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CHRISTMAS CATERING

in
WARTIME



Mr. Therm makes a few suggestions

Thanks to the Navy, including the Merchant Navy, and to America, the Minister of Food has been able to promise rather more "Christmas Fare" this year than we had in 1940.

Turkeys may be scarce, but stuffed mutton, pork or veal makes a good Christmas roast, and beef was the old traditional dish before turkeys were even introduced into England.

Christmas is the feast that needs a party. Family reunions may not be possible with the younger members scattered on war service. But friends living in the same district can plan hospitality in each home in turn. Apart from the added cheerfulness that friends bring, there are the wartime advantages in the way of food and fuel economies—one good cheerful fire in one room instead of three or four "economical" fires in separate homes; it takes very little more gas to cook a dinner for six than for three, while the pooled meat coupons of three small families who all deal with the same butcher will produce a joint worthy of the Christmas table.

★ CHRISTMAS DINNER

Roast Stuffed Mutton with Red Currant Jelly if you have any; if not try a little sour plum or damson jam instead.

or Roast Stuffed Pork with Apple Sauce.

or Roast Beef and Yorkshire Pudding.

Potatoes cooked under the meat; Greens or Braised Celery

Christmas Pudding; Mincepies;

Jelly Sponge with Stewed Fruit and Whipped Custard (Custard powder)

or if you cannot get jelly, Fruit and Sago Mould

or Fruit Charlotte or Summer Pudding with Whipped Custard.

Apples, Pears, Nuts, Sugared Apple Rings.

★ CHRISTMAS TEA

Savoury Sandwiches; Wholemeal Scones.

Rock Cakes; Honey Turnovers; Pastry Slices filled with Sultanas or Chopped Figs; Christmas Cake.

★ CHRISTMAS SUPPER

Cold Sausage and Apple Rissoles; Cold Savoury Mould. Winter Salad; Potato Salad.

Cold Mincepies; Plain Trifle; Hot Steamed Suet Pudding (which can safely be left cooking with the gas turned low for about two hours), Cheese Fingers.



RECIPES

CHRISTMAS PUDDING, of course. This is the Ministry of Food's recipe for

CHRISTMAS PUDDING WITHOUT EGGS.

Mix together 1 cupful of flour, 1 cupful of breadcrumbs, 1 cupful of sugar, half a cupful of suet, 1 cupful of mixed dried fruit, and, if you like, 1 teaspoonful of mixed sweet spice. Then add 1 cupful of grated potato, 1 cupful of grated raw carrot, and finally a level teaspoonful of bicarbonate of soda dissolved in 2 tablespoonfuls of hot milk. Mix all together (no further moisture will be necessary), turn into a well greased basin and boil or steam for 4 hours.

And here is another **CHRISTMAS PUDDING** recipe that you may like to try. You need— $\frac{1}{4}$ lb. of breadcrumbs, 2 oz. of flour, a pinch of salt, $\frac{1}{4}$ lb. of sugar, $\frac{1}{4}$ lb. of chopped suet, $\frac{1}{4}$ lb. of sultanas, $\frac{1}{4}$ lb. of currants, $\frac{1}{4}$ lb. of raisins, if possible, $\frac{1}{4}$ teaspoonful of grated nutmeg or mixed spice, 1 tablespoonful of treacle, grated rind of an orange if you have been able to save and dry the rind from one of the oranges supplied to the children, $\frac{1}{2}$ of a level teaspoonful of bicarbonate of soda, 1 gill of milk. Mix all the dry ingredients together. Dissolve the bicarbonate in the milk; warm the treacle a little. Make a well in the centre of the dry ingredients add the treacle and some of the milk. Mix well, adding the remainder of the milk as required to make a mixture of soft consistency. Three-quarters fill one or more greased basins. Fold a cap of greased paper over the top and steam for three hours. When reheating the pudding to serve put on a fresh cap of greased paper and steam for one hour.

Pooled meat coupons



GOLDEN GROVE PUDDING, also suggested by the Ministry of Food, must be made on the day as it will not keep. It is dark and rich-looking, but very light and digestible and is excellent for children. Soak 2 tablespoonfuls of sago in a breakfast cup of milk for 2 hours. Add 1 breakfast cup of breadcrumbs, 1 teaspoonful of mixed spice, 1 teacup of sugar, 1 teaspoonful of bicarbonate of soda, 1 teacup of finely grated carrot, 1 breakfast cup of raisins or mixed dried fruit. Mix all together to make a rather liquid mixture. Turn into a greased basin and steam for 3-4 hours. Serve with a well-flavoured sauce. This quantity makes two one-pint puddings.

