



Carried meals and snacks.....



MINISTRY OF FOOD
MF
of
LEAFLET
No. 6

Carried meals and snacks should be appetising, sustaining and of a high nutritive value. These sandwich fillings and snacks all contain body-building food (meat, cheese, fish or egg) as well as energy foods (bread and fats), and with the addition of salads or fruit they make a complete meal.

SANDWICHES ★

Bread

Choose bread which is not too fresh. About 1 day old is ideal for sandwiches. Cut the bread into slices $\frac{1}{4}$ inch to $\frac{1}{2}$ inch thick with a sharp knife. These can be easily cut into halves or quarters when filled.

Fat for spreading

Butter, margarine, or dripping may be used. Beat the fat with a knife or wooden spoon until it is soft enough to spread easily. If many sandwiches are to be made with a limited amount of margarine or butter use the recipe below, "Butter or margarine extender." If using a paste spread put fat only on one slice of the bread. If using a very soft wet filling (i.e., tomato) it is advisable to spread both slices of bread with fat to prevent the filling from oozing through. Spread the fat evenly over the bread and well into the corners. If liked the filling may be mixed with the fat and the whole spread evenly on the bread.

Filling

Be sure that the filling is spread evenly on the bread, and well into the corners. Press the sandwiches down very firmly, and with a sharp knife cut into convenient pieces for packing and handling.

Butter or margarine extender

8 oz. margarine or butter
1 tablespoon plain flour

$\frac{1}{2}$ pint milk
 $\frac{1}{4}$ teaspoon salt

Put 6 oz. of the fat into a bowl and cream with a wooden spoon. Melt the remaining 2 oz. in a saucepan, work in the flour and salt, and add the milk. Stir until smooth, and thickened. Boil for 5-7 minutes. Cool and add to the fat in the bowl. Mix well till smooth. Spread on a plate, and allow to cool.

★ ALL QUANTITIES ARE FOR 4 PERSONS

SANDWICH SPREADS*

Beef filling

2 oz. corned beef
1 dessertspoon sweet chutney

$\frac{1}{2}$ teaspoon Worcester sauce
1 teaspoon chopped parsley

Flake the meat and mix all the ingredients very well together. Use as required for sandwich filling.

Curry sandwich filling

Use cold in sandwiches.

1 onion chopped
 $\frac{1}{2}$ oz. margarine or fat
 $1\frac{1}{2}$ level tablespoons curry powder (or to taste)

3 eggs, fresh or dried
Salt, and pepper
1 tablespoon water, or milk

Fry the onion in the fat, add the curry powder, and cook gently for 1-2 minutes. Season the eggs, and add the water. Pour into the pan, and cook gently until the eggs are set. Leave until cold, and use as a sandwich filling.

Watercress and salmon or sardine sandwich spread

4 tablespoons flaked tinned salmon or mashed sardines
1 tablespoon vinegar
4 tablespoons chopped watercress.

1 dessertspoon chopped leek or onion
Salt and pepper

Mix all the ingredients together, seasoning well. Use as a sandwich filling.

Cheese and pickle spread

3 ozs. grated cheese
3 tablespoons chopped piccailili
3 tablespoons sweet pickle or chutney

Salt and pepper
A little salad dressing

Mix all the ingredients together, season well. If not moist enough add a little salad dressing.

Cheese and tomato spread

4 tablespoons mashed potato
3 spring onions or 1 small onion or leek (chopped)
1 tomato chopped

4 tablespoons grated cheese
Seasoning
A little salad dressing

Mix together the potato, onion, tomato, cheese and seasoning. Add enough salad dressing to make a soft paste.

PERSONS • FILLINGS ARE FOR 4 SANDWICHES C

Chopped ham spread

3 oz. finely shredded cabbage 2 teaspoons chutney
4 oz. chopped ham or corned beef Salt and pepper

Mince or chop the ham and mix all ingredients together very thoroughly. Season well and use as required for sandwich filling.

SAVOURY PASTIES & SNACKS★

(Quantities given for 4)

Fish patties

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| $\frac{1}{2}$ oz. flour | } white sauce | $\frac{1}{4}$ teaspoon grated nutmeg |
| $\frac{1}{4}$ pint milk | | 1 teaspoon salt |
| 4 oz. cooked fish, white, salmon or pilchards | | $\frac{1}{4}$ teaspoon pepper (cayenne if possible) |
| 2 oz. diced carrot | | 6 oz. short crust pastry. |

Blend the flour with a little of the milk and boil the rest. Pour the boiling milk on to the blended flour, then return to the pan and boil for 5 minutes, stirring all the time. Mix the sauce with the fish, carrot and seasonings. Roll out half the pastry to line a 6 inch tin and turn in the filling. Cover with a pastry lid and bake in a moderate oven for 45 minutes. 4 small patties may be made instead of one large one.

