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cakes puddings



biscuits & scones

THREEPENCE

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OR THROUGH ANY BOOKSELLER

Cakes, puddings, biscuits and scones

AT first sight you might think this just another compendium of recipes. Recipes there are, but they are essentially the ones you have been asking for—the economical kind which are so important in these days when fats, eggs and sugar have to be raised to their highest common denominator.

During recent months at exhibitions and agricultural shows, and in correspondence, our Kitchen experts have been inundated with requests for information about cakes, puddings, biscuits and scones. In this booklet we have included a wide selection of suggestions for all these things to suit a variety of tastes and pockets.

But a recipe is of very little use without the “know how” to apply it and we make no apology for the inclusion of some basic methods, oven temperatures and the little things that make the difference between success and failure. Even the most knowledgeable among us is rarely too proud to refresh her memory.

This booklet is intended to be complementary to the “A.B.C. of Cookery” to which reference is invited for further details of methods, equipment and technique (see cover p. 3). It has been compiled as a result of your enquiries and we hope that you will be able to put the answers to appetizing use.

Ministry of Food,



1950

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Helpful Hints

- 1 Greasing tins : It is not necessary to grease tins or plates for pastry. When greasing tins and basins for cakes, puddings, etc., use lard or cooking fat.
- 2 Dried fruit should always be cleaned before it is used. To clean, wash and spread out on a cloth or rack covered with muslin to dry. Never use wet fruit.
- 3 To measure syrup dip a tablespoon into boiling water then use it quickly and the syrup will fall off the spoon easily (1 level tablespoon syrup=1 oz.).
- 4 If creamed fat and sugar tend to curdle after the addition of egg, add one tablespoon of the measured flour.
- 5 The hottest part of the oven is usually the top shelf. Bake large cakes in the middle of the oven, small cakes on the top shelf.
- 6 Fill tins only two-thirds full to allow for rising and for large cakes make a slight depression in the middle so that they will rise flat.
- 7 To test when a cake is cooked :
 - (a) Sponges and Sandwich cakes : Press very lightly with the finger in the centre of the cake ; the impression should spring back immediately.
 - (b) Large cakes, e.g. Fruit, Madeira : Insert a fine skewer or steel knitting needle ; it should come out clean, i.e. with no uncooked mixture clinging to it.
- 8 After baking, cool cakes on a rack or folded cloth, away from a draught. When cold, store in an airtight tin.

The Four Basic Methods

These are the methods principally used in cake making and are named according to the way in which the fat or egg is worked into the mixture.

- 1 "Rubbing-in" Method :** This is the quickest and easiest method for cakes and puddings. The fat is rubbed into the flour until the mixture resembles fine breadcrumbs. The other ingredients are then added.
- 2 "Creaming" Method :** In this method, the fat and sugar are thoroughly beaten to give a white fluffy appearance before the other ingredients are added. This method produces a finer texture than "rubbing-in".
- 3 "Melting" Method :** This is used in gingerbread mixtures. The fat, sugar and syrup or treacle are placed in a pan and heated gently until the fat melts and the sugar dissolves. All are thus more readily and evenly mixed with the other ingredients. In some cases the melted mixture is added while hot to the dry ingredients, in others it is allowed to cool—see recipes on page 7.
- 4 "Sponge" Method :** This method is used when there is a large proportion of sugar and egg to flour, little or no fat, and, as a rule, no raising agent. The sugar and eggs are whisked together until thick (this is usually done in a bowl which is stood over hot water) and the flour is then folded in—see recipe on page 7.

From these methods it is possible to build up a variety of recipes for puddings, biscuits and scones as well as cakes.

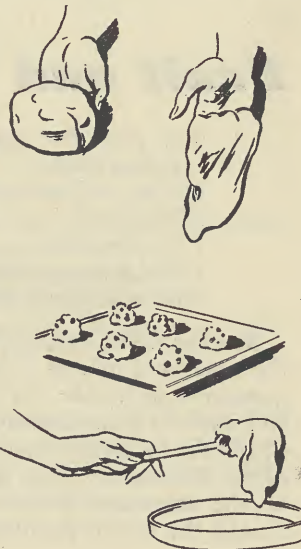
The method of making affects the texture of the mixture but this is also dependent upon the consistency of the mixture before it is cooked. Hence it is important to understand the various terms for consistencies.

1 Stiff Dough : Add just enough liquid to bind the ingredients together, for example, pastry and most biscuits.

2 Soft Dough : Add enough liquid to make a mixture which is as soft as possible without being too soft to handle easily and roll out, for example, scones.

3 Very Stiff Consistency : Add a little more liquid than used for the soft dough. The mixture should be too sticky to handle but stiff enough to keep its shape, for example, rock cakes.

4 Dropping Consistency : The mixture should drop in lumps from the spoon but is too thick to pour, for example, most cake mixtures.



