dash of anchovy essence or ketchup. Spread the mixture evenly on the slices of toast, dot with fat, and brown under the grill.

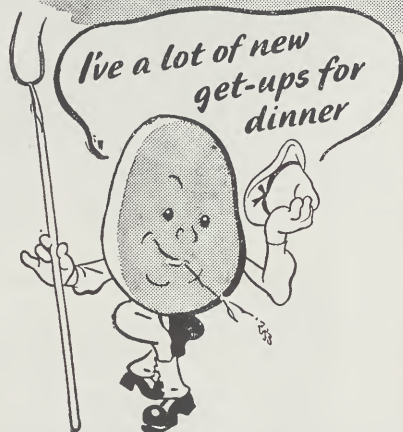
## IRISH POTATO CAKES

$\frac{1}{2}$  lb. mashed potatoes       $\frac{1}{2}$  lb flour  
1 oz. margarine      1 gill milk  
1 teaspoon salt  
 $\frac{1}{2}$  teaspoons baking powder

*Method*—Sift flour, baking powder, and salt into a basin. Rub in the margarine, then mix in mashed potatoes and milk by degrees. Work until smooth, and turn on to a lightly-floured board. Roll out to  $\frac{1}{4}$ -in. thickness, and cut into rounds.

Fry in a little smoking fat until brown on both sides, or cook on a hot-plate or in the oven. Serve hot for breakfast. They are also good split with savoury fillings.

# Dinner Dishes



## POTATO AND VEGETABLE PIE

- 1 lb. raw potatoes
- 1 lb. mixed vegetables
- Salt and pepper
- 1 tablespoon finely-chopped spring onion
- 1 oz. dripping, stock or gravy

*Method*—Combinations of any of the following vegetables may be used:—Carrots, peas, turnips, swedes, parsnips, tomatoes, according to season. Dried vegetables like haricot or butter beans should be previously soaked and cooked.

Chop the onion finely, dice the root vegetables with the exception of the potatoes, which should be cut into slices. Combine all the other vegetables, season well, and place in a pie-dish. Half fill with stock or vegetable liquor to bring it within sight along the side of the dish.

Cover the pie with overlapping slices of raw potato, dot with dripping and cover with a margarine wrapper. Bake for  $1\frac{1}{2}$  hours in a moderate oven, removing the paper for the last quarter of an hour for the potato circles to crisp and brown.

## VEGETABLE CASSEROLE WITH DUMPLINGS

- 1 lb. potatoes
- $\frac{1}{2}$  lb. carrots
- A little chopped spring onion
- 1 oz. fat
- 1 quart of stock or water
- 1 level teaspoon mixed herbs
- 1 level teaspoon chopped parsley
- Salt and pepper

### Dumpling Mixture

- 2 oz. fine oatmeal
- 2 oz. plain flour
- 1 oz. dripping or chopped suet
- Level teaspoon finely-chopped parsley
- Pinch of mixed herbs
- Pinch baking powder
- Cold water to mix

*Method*—Scrub and grate the potatoes and carrots (do not scrape them), finely chop the onion. Heat the fat in a saucepan, add the vegetables and stir them over a low flame for a few minutes. Add the water or stock, herbs and chopped parsley. Season with salt and pepper, and simmer gently for 15–20 minutes, stirring frequently.

To make a supper meal—make a few savoury dumplings to cook in the stew. Sift the flour with a small pinch of salt and rub in the soft fat if it is to be used. Then add the oatmeal, seasonings, herbs, etc., and if chopped suet is used in place of dripping, it should be added now. Mix to a firm dough with cold water, divide into eight pieces and form into balls with floured fingers. Add these to the casserole about half an hour before it is to be served, cooking with the lid in position throughout.

## SCALLOPED POTATOES

1 lb. potatoes    1 tablespoon flour  
 $\frac{1}{2}$  pint milk or half milk  
A few breadcrumbs  
Half vegetable stock  
Salt and pepper to taste  
Chopped parsley, sliced spring onion, or  
chopped celery to taste

*Method*—Scrub and scrape the potatoes, then cut them into fairly thin slices. Arrange the layers in a pie-dish or casserole, sprinkling each layer with seasoned flour. Layer with a little chopped parsley and the minced celery or onion. Pour in the milk, sprinkle the top with breadcrumbs and bake in a moderate oven for about one hour, or cook in a frying pan covered with a plate for  $\frac{1}{2}$  to  $\frac{3}{4}$  hour over low heat.

## CHAMP

For each pound of potatoes, allow at least  $\frac{1}{2}$  lb. vegetables, say a cabbage, or any green vegetables in season, mixed with carrots, peas or beans, etc. Salt and pepper and a few tablespoonfuls of milk. Also a small pat of margarine per person.