Don't leave out the **CAKE** even if eggs are difficult.

This attractive **FRUIT CAKE** does not need an egg. Sift $\frac{1}{2}$ lb. of plain flour and a pinch of salt into a mixing bowl. Rub in 3 or 4 oz. of dripping or margarine. Mix in 4 oz. (5 oz. if you can manage it) of sultanas and/or currants, a pinch of nutmeg or spice, and 3 oz. (4 oz. if possible) of sugar. Dissolve $\frac{1}{2}$ a level teaspoonful of bicarbonate of soda in a $\frac{1}{4}$ pint of milk. Make a well in the centre of the flour and mix to a fairly soft dough with the milk, adding a little more if necessary. Mix in $1\frac{1}{2}$ teaspoonfuls of vinegar. Stir well. Turn into a greased and floured tin and bake in a moderate oven for about 1 hour 20 minutes. Leave the cake for a few minutes before turning out of the tin. Cool on a rack.

Here are **ROCK CAKES** that do not need an egg, and can be made quickly. They are a useful standby for tea or to eat with the evening cup of cocoa. Rub $1\frac{1}{2}$ oz. of fat into 6 oz. of wheatmeal flour. Mix in 1 oz. of sugar, 2 oz. of any kind of dried fruit, 1 teaspoonful of egg substitute and a pinch of salt.



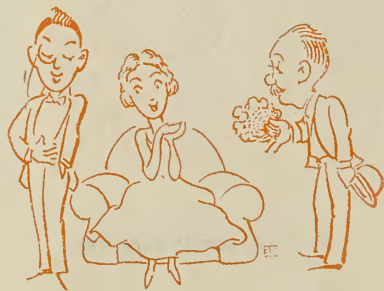
Rock Cakes are a stand-by

Add sufficient milk to make a stiff dough. Drop suitable sized pieces on a greased baking sheet and bake in a hot oven for about 15 minutes.

A BITTER SWEET WINTER SALAD goes well with cold meat pie, brawn, galantine or sausage rolls. Mix $\frac{1}{2}$ teaspoonful of made mustard into a tablespoonful of vinegar. Cut a cooked beetroot into cubes and let them soak for an hour in the vinegar. Wash thoroughly and dry two heads of endive. When the salad is needed, break up the endive, mix it with the beetroot and sprinkle lightly with pepper.

Try this way with a **A TOUGH PIECE OF BEEF**. Cut the meat into thin slices, dip in oiled margarine and then in fine breadcrumbs mixed with chopped parsley. Dust with salt and fry. A small piece of meat will go a long way cooked like this with plenty of mashed potato and some mustard pickle.

STEWED SHEEPS HEARTS are a good winter dish. You need two hearts. Trim them and wash thoroughly in tepid salted water to remove all the blood. Chop them finely. Put a teacupful of oatmeal into a dry pan and toss it over the gas until it is golden brown. Add to it an ounce of chopped suet, the hearts, a chopped onion, seasoning and enough stock to make a fairly moist mixture. Put on the lid and stew gently over a low gas for two hours, adding a little more liquid if necessary during cooking. Serve very hot.



You need
two hearts



Did you dry **APPLE RINGS** in the autumn? If so, now is the time to use some. They need to be soaked well in cold water before use and should be cooked slowly without sugar. The necessary sweetening is added when the apples are nearly cooked, and this is a saving in sugar too, because less is required if it is added after cooking. Well cooked and beaten smooth the apples can be used for fruit tarts or apple sauce. The whole rings partly cooked and then fried with sausages or bacon and potatoes make an excellent supper dish. Dipped in batter and fried in deep fat they make attractive fritters; dust them lightly with sugar before serving.

There will not be crystallised fruit for the Christmas table but you can have some **SUGARED APPLE RINGS**. Soak the dried rings until they are swollen and soft. Drain them. Make a syrup by putting equal quantities of sugar and cold water into a saucepan; bring slowly to the boil and then boil rapidly until a thick syrup that can be shaken from the spoon in separate drops is obtained. Take the rings one by one on a skewer, dip them in the syrup coating them all over. Drain and spread on a sheet of grease-paper to dry.