Cakes

Plain Cake

8 oz. plain flour and 4 level teaspoons baking powder
or 8 oz. self-raising flour
Pinch of salt
3 oz. margarine

3 oz. sugar
1 beaten egg, optional
Approx. $\frac{1}{4}$ pint milk and water to mix
A few drops of flavouring essence

Sift the flour, baking powder (if used) and salt. Rub in the margarine and add the sugar. Mix to a dropping consistency with the egg, liquid and essence and turn into a greased 7 inch cake tin. Bake in a moderately hot oven for $\frac{3}{4}$ -1 hour.

VARIATIONS

- 1 **PLAIN FRUIT CAKE:** Add $\frac{1}{2}$ level teaspoon mixed spice with the flour and 3-4 oz. dried fruit with the sugar.
- 2 **GINGER CAKE:** Add 3 level teaspoons ground ginger and a pinch of mixed spice with the flour and 1 level tablespoon syrup with the liquid.
- 3 **PLAIN CHOCOLATE CAKE:** Add 3 level tablespoons cocoa with the flour and a few drops of vanilla essence with the liquid.
- 4 **ROCK CAKES:** As variation 1 but use as little liquid as possible for mixing. Place the mixture in small heaps on a baking sheet and bake in a hot oven for 10-15 minutes. This quantity makes 12 medium-sized buns.
- 5 **RASPBERRY BUNS:** As basic recipe, reducing the sugar to 2 oz., and using only enough liquid to mix to a very stiff dough. Cut into 12 pieces, form into buns and make a hole in the middle of each. Put in a little raspberry jam and pull the dough over to cover it. Roll in sugar, place on a greased baking sheet and bake in a hot oven for 10 minutes.

Fruit and Honey Shortcake

6 oz. plain flour and 3 level teaspoons baking powder
or 6 oz. self-raising flour
Pinch of salt
1 oz. margarine
1 level dessertspoon sugar
Milk and water to mix

Filling:—
2 oz. margarine
2 level tablespoons honey
4 oz. any fruit—fresh, bottled or canned

Mix the flour, baking powder (if used) and salt and rub in the margarine. Add the sugar and mix to a soft dough with milk and water. Place the mixture in a greased 6 inch cake tin (or pat into a round and place on a greased baking sheet) and bake in a moderately hot oven for 20-30 minutes. Split in half when cold. Cream the margarine and honey together and spread two-thirds over the bottom half of the shortcake. Slice the fruit and arrange most of it on this; cut the other half of the shortcake in two and arrange on top of the fruit like butterfly wings. Spread the rest of the filling down the centre and decorate with the remaining fruit.

Victoria Sandwich

4 oz. sugar
4 oz. margarine
A few drops of flavouring essence
Pinch of salt
2 eggs

8 oz. plain flour and 4 level teaspoons
baking powder
or 8 oz. self-raising flour
2 tablespoons milk

Cream the margarine and sugar together with a wooden spoon and beat in the flavouring essence and salt. Add the eggs, one at a time, with a tablespoon of the flour and beat well. Sift the remaining flour, and baking powder (if used), and stir into the creamed mixture with the milk. Divide the mixture between two greased 7 inch sandwich tins and bake in a moderate oven for 20-30 minutes. When cold, sandwich together with jam.

VARIATIONS

- 1 **ORANGE OR LEMON CAKE:** As basic recipe, omitting the flavouring essence. Add the grated rind of two oranges or lemons with the salt. Bake either as a sandwich or in a greased 7 inch cake tin for $1\frac{1}{4}$ hours.
- 2 **FAIRY CAKES:** As basic recipe, with the addition of 3 oz. currants, sultanas or glacé cherries. Bake in greased patty tins for 20 minutes.
- 3 **FANCY CAKES:** As basic recipe. Bake in a greased oblong tin (8 inches \times 6 inches) for 20-30 minutes. When cold, cut into fancy shapes, ice with water icing and decorate with cherries, nuts or mock cream.
- 4 **MADEIRA CAKE:** Use the basic recipe but stir in the eggs and flour alternately. Bake in a greased 7 inch cake tin in a very moderate oven for $1\frac{1}{4}$ - $1\frac{1}{2}$ hours.

