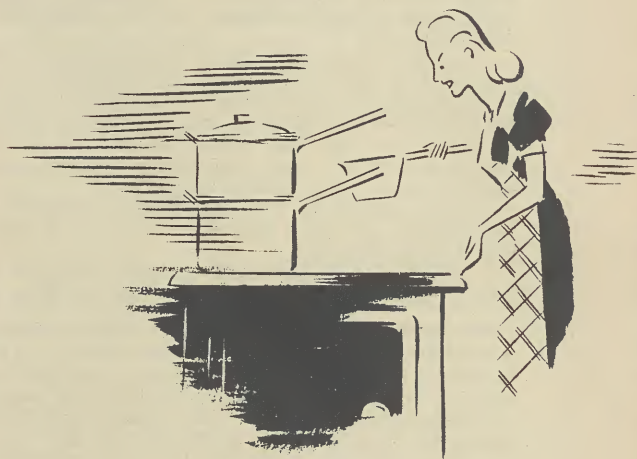


a. Stead Feb. 1.
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FUEL SAVING TIPS AND RECIPES



This winter we must save fuel of every kind, whether it be coal, coke, gas, electricity, oil or paraffin. The war industries want as much as they can get and every pennyworth of fuel saved in the home means more for the factory or the shipyards.

Here are some ways in which housewives can help.

Planning Meals. Whenever possible, plan meals ahead so that the most is made of oven space and the top of the stove.

Try and arrange with neighbours to share ovens. One day one neighbour could cook two or three joints; another day, someone's milk pudding might be tucked into a not quite full oven, or a cake baked while a casserole is slowly cooking. While you are doing this, you are not just helping each other. You are helping to keep the factories at full blast.

Get out of the habit of cooking a hot meal every day. Cold food can still be warming food.

Never light up the oven for one cake or pudding; arrange a baking day.

Using the Oven. On baking day use the oven for *all* your cooking; meat, vegetables, pudding and cake. Don't be afraid of

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putting saucepans in the oven, but, if you do, tie pieces of thick brown paper round the handles.

Fill up odd corners of oven space by crisping stale bread. Keep it in tins; use it not only for making "raspings" but instead of toast.

Remember that two small cakes cook more quickly than one large one.

Using the top of the Stove. Stewing and braising are fuel-saving ways of cooking because the heat needed under the pot is only a glimmer.

Cook all food with the lid on the pan; it conserves heat and keeps in the steam; steam cooks food very quickly.

Use only just *enough* water to cook vegetables or to make tea; the more water you have, the longer it takes to boil.

Cook two vegetables together to save one burner. Potatoes will cook with any other vegetables. Potatoes, carrots, turnips and so on may all be cooked in one pot.

Use a steamer to cook two foods; one in the pan, one in the steamer. Or use a colander over a pan of boiling water if you have no steamer.

Individual puddings made in small basins or even teacups take far less time to boil or steam than one large pudding.

Fuel Saving Ways with Meat. When roasting meat, bone it whenever possible and stuff it. In this way no fuel is wasted in cooking bone. The bone may be made into stock by easy stages, an hour in the oven one day, a simmer on the stove the next.

Never overcook meat; that wastes both fuel and meat. Re-heated meat is quite satisfactory if not over-cooked the first time, and only *heated through* the second time.

More methods which save fuel. Shred cabbage and other green vegetables very finely. Cut potatoes in halves, not round the waist, but lengthways. Cut root vegetables into small pieces. Break cauliflowers into sprigs and dice the stumps. Cook vegetables in a very little salted boiling water. Put the lid on the pan and cook from 10-20 minutes according to quantity or kind.

To make porridge quickly, put the oats in water overnight. In the morning they will take only 5 minutes to cook.

Always use the living room fire for toast. You can bake potatoes under it, too, and use the trivet for stews, etc.

Thoroughly soak all dried fruit, dried vegetables, pulses and cereals before cooking them.

A vacuum flask is a useful fuel saver. Haricot beans, lentils, dried peas or prunes can be put in the flask, covered with boiling water, stoppered and left overnight. Leave room for expansion. Prunes will be ready to eat in the morning. The pulses will be considerably softened.

When you want hot water. Stand a kettle of water in the hearth; the warmth from the fire will raise the temperature of the water several degrees, and it will take minutes less to boil when placed on the stove.

Never use a large saucepan or kettle when a little one will do.

Keep a strict eye on pots and pans. Even the thinnest film of dirt or soot at the bottom wastes fuel. Scour the outsides as well as the insides.

FUEL SAVING RECIPES.

Quick Soup. Four large carrots, 1 small cabbage, 2 tablespoonfuls of flour, 1 tablespoonful of margarine or dripping, salt and pepper. Strip the outside leaves from the cabbage, cut roughly and cook in $1\frac{1}{2}$ pints of water for about 10 minutes. Strain. Cut the rest of the cabbage into fine shreds and then cut the shreds across again. Grate the carrots. Melt the fat in a stout saucepan, stir in the flour as smoothly as possible. Add the strained cabbage liquor, stirring all the time over a low heat; put in the shredded cabbage and carrot. Season well with salt and pepper and cook until tender (about 15 minutes) adding more water if too thick. A bacon rind or two simmered with the soup gives a delicate flavour. Serves 4 or 5.