*Method*—Cook a large pan of potatoes, allowing them to steam off and dry in the usual way. Cook the selected vegetable in very little water with the lid on.

Peel and mash the potatoes, beating well, then pour in a little milk, add seasoning of pepper and salt, then the cooked vegetable. Serve piping hot on hot plates, with a small pat of margarine on each portion.

## PINK AND GREEN PURÉE

1 lb. freshly cooked potatoes  
1 large carrot    1 small bunch watercress  
Salt and pepper    Milk  
A small piece of fat

*Method*—Mash the potato while it is hot, add a little milk and a small piece of margarine or dripping if it can be spared. Whip to a purée with a fork. Scrub and grate the carrot. Wash and chop the watercress. Add both to the purée potato, season well, reheat for a few minutes and pile pyramid fashion in a vegetable dish.

## POTATO BASKET

1 lb. potatoes    1 lb. carrots  
1 oz. oatmeal    1 oz. dripping  
 $\frac{1}{2}$  pint stock or milk    1 egg  
Salt, pepper, browned crumbs  
Chopped parsley

*Method*—Scrub the potatoes and boil them gently in a very little water. When they are nearly cooked, drain off the liquid, reserving it for stock. Let them finish cooking in their own steam, covering closely with a folded cloth under the lid and standing at the side of the stove until floury. Remove the skins and mash well. Add the beaten egg and mash again, adding salt and pepper.



Grease a cake tin and coat it with browned breadcrumbs. Press in the mashed potatoes to form a thick lining to the tin. Bake in a hot oven for 10-15 minutes.

Meanwhile dice the carrots, cook them for 15 minutes, and mix them with a sauce made from the fat, oatmeal, and liquid, adding pepper and salt to taste.

When the potato basket is cooked, turn it out and fill it with the carrot mixture. Place it in the oven for a few minutes and serve piping hot, with a sprinkling of finely-chopped parsley.

## BAKED POTATOES (*Stuffed*)

Large baked potatoes can be stuffed in a great variety of ways. Here are a few suggestions:—

- (1) Cut the potato in half lengthwise, scoop out most of the inside and mix in a basin with about 4-ozs. of cooked meat or fish, finely chopped and loosened with a little sauce or gravy. Season with salt and pepper, pile into the potato cases, sprinkle with chopped parsley and reheat in the oven.
- (2) Mix the scooped-out potato with pepper and salt and a little cheese to taste. Pile into the potato cases, sprinkle the tops with a little more grated cheese, and return to the oven to brown.
- (3) Mix the potato with any finely-cut left-over cooked vegetables, and proceed as before.
- (4) Whip the puréed potato with sufficient vegetable extract to flavour, and return to the cases, for quick heating through.
- (5) Make a lengthwise slit in a baked potato. Place a par-boiled sausage in the opening and return the potato to the oven until the sausage is cooked.
- (6) Chopped liver, or a halved and cored kidney, make good cooked-in-the-potato fillings too.

## PICCANINNIES

Well scrub a large potato and bake in its jacket till soft. Cut in half lengthwise, scoop out the centre and mix with any of the following fillings. Pile up in one-half of the potato jacket, put the other half on top and tilt to show the filling. Replace in the oven to heat through.

### *Fillings*

- (1) Equal quantities of cooked shredded cabbage, diced carrot and turnip, bound with white sauce and flavoured with a dash of piquant sauce, together with the scooped-out potatoes.

- (2) Roughly chopped dry fried sprats, bound with mustard sauce together with scooped-out potato.
- (3) Mix scooped-out potato with shredded raw cabbage and chopped parsley bound with a little mayonnaise.

## POTATO PIGLETS

6 medium well-scrubbed potatoes  
6 skinned sausages  
Cooked cabbage—lightly chopped

*Method*—Remove a centre core, using an apple corer, from the length of each potato, and stuff the cavity with sausage meat. Bake in the usual way and arrange the piglets on a bed of cooked cabbage. (The potato removed from each is useful for soup.)

## JACK-IN-THE-BOX

Substitute sprats for sausage meat—in the foregoing recipe—allowing two sprats for each potato. Make one head emerge from one side and the tail of the second fish appear from the other end of the tunnel. Bake as before and serve on a bed of cabbage dressed with a little vinegar, a grating of nutmeg and a good shake of pepper.