Queen Cakes—no egg required

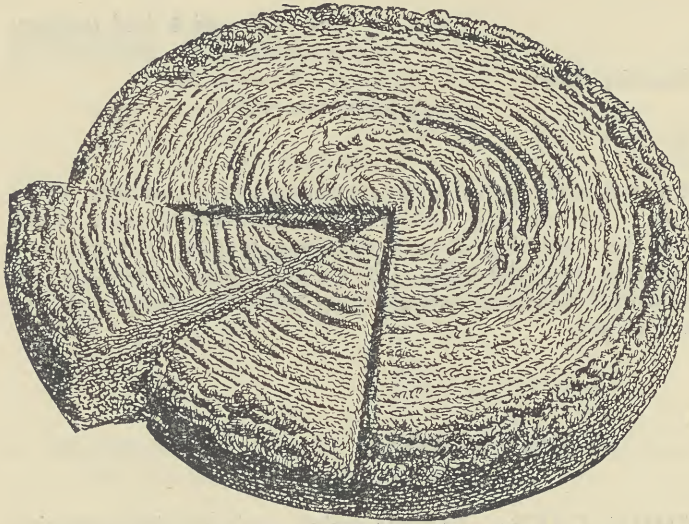
$2\frac{1}{2}$ oz. margarine
2 oz. sugar
1 level tablespoon syrup
A few drops of flavouring essence
Pinch of salt

6 oz. plain flour and 3 level teaspoons
baking powder
or 6 oz. self-raising flour
 $\frac{1}{4}$ pint milk and water
 $1\frac{1}{2}$ oz. currants, sultanas or glacé
cherries

Cream the margarine and sugar together, add the syrup, essence and salt and beat well again. Sift the flour (and baking powder if used) and add to the creamed mixture with the milk and water. Stir in the fruit and place the mixture into greased patty tins. Bake in a moderate oven for 20-25 minutes.

Makes approximately 18 cakes.

Chocolate Cake—a rich cake



- 2 oz. margarine
- 3 oz. sugar
- 1 level tablespoon syrup
- A few drops of vanilla essence
- 2 eggs
- 6 oz. plain flour
- 1 level teaspoon baking powder
- 2 level tablespoons cocoa
- $\frac{1}{4}$ level teaspoon salt
- 1 level teaspoon bicarbonate of soda
- Approx. $\frac{1}{4}$ pint milk and water
- Chocolate cream icing (see below)

Cream the margarine and sugar together and beat in the syrup and vanilla. Add the eggs and beat again. Sift the dry ingredients, except the soda which is dissolved in the milk, and stir into the creamed mixture with sufficient liquid to make a soft consistency. Spread evenly in two well greased 6 inch sandwich tins and bake in a moderate oven for 25-30 minutes.

N.B.—It is advisable to leave the cake in the tin to cool for a minute or two before turning out.

Chocolate Cream Icing

- | | |
|------------------------------|--------------------------------|
| $1\frac{1}{2}$ oz. sugar | 2 level tablespoons soya flour |
| $1\frac{1}{2}$ oz. margarine | 1 level tablespoon cocoa |
| 1 teaspoon vanilla essence | 1 tablespoon hot water |

Cream the sugar and margarine well, add the essence and continue to beat. Add the soya flour, cocoa and hot water gradually. Beat again until smooth and light in colour. Spread a little in the centre of the two sandwich cakes and the remainder on the top; finish by marking in circles with the prongs of a fork.

Fruit Cake

- | | |
|-------------------------------------|---|
| 3 oz. margarine | Pinch of salt |
| 2 oz. sugar | 1 level teaspoon mixed spice |
| 1 level tablespoon syrup or treacle | $\frac{1}{2}$ level teaspoon cinnamon |
| 1 level tablespoon marmalade | $\frac{1}{2}$ level teaspoon grated nutmeg |
| 1 egg | 12 oz. mixed dried fruit (sultanas, currants and dates) |
| 8 oz. plain flour | 6 tablespoons milk and water |
| 4 level teaspoons baking powder | |

Cream the margarine and sugar together, then beat in the syrup or treacle and marmalade. Add the egg and beat very well. Sift the flour, baking powder, salt and spices together and add to the creamed mixture with the fruit and liquid. Turn into a lined cake tin (8 inch size) and bake in a slow oven for 2 hours. Keep for a few days before cutting.

Sponge Cake

4 oz. sugar
1 tablespoon hot water

2 eggs
4 oz. plain flour

Place the sugar in a basin with the hot water, add the eggs and whisk for about 10 minutes, or until the mixture is thick. Sift the flour and fold into the egg mixture, using a metal spoon; do not beat or stir the mixture. Turn into two greased and floured 6 inch sandwich tins and bake in a moderately hot oven for 15 minutes.

Gingerbread

8 oz. plain flour
3 level teaspoons ground ginger
Pinch of mixed spice
4 oz. margarine, or other fat

3-4 oz. sugar
4 level tablespoons syrup or treacle
 $\frac{1}{4}$ pint boiling water
1 level teaspoon bicarbonate of soda

Sift the flour, spices and salt into a basin. Heat the fat, sugar and syrup together and add to the dry ingredients. Stir in the boiling water and add the soda dissolved in a little warm water. Mix well and turn into a greased and lined 8 inch square tin. Bake in a moderate oven for 1 hour. Keep for a week before cutting.