Baked Herrings with Parsnips. Allow 1 herring, boned, and $\frac{1}{2}$ medium sized parsnip for each person. Have ready also, crisped brown breadcrumbs, salt, pepper, chopped parsley and enough fat to grease a baking tin well. Slice each parsnip into four lengthways and boil in a little salted water until nearly tender. Drain and roll in breadcrumbs. Season the insides of the herrings with pepper, salt and parsley, roll them too in breadcrumbs, and put them with the crumbed parsnips in the greased tin. Bake in a moderate oven for 15 minutes, or cook under the grate.

Fish Curry. 1 lb. cooked fish, $1\frac{1}{2}$ lbs. cooked potatoes, 1 lb. cooked carrots, 1 oz. cooking fat, 1 tablespoonful of curry powder, 1 tablespoonful of flour, 1 dessertspoonful of sugar, 1 pint of vegetable stock or stock made from fish bones and trimmings, salt, pepper, and a little sweet pickle or chutney or a dash of vinegar. Heat the fat in a pan, stir in the flour, curry powder and sugar, and cook together until well blended. Add the stock. Season with salt and pepper. Stir in the fish, potato and carrots cut into small pieces, also the pickle or vinegar. Simmer for about 10 minutes but on no account allow to boil. Serves 4.

Russian Stew. Half lb. of minced beef, 1 medium cabbage, 4 potatoes, 1 tablespoonful of flour (wheatmeal for preference), 2 tablespoonfuls of dripping, $1\frac{1}{2}$ pints of vegetable stock, salt and pepper. Shred the cabbage finely. Grate the potatoes. Melt the dripping in a stout saucepan, add the mince, cabbage and potato, cook for 5 minutes in the fat, stir in the flour and seasoning. Add the stock and simmer for 40 minutes. Just before dishing up sprinkle with parsley or grated nutmeg or both. Serves 4.



Meat Puddings. Half lb. mince, $\frac{3}{4}$ lb. of self-raising flour, 3 oz. grated raw potato, 3 oz. grated raw carrot, salt, pepper, $\frac{1}{2}$ teaspoonful of sweet herbs. Mix all the ingredients to a firm dough. The liquid from the grated carrots and potatoes should provide enough moisture but a very small quantity of water may be used if necessary.

Put the mixture into four small greased basins or teacups. Cover with grease-proof paper and steam for $\frac{3}{4}$ of an hour.

Meat Stew with Dumpling Crust. About $\frac{1}{2}$ lb cooked meat, or the remains of a joint, 1 lb. each of carrots and turnips, a little Worcester sauce for flavour, salt and pepper, 1 breakfastcupful vegetable stock and 1 tablespoonful gravy thickening, 2 teaspoonfuls of dripping.

For the crust.

One breakfastcupful of flour, 1 heaped teaspoonful of baking powder, 1 teaspoonful of salt, 1 dessertspoonful of chopped parsley or $\frac{1}{2}$ teaspoonful of mixed herbs.

Cut the meat into small cubes. Slice the vegetables.

Melt the dripping in a stout saucepan; add the diced meat, and the vegetables. Season with pepper and salt, put on the lid and allow to simmer over a very low heat for 10 minutes. Shake frequently to prevent sticking. Next add the thickened vegetable stock and simmer for another 10 minutes.

Make a fairly wet dough with the flour, baking powder, salt, and water. Stir the diced meat into the hot vegetables and gravy, spread the dough on top of the whole stew, put the saucepan lid on again tightly and cook on a moderate heat for 15 minutes.

To serve, cut the crust across in 4 pieces, lay on a hot dish and pour the hot stew round. Serve at once.

Pot Roast. (How to roast a joint without putting in the oven). 3 lbs. short ribs of beef, 4 large carrots, the outside stalks and all the green leaves from a head of celery, 1 small leek (if possible), 2 tablespoonfuls of dripping, salt and pepper. Melt the dripping in a stout saucepan which has a well fitting lid. Less dripping is needed for this joint than for other cuts of meat because it has plenty of fat between the bones and meat. When the dripping is sizzling hot, put the meat in and cook it for a minute or two on every side to seal in the juices. Take it up and put aside. Slice the carrot and leek and cut all the celery into small pieces; drop them into the fat with a teaspoonful of salt and a good shaking of pepper. Put the saucepan lid on and cook the vegetables over a very low heat for 5 minutes. Then put the seared meat on the bed of vegetables, put back the lid and cook over a very low heat for 3 hours. If the pan gets too dry, a little hot vegetable stock or water may be added.

Scalloped Vegetables with Fat Bacon. Three-quarters of a pint of thin sauce made with 1 tablespoonful of margarine, $1\frac{1}{2}$ teaspoonfuls of flour, $\frac{3}{4}$ of a pint of vegetable stock (preferably celery liquor). $1\frac{1}{2}$ breakfast cupfuls of cold vegetables, with a good proportion of potato, all neatly sliced or diced, 2 or 3 boiled slices of fat bacon. Some brown crumbs.

Make the sauce and add the vegetables. When thoroughly hot put into a hot pie dish, lay the bacon on top, sprinkle with breadcrumbs and crisp under the grill.

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