## POTATO AND SPINACH CROQUETTES

1 lb. freshly mashed potato  
 $\frac{1}{2}$  cup finely-chopped cooked spinach  
 $\frac{1}{2}$  teacup thick white sauce  
Browned crumbs  
Grate of nutmeg

*Method*—Make the sauce, add potatoes and spinach and season well with. Spread on a wet plate and set aside to cool. When cold divide into six or eight equal-sized portions.

Roll in browned crumbs and bake in a hot oven for 20 minutes.

# For Tea

## POTATO DROP SCONES

These form a simple sweet for children, if served with a spoonful of jam or honey.

4 oz. flour  $\frac{1}{4}$  teaspoon salt  
2 oz. mashed potato  $\frac{1}{2}$  egg 1 gill milk  
Small teaspoon cream of tartar  
 $\frac{1}{2}$  oz. sugar  
Half-level teaspoon bicarbonate of soda  
Fat for frying

*Method*—Sift the flour and salt, then rub the potato into it. Make into a stiff batter with  $\frac{1}{2}$  egg, or egg substitute, and one gill milk. Allow to stand for a time.

Sift in the mixed cream of tartar and bicarbonate of soda. Prepare a greased girdle and make thoroughly hot. Drop a spoonful at a time and cook as for Scotch drop scones. (In place of a girdle, a heavy frying pan could be used.)

## POTATO OVEN SCONES

6 oz. plain flour  $\frac{1}{2}$  teaspoon salt  
2 level teaspoons baking powder  
4 oz. mashed potato 1 oz. fat  
4-5 tablespoons milk

*Method*—Sift the flour, salt and baking powder into a basin. Mix thoroughly with the potato. Rub the fat in with the tips of the fingers, and blend into a soft dough with the milk. Roll out to  $\frac{1}{2}$ -in. thickness, cut into small rounds and glaze the tops with milk. Bake on greased baking sheets in a hot oven for 15 minutes.

### Variations

*For a Sweet Scone* add 1-oz. sugar.

*Coffee Scones* add 1-oz. sugar and one teaspoon of coffee essence blended with slightly less milk.

## Fillings

### Sweet

- (1) Add sweetened cocoa mixed with a drop of milk creamed margarine.

### Savoury

- (1) Equal parts of grated raw carrot and grated raw cabbage bound with chutney.
- (2) Cooked beetroot grated into sharp sauce (white sauce with a dash of vinegar or chopped pickle.)
- (3) Chopped celery with a little mayonnaise.
- (4) Watercress "butter" (chopped watercress and creamed margarine.)

## SANDWICH SPREAD

Boiled potatoes mashed with a little margarine or hot milk, salt and pepper, and flavoured with a little vegetable extract or finely-chopped spring onion or chopped parsley or chopped mint make a tasty sandwich filling.



# Any other time

## Salads

### POTATO SALAD

For salads, either new potatoes or the waxy varieties are most suitable. The golden rule is "mix warm and eat cold."

Steam 1-lb. potatoes in their skins, peel and cut them into small dice. Add a finely-chopped spring onion and salad dressing, whatever kind you like best. Mix these together well with a wooden spoon. When the salad is cold add a good sprinkling of chopped parsley.

To make a more substantial serving—add neatly-cut rings of cooked sausage—one for each person.

### HOT POTATO SALAD

Cook potatoes in their jackets. When ready, peel them and cut into neat slices. Have ready a dressing of pepper, salt, a little sugar, mustard, oil if possible, hot milk, and lastly a little vinegar.

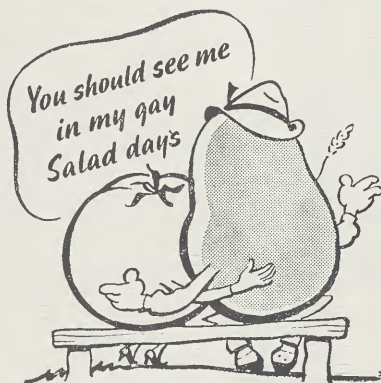
Mix the potatoes thoroughly with the dressing, and add some chopped parsley, or, if you have any, a little chopped onion. Serve hot in a hot dish.

### CARROT-CAP SALAD

Cook two to three good-sized potatoes in their skins. When tender, strain without drying off, to avoid making them floury. Slice and dice

them neatly; then dress in vinaigrette dressing (two parts salad oil to one of vinegar, pepper and salt to taste) while they are still hot.

Pile in a salad bowl lined with a few shredded lettuce leaves or watercress. Sprinkle with a little chopped chive or rings of spring onion, and pile high with grated carrot.