Economical Gingerbread—no fat and no eggs

4 oz. plain flour
3 oz. medium oatmeal
2 level teaspoons ground ginger
2 level teaspoons mixed spice

2 oz. sugar
 $\frac{1}{4}$ pint milk or milk and water
3 level tablespoons treacle or syrup
1 level teaspoon bicarbonate of soda

Mix the flour, oatmeal, ginger, spice and sugar in a basin. Heat the milk and treacle or syrup in a pan and bring to the boil. Add the soda and stir until dissolved. Pour into the dry ingredients and mix quickly and thoroughly. Turn into a well greased shallow tin, about 9 inches by 6 inches, and bake in a moderate oven for about 50 minutes.

Boiled Fruit Cake—no eggs

8 oz. dried fruit
3 oz. sugar
4 oz. clarified dripping or margarine
1 level tablespoon syrup
 $\frac{1}{2}$ pint milk and water
10 oz. plain flour

Pinch of salt
1 level teaspoon baking powder
 $\frac{1}{2}$ level teaspoon bicarbonate of soda
 $\frac{1}{2}$ level teaspoon mixed spice
 $\frac{1}{4}$ level teaspoon grated nutmeg

Place the fruit, sugar, fat, syrup and liquid in a pan and bring to the boil; allow to cool. Sift the dry ingredients together and mix with the boiled ingredients. Turn into a greased 8 inch cake tin and bake in a moderate oven for 1½ hours.

Puddings

(All quantities for four)

Steamed Jam Pudding

3 level tablespoons jam or marmalade
8 oz. plain flour and 4 level teaspoons
baking powder
or 8 oz. self-raising flour

Pinch of salt
2 oz. margarine
2 oz. sugar
Approx. $\frac{1}{4}$ pint milk and water to mix

Grease a 2 pint basin and place the jam or marmalade at the bottom. Sift the flour, baking powder (if used) and salt together and rub in the margarine. Add the sugar and mix to a stiff dropping consistency with the liquid. Turn into the basin, cover with greased paper and steam for $1\frac{1}{4}$ - $1\frac{1}{2}$ hours.

VARIATIONS

- 1 **FRUIT PUDDING**: Omit the jam. Add $\frac{1}{2}$ level teaspoon mixed spice with the flour and 3 oz. mixed dried fruit with the sugar.
- 2 **CHOCOLATE**: Omit the jam. Add 3 level tablespoons cocoa with the flour and a few drops of vanilla essence with the liquid. Black coffee can be used for mixing instead of milk and water.
- 3 **GINGER**: Omit the jam. Add 3 level teaspoons ground ginger and a pinch of mixed spice with the flour and 1 level tablespoon syrup or treacle with the liquid.

Baked Sponge Pudding

3 oz. margarine
2 oz. sugar
A few drops of flavouring essence
Pinch of salt
1 egg

4 oz. plain flour and 2 level teaspoons
baking powder
or 4 oz. self-raising flour
A little milk to mix

Use the creaming method as described under Victoria Sandwich on page 5. Turn the mixture into a greased pie dish and bake in a moderate oven for 30-40 minutes. Serve hot with jam or lemon sauce.

Eve's Pudding

$1\frac{1}{2}$ lb. apples
2 level tablespoons syrup

1 tablespoon water
Sponge mixture as above

Prepare and slice the apples and place at the bottom of a greased pie dish with the syrup and water. Spread the sponge mixture over the top and bake in a moderate oven for 40 minutes.

N.B.— $1\frac{1}{2}$ lb. rhubarb, prepared and cut into short lengths, can be used in place of the apples. Omit the water.

Fruit Crumble

1 lb. fresh fruit
A little water
1½ oz. fat

4 oz. flour
Pinch of salt
3 level tablespoons sugar

Prepare and stew the fruit in as little water as possible, sweeten to taste and place at the bottom of an ovenproof dish (1 pint size). Rub the fat into the flour, salt and sugar and sprinkle the mixture over the fruit. Bake in a moderate oven for 15-20 minutes.

If using raw fruit, bake in a slow oven for 1 hour.

Lemon Sago Tart—using short crust pastry

Pastry :—
4 oz. plain flour
Pinch of salt
1¼-2 oz. fat (lard, cooking fat, clarified
dripping or margarine)
Cold water to mix

Filling :—
1 level tablespoon raspberry jam
1 oz. sago
2 oz. margarine
2 oz. sugar
1 egg, well beaten
Grated rind and juice of one lemon

To make the pastry :—Sift the flour and salt and rub in the fat until the mixture resembles fine breadcrumbs. Using a knife, mix to a stiff dough with cold water and turn out on to a lightly floured board. Roll out and use as required.