Cheese and vegetable patty

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| 6 oz. short crust pastry | 2 tablespoons grated cheese |
| $\frac{3}{4}$ lb. mixed cooked chopped vegetables (including cooked dried peas, beans, or lentils). | 1 tablespoon parsley, coarsely chopped |
| | Salt, pepper and mustard |
| | $\frac{1}{4}$ pint white sauce, see recipe above. |

Roll out two thirds of the pastry to line a 6 inch diameter sandwich tin. Mix the rest of the ingredients together and put into the tin. Cover with the remaining pastry and bake in a hot oven for 20-30 minutes.

Bacon and egg pie

| | |
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| 6 oz. short crust pastry | 2 oz. breadcrumbs |
| 2 eggs, fresh or dried | $\frac{1}{2}$ teaspoon salt |
| 2 oz. bacon, chopped | $\frac{1}{4}$ teaspoon pepper. |

Line a 7 inch plate with half the pastry. Beat the eggs and mix with the bacon and breadcrumbs. Season well, and pour into the lined plate. Roll out the remaining pastry, cover the pie and bake in a hot oven for $\frac{1}{2}$ hour or make into 4 small patties.

CUT FROM A 2 LB. LOAF + ALL SPOON MEASURES

Cheese and onion turnovers

6 oz. pastry
2-3 oz. grated cheese
4 tablespoons breadcrumbs.

1 onion chopped finely
Salt and pepper
A little milk or stock

Roll out the pastry and cut into squares about 4 inch x 4 inch. Mix together the cheese, breadcrumbs, onion and seasoning. Add enough milk or stock to make a soft consistency, season well. Put a little of the mixture into the centre of each square of pastry, moisten the edges and fold over the pastry cornerwise to form triangles. Press the edges down firmly, brush with a little reconstituted egg, and bake in a moderate oven till brown.

Sausage patties

6 oz. short crust pastry
 $\frac{3}{4}$ lb. sausage meat *or*
 $\frac{1}{2}$ lb. sausage meat and $\frac{1}{2}$ lb. mashed potato.

1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper

Any of the following flavourings may be added to this foundation mixture.

Alternative flavourings

- 2 teaspoons chopped parsley
2 teaspoons chopped onion
2 tablespoons milk
- 2-3 tablespoons chutney or pickle.

- 4 oz. peas or beans
2 tablespoons milk
- 4 oz. grated carrot
2 teaspoons mixed herbs.
2 tablespoons milk

Roll the pastry out, cut into oblongs, as for sausage rolls. Place the filling on the pastry, damp the edges, fold over and bake for 40-45 minutes.

N.B. If the sausage meat is pre-cooked the patties will need baking for 20 minutes only.

If preferred use the pastry to line a 6 inch diameter sandwich tin and fill this with the mixture. Cover with a pastry top.

Scotch eggs

$\frac{1}{2}$ lb. sausage meat
4 eggs, hard boiled (fresh or dried)

1 dried egg, reconstituted
Browned breadcrumbs
Fat for frying

Divide the sausage meat into 4 portions. Flatten each portion to make a circle about $\frac{1}{2}$ inch thick. Place a hard boiled egg on each piece of sausage meat. Fold over the meat to cover the egg completely. Dip in egg and breadcrumbs, and fry in hot fat until golden brown. Serve hot with gravy and greens, or cold with salad.

MEASURES IN THE RECIPES ARE LEVEL

Jacket potatoes

Scrub large potatoes and bake, boil or steam in their jackets. When cooked, cut in half lengthwise, take out the inside and mix with one of the following: 1. Vegetable yeast extract, parsley, salt and pepper. 2. Equal quantities of grated raw carrot and cheese, mixed with mustard, salt and pepper. 3. Any of the sandwich fillings. After filling, place two halves together and tie with clean string or tape.

SALADS

Salads may be packed quite successfully in boxes with lids (the boxes lined with waxed paper) or in jam jars with lids. Any salad recipe is suitable but here are 3 suggestions.

Cole slaw

8 oz. finely shredded raw cabbage heart. Salt and pepper
Salad dressing (about 12 tablespoons)

Mix the cabbage with enough salad dressing to moisten. Season well.