### WINTER SALAD

4 large cooked potatoes sliced thinly and mixed with  $\frac{1}{2}$  teacup chopped cooked meat

$\frac{1}{2}$  teacup of cooked diced carrots

Heart of a raw cabbage, sliced

Sprigs of watercress

Chopped celery and raw beetroot [ $\frac{1}{2}$  teacup each]

Mix the chopped meat with the thinly sliced cooked potatoes and the diced carrots. Line a salad bowl with

the finely-sliced heart of raw cabbage, and pile the meat and vegetable mixture in the centre.

Round this arrange neat heaps of chopped celery and beetroot, arranged alternately, previously dressed in oil and vinegar dressing. Fringe the edge of the dish with a little watercress, and sprinkle the top with finely chopped parsley.

## RADISH AND POTATO SALAD

Cold cooked potatoes

A few full-colour red radishes

Lettuce Cooked green peas

Mayonnaise or French dressing

*Method*—Carefully dice the potatoes, choosing waxy or new ones if possible. Wash and prepare the radishes and cut them into slices. Mix the potatoes and radishes slightly with mayonnaise or dressing and pile on crisp lettuce leaves. Arrange an outer border of cooked peas, and sprinkle the centre with a little chopped parsley.

## Soups

### POTATO SOUP

1 lb. potatoes

1 stick celery or a few spring onions

2 tablespoonfuls chopped parsley

1 $\frac{3}{4}$  pints of vegetable boilings or water

1 teacup of milk [if possible]

1 tablespoonful flour Salt and pepper

Scrub and slice the potatoes, slice the celery or spring onions. Put in a pan with the vegetable boilings or water, put on the pan lid and cook until quite tender. Rub through a sieve or mash well with a wooden spoon.

Blend the flour with a little milk, add some of the soup, return all to the pan, stirring well. Simmer for 10 minutes, add the rest of the milk, season to taste, bring to the boil again and just before serving, sprinkle in the parsley.

## POTATO AND WATERCRESS SOUP

Scrub a pound of potatoes and cut them into quarters. Boil these in 1 $\frac{1}{2}$  pints of water until soft. Then pass them through a sieve, return to the pan, add one bunch of watercress (washed and shredded) and pepper and salt to taste. Simmer very gently for five minutes, adding a little milk if too thick. (Enough for three or four.)

## POTATO AND LEEK SOUP

6 small potatoes 3 leeks

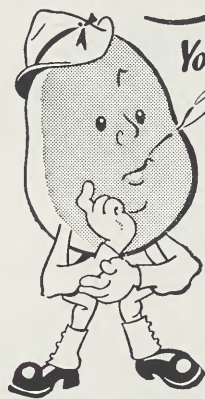
1 $\frac{1}{2}$ -2 pints vegetable boilings or water

1 oz. fat 1 oz. flour

1 gill milk and water Salt Pepper

Very small pinch of mace or grated nutmeg A little fat for frying

*Method*—Slice the leeks very thinly and fry them in a very little fat until lightly browned. Add the finely-chopped potatoes, then cook for a few minutes without colouring, adding salt.



Pour on the liquid and allow to simmer gently, with the pan covered, for about one hour. Make up a thick panada sauce with 1-oz. each of fat and flour, and a gill of milk and water, then pour on some of the hot soup to slacken to pouring consistency. Return all to the saucepan, stirring as it comes to the boil. Season well with pepper and salt, and serve piping hot.

## POTATO AND MIXED VEGETABLE SOUP

- 3 medium sized potatoes
- 1 oz. oatmeal or flour
- One breakfastcup of grated raw or cooked vegetables—carrots, turnips, peas or spinach, etc.
- 1 tablespoon minced onion, or chopped spring onion
- 1 quart vegetable stock or water
- Salt and pepper

*Method*—Boil the potatoes in the usual way, then drain and reserve the liquid for stock. Sieve the potatoes and return them to the pan, add the onion and other vegetables with the quart of liquid. Then add the oatmeal or flour mixed to a smooth cream with a little water.

Simmer slowly in a covered pan for 20 minutes to  $\frac{1}{2}$  hour. Season and serve.

## Snacks

### SURPRISE POTATO BALLS

- 1 lb. cooked potato
- 1 large carrot, grated
- 1 teaspoon chopped parsley
- A little sweet pickle
- Salt and pepper
- A few teaspoons of milk, if necessary
- Browned breadcrumbs

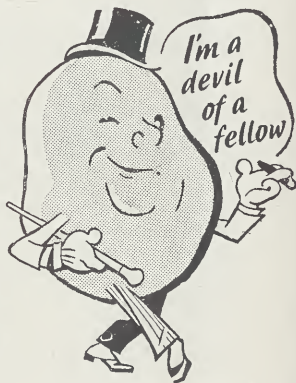
*Method*—Cook the potatoes and beat them well with a fork. Add the grated carrot, parsley, salt and pepper. Use a little milk, if necessary, to bind the mixture, but do not make it wet. Form into balls. Make a hole in each, drop in a small spoonful of pickle and close the hole.