Line a 7 inch flan ring or sandwich tin with the pastry and spread the jam over the bottom. Cook the sago in sufficient water to prevent burning, until it is transparent and the water has evaporated. Cream the margarine and sugar together, beat in the egg gradually and add the cooked sago and the rind and juice of the lemon. Pour into the pastry case and bake for 25-30 minutes in a moderate oven. Allow to cool slightly before removing from the tin.

Steamed Fruit Pudding—using suet crust pastry

Pastry :—
8 oz. plain flour and 4 level teaspoons
baking powder
or 8 oz. self-raising flour
Pinch of salt
1-3 oz. chopped suet, or other fat
Water to mix (about 4 tablespoons)

Filling :—
1½ lb. fresh fruit, prepared and sliced if
necessary
2-3 oz. sugar
2 tablespoons water

To make the pastry :—Sift the flour, baking powder (if used) and salt. Add the suet (if other fat is used, rub it into the flour) and mix to a stiff dough with the water. Roll out and use as required.

Line a greased 2 pint basin with three quarters of the pastry and half fill the basin with fruit. Add the sugar and water and then the remaining fruit. Roll the remainder of the pastry to a round, cover the fruit with this and press the edges of the pastry together. Cover with greased paper and steam for 1½ hours.

Jam Roll

8 oz. suet pastry (see above)

3 level tablespoons jam

Roll the pastry to an oblong ¼ inch thick and spread the jam to within 1 inch of the edge. Damp the edges and roll up. Seal the edges well and roll in a scalded, well floured, pudding cloth. Tie the edges of the cloth tightly with string or tape and place in a pan of boiling water (on an enamel plate or false bottom to prevent the cloth from sticking). Boil for 1 hour. Remove from the cloth and serve very hot sprinkled with sugar, brown if possible.

If preferred the roll can be baked (without a pudding cloth, of course) instead of boiled. Cook in a moderately hot oven for ¾-1 hour.

Biscuits

Notes on Making Biscuits

1. It is essential to mix to a stiff consistency and to knead well in order to get the dough smooth.

2. Bake on the middle shelf of the oven and cook (unless the recipe states otherwise) until the biscuits are a very light brown in colour. Most biscuits will be soft when taken from the oven; they harden on cooling.

3. Cooling: After removing from the oven, allow to remain on the baking sheet for at least 10 minutes to become firm, then lift off with a knife on to a wire tray and allow to become quite cold before storing in tins.

Sweet Oatmeal Biscuits

| | |
|--|---------------------------------------|
| 2 oz. margarine or cooking fat | Pinch of salt |
| 6 oz. self-raising flour | 3 oz. oatmeal |
| or 6 oz. plain flour and 3 level teaspoons baking powder | 2 level tablespoons sugar |
| | About $\frac{1}{4}$ pint water to mix |

Rub the fat into the dry ingredients. Add just enough water to bind into a stiff dough. Knead a little and roll out to less than $\frac{1}{4}$ inch thick. Cut into rounds, place on a baking sheet and bake in a slow oven until the biscuits are a pale golden brown.

Makes 20-24 biscuits with a 3 inch cutter.

Ginger Biscuits

| | |
|--|--------------------------------------|
| 2 level tablespoons syrup | 2 level teaspoons ground ginger |
| 2 oz. sugar | Lemon essence |
| 2 oz. margarine or cooking fat | 1 level teaspoon bicarbonate of soda |
| 8 oz. flour | 1 tablespoon tepid water |
| $\frac{1}{2}$ level teaspoon mixed spice | |

Melt in a pan the syrup, sugar and margarine or fat. Pour into a bowl. Add some flour with the spice, ginger and a few drops of lemon essence. Stir well. Dissolve the bicarbonate of soda in the water and add to the mixture. Continue stirring, gradually adding more flour. Finish the process by turning out the mixture on to a well-floured board. Knead in the remainder of the flour. Roll out and cut into shapes. Cook in a moderate oven for 15 to 20 minutes.

Makes approximately 24 biscuits.

Savoury Biscuits—excellent plain, with cheese or as a base for canapés

| | |
|-------------------------------------|--------------------------|
| 4 oz. plain flour | 3 oz. margarine |
| 4 oz. rolled oats or barley kernels | 4 oz. cold mashed potato |
| 1-2 level teaspoons salt | |

Mix the flour, rolled oats or barley kernels and the salt. Rub in the margarine and then knead in the mashed potato. Continue kneading until it becomes a very stiff dough. No liquid should be used. Roll out until only $\frac{1}{8}$ inch thick and cut into biscuits. Place on baking tins and bake in a slow oven until crisp but not brown, about 15 to 25 minutes. To make sure they will stay crisp, cool on cake racks or in any way which will let the air circulate around them.

This quantity makes about three dozen biscuits with a 2 inch cutter.