This recipe for **BLUSH APPLE BAKE** has been specially prepared by the Ministry of Food for using home-dried apple rings. You need 7 oz. home-

dried apple rings, 1½ teacups of milk, 1 oz. sugar, 1 oz. cocoa, almond or vanilla essence, 8 oz. soaked wheatmeal bread, 2 teaspoonfuls of custard powder, 2 oz. of dried fruit—chopped if large.

Wash the apple rings and soak them overnight in water containing a little cochineal. Simmer gently in the same water, adding the dried fruit. When



Fill the oven to capacity

tender, lift out the pinked apples, draining each ring as it is ready. Heat the milk and stir in the blended cocoa and custard powder, return to the saucepan and stir over a low gas until it thickens. Turn on to the soaked and squeezed bread and beat well with a fork. Add the sugar, flavouring and half the dried fruit. Put the mixture in a greased fireproof dish and decorate one half of the dish diagonally with the apple rings stuffed with the remaining dried fruit. Bake in a moderate oven for 20-30 minutes until the mixture is firm to the centre. Serve at once.

HONEY TURNOVERS can be eaten hot with fruit at dinner, or cold for tea. Mix 4 oz. of ground rice and 4 oz. of flour together with $\frac{1}{2}$ teaspoonful of salt. Rub in 2 oz. of fat; add $1\frac{1}{2}$ teaspoonfuls of egg substitute, 1 tablespoonful of honey warmed until it is quite runny and a few drops of lemon essence. Mix well and stir in enough milk to make a soft paste. Roll into strips about $\frac{1}{4}$ inch thick on a well-floured board. Turn over to give a double strip about 3 inches wide and cut into squares. Glaze with milk and bake on a greased baking sheet in a hot oven for about 15 minutes.

Are the family saying that they are tired of sausages? Try them with **SAUSAGE AND APPLE RISSOLES**. To a cupful of cold mashed potato add $\frac{1}{2}$ lb. of sausage meat, two tablespoonfuls of breadcrumbs and salt and pepper to taste. Bind the mixture with about a tablespoonful of juicy cooking apple grated. Shape into rolls, cover with browned breadcrumbs and fry in hot fat. Serve hot with chipped potatoes and salad.

EGGLESS BATTER for Toad-in-the-Hole, Yorkshire Pudding or Fruit Batter Pudding can be made by mixing 4 oz. of flour, $\frac{1}{2}$ teaspoonful of bicarbonate of soda, and a pinch of salt with $\frac{1}{2}$ pint of milk. Add to it $\frac{1}{2}$ oz. of margarine, melted, and a teaspoonful of vinegar. Beat well and use at once.



Toad-in-the-Hole

When the oven is in use and there is a little space to spare make a **SAVOURY MOULD** to be eaten cold. Chop $\frac{1}{4}$ lb. of liver and a small onion and fry them together. Mix with 2 oz. of breadcrumbs, and if you have a cooked carrot or some cooked peas add these (the carrot chopped, of course). Moisten the mixture with a little gravy, put into a greased mould, cover with a greased paper and bake in a moderate oven for $\frac{3}{4}$ hour. Leave to get cold before turning out. This is enough for three people.

When you cannot get packet jellies, **SAGO** makes an excellent substitute. Any stewed fruit can be converted into a fruit jelly in this way. If you are using a bottle of fruit to make a fruit batter or other pudding then you can use the liquid from the bottle to make the jelly. Wash 3 oz. of sago in a fine strainer under the cold water tap. Put it in a basin and just cover with cold water. Soak for four hours. Use fruit that has been bottled without sugar. Put a pint of fruit (or liquid) into a saucepan and bring to the boil. Add the sago—strained if it has not absorbed all the water. Stir carefully. Cook gently for about 20 minutes until the sago is transparent. Work in 2 oz. of sugar. Rinse a mould in cold water and pour in the mixture. Turn out when cold and serve with custard.

Grated **CHEESE** is a useful addition to a number of dishes—soups, salads, biscuits. It goes further this way, and now the allowance has been raised some can be spared for cooking. A cheddar type of cheese is the best. Fresh, soft cheese cannot be grated successfully. A wise plan is to cut off the rind rather thickly; keep it in the kitchen until it has dried sufficiently and grate off the edible part as needed. The amount of grated cheese resulting from the inner part of the rind is surprising.

Issued with the approval of the Ministry of Food