Potato and watercress salad

4 medium sized cooked potatoes ½ bunch chopped watercress
1 small onion or leek Salad dressing
Salt and pepper

Cut the potatoes into dice. Whilst still hot mix with the onion, seasoning, watercress and enough salad dressing to moisten all the salad.

Stuffed tomatoes

Large tomatoes may have a slice cut off the top, the inside removed, and mixed with any savoury left over, cheese or chopped parsley, watercress, mint, etc. The top should then be replaced and the tomatoes should be tied round with clean string or tape to keep the top attached to the bottom.

SWEETS

Jellies, custard and cornflour moulds can be made in individual moulds and packed in the mould. If set hard enough they will not "run." If no moulds are available old teacups can be used. Whenever possible have some fresh fruit in a packed meal.

BISCUITS AND BUNS

Almond biscuits

3 oz. margarine
8 oz. plain flour
3 oz. sugar

1 dried egg, reconstituted or 1 fresh egg
Almond essence

Rub margarine into the flour. Mix the egg, sugar and almond essence together and add to the flour. Mix to a stiff dough. Knead well, roll out, cut with a biscuit cutter or tin and place on a greased tin. Bake in a slow oven till crisp.

Jam or marmalade biscuits

As above, but use 3 tablespoons jam or marmalade instead of the sugar. Mix jam and egg together, and omit almond essence. N.B. Lumpy marmalade should be chopped finely before mixing.

Orange biscuits

Omit almond essence and add grated rind of one orange.

Rock buns

8 oz. plain flour and
3 teaspoons baking powder } or 8 oz. self raising flour
3 oz. fat
2 oz. sugar

Milk to mix
2 oz. fruit optional
1 dried egg dry

Mix together the flour and baking powder. Rub in the fat, add the sugar, egg, fruit and enough milk to make a stiff mixture which will stand up in points. Drop in rough heaps on greased tray, and bake in a hot oven for 15 minutes. Enough for 12 medium sized buns.

BEVERAGES

Hot drinks

If a thermos flask is available tea, cocoa or hot soup may be carried. The following two drinks are suitable if it is possible to obtain boiling water.

2 teaspoons cocoa
4 teaspoons powdered milk

2 teaspoons sugar

Mix all the ingredients well together and carry in a tin or covered jar. When required for use mix to a smooth paste with a little cold water. Then add 1 teacupful of boiling water.

Coffee essence

$\frac{1}{4}$ lb. pure coffee
 $1\frac{1}{2}$ pints water
Pinch salt

Put the coffee into a sauce pan and pour over it $1\frac{1}{2}$ pints cold water; add a pinch of salt and bring to the boil. Boil gently and steadily until the liquid has shrunk to $\frac{1}{2}$ pint; stir quickly; strain into a jug. Leave until cold when all the fine sediment will have settled. Pour off very carefully into a bottle; cork and use as required. It will keep 2 or 3 days. $\frac{1}{2}$ teaspoonful to a cup of boiling water is sufficient.

Note. To make sweetened coffee essence add 6 oz. sugar after straining the coffee. Heat again, stirring until the sugar is dissolved. Cool and bottle. This will keep for a week.

COLD DRINKS

Orange drink

Grated rind of 1 orange $\frac{1}{2}$ pint water
2 tablespoons sugar $\frac{1}{4}$ level teaspoon citric acid

Mix the rind and sugar together on a plate and leave for 12 hours. Put into a pan with the water, and citric acid. Bring to the boil and simmer for 30 minutes. Strain through muslin.

Spiced fruit punch

1 tablespoon marmalade 2 tablespoons orange squash
1 dessertspoon syrup 1 tablespoon lemon squash
 $\frac{1}{2}$ - $\frac{1}{2}$ teaspoon ground ginger $\frac{1}{2}$ pint freshly made tea
1 tablespoon water

Put marmalade, syrup, ginger and water into a pan and make very hot but do not boil. Add the lemon, and orange squash. Serve hot or very cold.

N.B. The tea should not be allowed to stand more than 3 minutes before straining and should not be too strong.

HINTS ON PACKING CARRIED MEALS

Wrap sandwiches, pastries, etc. in clean paper (waxed if possible). Several small packets are much easier to deal with than one huge packet. If sandwiches are allowed to stand overnight, wrap them in clean paper, and then in a clean cloth dipped in water, and wrung out very thoroughly.

If necessary, carry salt in a little jar or tin, a knife, teaspoons and forks.