Parkin Biscuits

- | | |
|------------------------------|--------------------------------------|
| 4 oz. flour | 1 level teaspoon ground ginger |
| 4 oz. medium oatmeal | 2 oz. margarine |
| 1½ level tablespoons sugar | ½ level teaspoon bicarbonate of soda |
| ½ level teaspoon nutmeg | 2 tablespoons milk |
| 1 level teaspoon mixed spice | 2 level tablespoons syrup, warmed |

Mix the flour, oatmeal, sugar and spices together and rub in the margarine. Dissolve the soda in the milk and add, with the syrup, to the dry ingredients. Mix well and roll into balls about the size of a large walnut. Place on a greased baking sheet and bake in a hot oven for about 10 minutes.

Shortbread Biscuits

- | | |
|-----------------|-------------|
| 2 oz. margarine | 1 oz. sugar |
| 3 oz. flour | |

Rub the margarine into the flour and sugar. Knead into a dough without adding any water. Roll out to about ⅛ inch thick and cut into fancy shapes or rounds. Bake in a cool oven until pale brown.

Makes 18 biscuits with a 2 inch cutter.

Lemon Crisps

- | | |
|---------------------------------|-----------------------------------|
| 1½ oz. cooking fat or margarine | Grated rind of one lemon |
| 4 oz. plain flour | or A few drops of lemon essence |
| 2 oz. rolled oats | 2 level tablespoons syrup, warmed |
| 1½ oz. sugar | Milk to mix |

Rub the fat into the flour and add the rolled oats, sugar, lemon rind (or essence) and syrup. Add enough milk to form a stiff dough. Roll out very thinly and cut into 2½ inch rounds. Place on a greased tin and bake in a moderate oven for 15-20 minutes.

This quantity makes about 16 biscuits.

Fruit & Oat Sandwich Bars

- | | |
|---------------------|-------------------|
| 6 oz. figs or dates | 4 oz. rolled oats |
| ¼ pint water | Pinch of salt |
| 2 oz. flour | 2 oz. margarine |
| 2 oz. sugar | |

Cut the figs or dates into small pieces and stew in the water until tender. Mix the dry ingredients and rub in the margarine. Press half the mixture into a greased 7 inch gingerbread tin. Spread the fruit over, and cover with the remainder of the oat mixture. Press down well. Bake for 25-30 minutes in a moderate oven. Allow to cool in the tin and cut into fingers.

Crunch Fingers

- | | |
|---------------------------------------|---|
| Short pastry using 4 oz. flour | 1 oz. margarine |
| 1 level dessertspoon marmalade or jam | ½ teaspoon almond essence |
| 3 level tablespoons syrup | or Grated rind of 1 orange or lemon and |
| 3 oz. rolled oats | 1 teaspoon orange or lemon juice |

Roll the pastry into an oblong about 6 inches × 9 inches. Cut into two strips, flute the edges and spread the marmalade down the length of each oblong. Heat the rest of the ingredients together and when thoroughly mixed, spread over the marmalade to within ½ inch of the edge. Bake in a hot oven for 20 minutes. Cut into fingers and lift on to a cooling tray. Store in an airtight tin.



Scones

Basic Scone Recipe

8 oz. plain flour
1 level teaspoon bicarbonate of soda
2 level teaspoons cream of tartar
1 level teaspoon salt
 $\frac{1}{2}$ -1 oz. cooking fat or margarine
Milk and water to mix (approx. $\frac{1}{4}$ pint)

Sift the flour, soda, cream of tartar and salt together and rub in the fat. Mix to a soft dough with the milk and water, turn on to a floured board and roll out quickly to about $\frac{1}{2}$ inch thick. Cut into rounds or triangles, place on a floured baking sheet and bake at once in a very hot oven for 8-10 minutes. If preferred, the scones can be glazed by brushing over with a little milk before cooking.

VARIATIONS

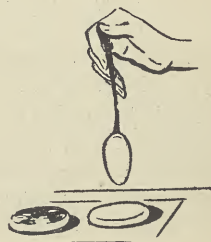
- 1 **SWEET SCONES:** Reduce the salt by half. Add $\frac{1}{2}$ to 1 oz. sugar and, if liked, 1 oz. dried fruit to the basic mixture after rubbing in the fat.
- 2 **CHEESE SCONES:** Add a pinch of pepper and a pinch of dry mustard to the dry ingredients and use only $\frac{1}{2}$ oz. fat. Add $1\frac{1}{2}$ oz. grated cheese after rubbing in the fat.
- 3 **LEMON SCONES:** After rubbing in the fat, add 1 oz. sugar and the grated rind of two lemons to the dry ingredients.
- 4 **WHOLEMEAL SCONES:** Use 4 oz. plain flour and 4 oz. wholemeal flour instead of 8 oz. plain flour.
- 5 **BAKING POWDER SCONES:** Use 4 level teaspoons baking powder in place of the bicarbonate of soda and cream of tartar or use 8 oz. self-raising flour.
- 6 **TREACLE SCONES:** Add 1 level teaspoon mixed spice to the dry ingredients and mix with 1 level tablespoon treacle and 6 tablespoons milk and water. Bake in a moderately hot oven for 15-20 minutes.