Roll in the breadcrumbs, place on a greased baking sheet, and cover with a margarine paper. Bake in a really hot oven for 15–20 minutes. Serve piping hot with good gravy.

### DEVILLED POTATOES

- 1 lb. cold cooked potatoes
- 1 level dessertspoon curry powder
- 1 " " flour
- 1 saltspoonful dry mustard
- A shake of cayenne pepper
- Salt A little fat for frying

*Method*—Cut the potatoes in slices about  $\frac{1}{4}$ -in. thick. Put the curry powder in a frying pan and shake it over low heat for a few minutes to bring out the flavour. Turn on to a plate, add the flour, mustard, cayenne and a little salt and blend thoroughly. Dip the slices of potato in this mixture and fry in a little hot fat on both sides. Sprinkle with vinegar and serve at once.



### POTATO WAFFLES

- 2 oz. mashed potato  $\frac{1}{4}$  teaspoon salt
- 4 oz. plain flour 1 gill milk
- $\frac{1}{2}$  egg or egg substitute
- 1 small teaspoon cream of tartar
- 1 level teaspoon bicarbonate of soda

Sieve the flour and salt and rub in the mashed potato. Make into a stiff batter with the egg or egg substitute and milk. Allow to stand for a time. Just before cooking sift in the cream of tartar and bicarbonate of soda. Cook on a waffle iron, or in spoonfuls on a hot, lightly greased hot-plate or girdle, turning to cook both sides evenly.

*Serve with*

1. Flaked fish creamed with a little caper sauce (white sauce with chopped capers).
2. Diced carrot cooked in curry sauce.

## Sweets

### MIDDLETON MEDLEY

Beat some mashed potato with a little milk, including a little egg if possible. Pipe with forcing bag, or mould with a fork into little nest shapes. Bake these in a hot oven for 15 minutes until lightly browned.

Fill nests with roughly grated raw apple mixed with jam to bind, and sprinkled with toasted coarse oatmeal or wheat germ.

### POTATO WAFFLES

See page 10

Served with suitable toppings of chopped fresh fruits, or diced apple with honey, etc., these make a good sweet.

### SWEET POTATO PUDDING

- 8 oz. sieved cooked potatoes
- 1 oz. cooking fat
- Level teaspoon salt, less if potatoes previously salted
- 1 egg      2 dessertspoons honey
- 2 sticks diced rhubarb, or any fruit in season

*Method*—Mix all the ingredients together and beat well, turning in the diced fruit last of all. Place in a fire-proof dish, and bake in a moderate oven for about  $\frac{3}{4}$  hour.

## Pastries, Stuffings, etc

### POTATO STUFFING

- 1 lb. hot mashed potato
- A little chopped spring onion
- 1 oz. dripping      1 tablespoon parsley
- $\frac{1}{2}$  teaspoon mixed herbs or 1 dessertspoon chopped mint
- Salt and pepper to taste
- A little milk

*Method*—Put the hot potato and dripping into a basin and beat together until the dripping has melted. Add remaining ingredients and mix with a little milk.

For a delicious roast use this recipe to stuff a boned breast of mutton or brisket of beef.

### POTATO PASTRY

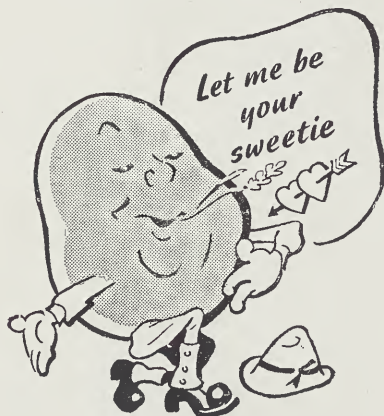
- 8 oz. sieved cooked potatoes
- 4 oz. flour       $\frac{1}{2}$  teaspoon salt
- 1 oz. cooking fat

*Method*—Sieve the flour with the salt. Rub the fat into the flour, add the potato and rub lightly into the other ingredients. Mix to a very dry dough with a small quantity of cold water. Knead well with the fingers and roll out. This may be used for either sweet or savoury dishes.

### POTATO SUET CRUST

- 8 oz. flour      2 oz. suet [finely chopped]
- 2 oz. grated raw potato
- Salt water to mix
- Level teaspoon baking powder

*Method*—Mix the ingredients and cook in the usual way. This recipe saves suet yet makes a light crust.



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