Drop Scones

4 oz. plain flour
 $\frac{1}{4}$ level teaspoon bicarbonate of soda
 $\frac{1}{2}$ level teaspoon cream of tartar
Pinch of salt
 $\frac{1}{2}$ level tablespoon sugar
1 egg
 $\frac{1}{4}$ pint milk and water

Sift the flour, soda, cream of tartar and salt and mix in the sugar. Mix to a smooth batter with the egg and milk and beat well. Heat a lightly greased girdle, hot plate or frying pan. Drop spoonfuls of the batter on to the hot girdle and cook until the surface is full of bubbles and the underside golden brown. Turn and cook the other side. If the scones are to be served cold, cool between the folds of a clean tea towel.

Note:—To make sure of getting a good round shape, drop the mixture from the tip of the spoon holding it upright over the girdle. A badly shaped scone will result if the mixture is poured from the side of the spoon.



Miscellaneous Recipes

Christmas Cake

| | |
|--|------------------------------|
| 4 oz. margarine | Pinch of salt |
| 3 oz. sugar | 1 level teaspoon mixed spice |
| 3 level tablespoons warmed treacle or syrup | 1 level teaspoon cinnamon |
| 8 oz. plain flour | 2 eggs |
| $\frac{1}{2}$ level teaspoon bicarbonate of soda | 1 lb. mixed dried fruit |
| | 3 tablespoons cold tea |

Cream the margarine and sugar together and beat in the treacle or syrup. Sift the flour, soda, salt and spices together and add alternately with the eggs to the creamed mixture. Add the fruit and mix in the tea. Turn the mixture into a 7 inch tin, lined with greased paper, and bake in a very moderate oven for $2\frac{1}{2}$ hours.

Christmas Cake—eggless

| | |
|--------------------------------------|---|
| 8 oz. plain flour | $1\frac{1}{2}$ lb. mixed dried fruit, including peel |
| $\frac{1}{2}$ level teaspoon salt | 1 oz. glacé cherries, cut in quarters |
| 2 level teaspoons baking powder | 1 level tablespoon syrup |
| 1 level teaspoon bicarbonate of soda | 1 level tablespoon treacle |
| $\frac{1}{4}$ small nutmeg, grated | Approx. $\frac{1}{2}$ pint milk and water to mix |
| 4 oz. margarine | 1 tablespoon vinegar |
| 2 oz. sugar | |
| Grated rind of $\frac{1}{2}$ lemon | |

Sift the flour, salt, baking powder, soda and nutmeg together, and rub in the margarine. Mix in the sugar, lemon rind and prepared fruit and make a well in the centre. Add the syrup and treacle and enough milk and water to mix to a fairly soft consistency. Stir in the vinegar and turn into a greased 8 inch cake tin and bake in a very moderate oven for 2 hours.

Will keep for 4 weeks.

Viennese Shortcakes

| | |
|---------------------------|-------------------|
| 4 oz. margarine | 4 oz. plain flour |
| 1 oz. icing sugar, sieved | |

Cream the margarine until pale and fluffy. Beat in the sugar, then beat in the flour gradually. Using a No. 6 pipe, pipe the mixture in a whirl into paper baking cases. Bake in a slow oven for 30–40 minutes, until a very pale colour like shortbread. When cold, dust with icing sugar and put a very small amount of raspberry jam in the centre.

This quantity makes 10 cakes.

N.B.—This recipe can also be used for biscuits. Pipe into fancy shapes on to a greased and floured baking sheet and bake as above.

Flapjacks

| | |
|---------------------------|---------------------------|
| 2 oz. margarine | 2 level tablespoons sugar |
| 2 level tablespoons syrup | 4 oz. rolled oats |

Melt the margarine and syrup in a pan. Add the dry ingredients and mix well. Press into a thin layer (about $\frac{1}{4}$ inch) in an oblong tin and bake in a moderate oven for 30 minutes. Mark into squares while hot and break into biscuits when cold.

Mock Almond Paste

1 Using soya flour :

| | |
|------------------------------|------------------|
| 2 oz. margarine | 4 oz. soya flour |
| 2 tablespoons water | 4 oz. sugar |
| 1-2 teaspoons almond essence | |

Melt the margarine in the water and add the essence. Mix in the soya flour and sugar, turn on to a board and knead well. Roll out and use as required.

2 Using stale cake crumbs :

| | |
|-----------------|------------------------------|
| 2 oz. margarine | 1-2 teaspoons almond essence |
| 2 oz. sugar | 8 oz. plain cake crumbs |

Cream the margarine and sugar until light, add the almond essence and beat again. Mix in the cake crumbs and knead the mixture together. Roll out and use as required.

Royal Icing

| | |
|-------------------|----------------------------|
| 8 oz. icing sugar | A few drops of lemon juice |
| 1 white of egg | |

Sieve the sugar to free it from lumps. Put the sugar into a bowl and add the white of egg unbeaten and the lemon juice. Gradually work in the sugar, using a wooden spoon, and beat very well. Spread evenly over the cake with a broad-bladed knife dipped occasionally into cold water.

N.B.—If no egg white is available, $\frac{1}{2}$ level teaspoon gelatine dissolved in 2 tablespoons boiling water may be used instead. The gelatine should be allowed to cool until almost set before adding to the sugar.

Water Icing

This is the simplest form of icing. The icing sugar should be sieved and then mixed with water, lemon juice, orange juice, or sieved fruit juice, to obtain whatever flavour is desired. The consistency should be soft enough to coat the back of a wooden spoon and the icing should be perfectly smooth.

This icing will set in a few hours, but it is never hard like Royal Icing. It is not suitable for piping.

Mock Cream

| | |
|--|------------------------------|
| 2 level tablespoons custard powder or cornflour | 1 oz. margarine |
| $\frac{1}{2}$ pint milk or milk and water | 1 level tablespoon sugar |
| | Flavouring essence to taste. |

Blend the custard powder or cornflour with a little of the cold milk. Bring the remainder to the boil and pour on to the blended mixture. Return to the saucepan and bring to the boil, stirring all the time. Cook for 3-5 minutes and put aside to cool. Cream the margarine and sugar together very well, gradually beat in the thick custard and flavouring essence. Continue to beat until creamy. This makes about $\frac{1}{2}$ pint of cream, similar in texture to whipped cream.

Oven Temperature Chart The chart below gives comparative temperatures and dial markings for the electric and gas cookers which are most generally used. It includes the standard setting, agreed between manufacturers, to be used on all gas thermostats in the future; it should be noted that some of the gas cookers on the market are already fitted with the standard setting.

| Heat of Oven | Type of Food | °F. at Centre of Oven | Standard Setting | "Radiation" Setting | "Main" Setting |
|---------------------------------|-------------------|-----------------------|-------------------|---------------------|-------------------|
| SLOW (240°F-350°F) | Fruit Bottling | 240°F | 1 | 1 | A |
| | Milk Puddings | 260°F-300°F | 1 to 1 | 1/2 to 1 | B |
| | Oven-stewed Fruit | | | | |
| | Oven Stews | | | | |
| Baked Custards | 300°F | { Between 1 and 2 | 1 | { Between B and C | |
| Egg Dishes | | | | | |
| Rich Fruit Cake | 300°F-320°F | 3 | 2 | C | |
| Slow Roasting Soup or Stock | | | | | |
| MODERATE (350°F-400°F) | Gingerbread | 360°F | 4 | 4 | { Between D and E |
| | Biscuits | 350°F-375°F | 4 to 5 | 4 to 5 | D to E |
| | Braising | | | | |
| | Large Cake | 375°F | { Between 4 and 5 | { Between 4 and 5 | E |
| | Cheese Dishes | 375°F-400°F | 5 to 6 | 5 to 6 | { Between E and F |
| Plain Fruit Cake | | | | | |
| Roast Meat | | | | | |
| Raised Pies | 400°F | 6 | 6 | F | |
| Sponges (fresh eggs) | | | | | |
| MODERATELY HOT (400°F-450°F) | Victoria Sandwich | 400°F | 6 | 6 | F |
| | Small Cakes | 425°F | 7 | 7 | { Between F and G |
| | Baked Fish | 400°F-450°F | 6 to 8 | 6 to 8 | F to G |
| | Baked Potatoes | | | | |
| Sponges (dried egg) | 450°F | 8 | 8 | G | |
| HOT (450°F-475°F) | Choux Pastry | 450°F | 8 | 8 | G |
| | Fruit Pies | | | | |
| | Roast Potatoes | | | | |
| Short Pastry | | | | | |
| Bread | 450°F-475°F | 8 to 9 | 8 to 9 | { Between G and H | |
| Tartlets | 475°F | 9 | 9 | { Between G and H | |
| Yeast Rolls | | | | | |
| VERY HOT (475°F-500°F) | Yorkshire Pudding | 475°F | 9 | 9 | { Between G and H |
| | Flaky Pastry | 475°F-500°F | 10 | 10 | H |
| | Searing Meat | | | | |
| Puff Pastry | 500°F | 10 | 10 | H | |
| Scones | | | | | |

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