

COUPAR ANGUS ABBEY CHURCH



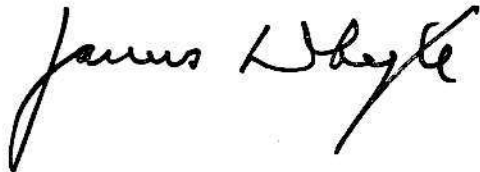
RECIPE BOOK

## FOREWORD

To be asked to write this foreword is indeed an unexpected pleasure. My efforts in the kitchen do not go much further than toasted cheese. However as one who appreciates good cooking I know that the recipes in this book will go far to enrich the palates of those who eat the results of the many who will use it in the kitchen.

It has however been the work of many who have brought this book to the stage of publication and on the behalf of those who will enjoy the fruits of their labour may I thank all involved, not least my wife, Mrs A Gibson, Mrs M Ogilvie, Mrs U McLaren, the ladies who typed the stencils Mrs Kirkpatrick who designed the front cover Mr C Porteous and Culross the Printers and indeed those who donated the recipes in the first place. The proceeds of which will go to Church Funds.

This Abbey Recipe Book will no doubt be used for a few generations by many of our young people as they set up home and for all, inexperienced and experienced alike will be the Cook Book of the kitchen for many years.

A handwritten signature in dark ink, appearing to read 'James Whyte'. The signature is fluid and cursive, with a long, sweeping underline that extends to the right.

Minister

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## GENERAL HINTS ON FREEZING FOOD

1. Prepare food according to type
2. Pack so that each package contains enough for one meal for the family. Fruit and vegetables should be put in small packs, usually  $\frac{1}{2}$  - 1 lb. in size; if larger amounts are needed, you can always use two packs. Large packs can lead to waste.
3. Pack according to type of food. Extract air from a polythene bag by sucking it out with a straw. With some foods, such as a firm chicken, it is possible just to press the air out by smoothing the bag close to the chicken towards the open end. If packing a rigid container, leave sufficient headspace to allow for expansion, about  $\frac{1}{2}$  in. to 1 pint.
4. Chill in the fridge, if possible, before freezing; or use iced water in the case of vegetables. The aim should be to get the food as cold as you can so that it does not warm the food already in the freezer, and freezing takes place quickly.
5. Seal packages and attach label giving contents, date and number of servings or weight.
6. Freeze quickly. See freezer manufacturer's instruction book.
7. Thawing before use depends on the food. Prepared dishes and meat may be thawed overnight in the fridge before being cooked or reheated. Vegetables are usually placed, still frozen, in boiling water. Fruit should be thawed slowly and either served as it is or used for pies and puddings.



## USEFUL STANDBYS

- Ice Cubes - Keep plenty in polythene bags.
- Flavoured Ice Cubes - Stock: reduce by boiling to make a concentrated stock, season well and freeze in tray.  
Orange Juice: freeze cubes of concentrated orange and use for drinks and flavouring. Meat and herb cubes are also useful.
- Whole Seville Oranges - Buy when in season, freeze in polythene bags and use later for making marmalade. The method that uses whole fruit is best for frozen oranges.
- Croutons - Fry bread, drain, cool and pack in rigid containers. Take out as required.
- Grated Cheese - Pack grated mature cheese in a rigid container.
- Breadcrumbs - Freeze fresh white breadcrumbs after weighing, packing and labelling. Use for sauces and stuffings.
- Eggs - Pack whites and yolks separately. Only freeze fresh eggs. Yolks should be mixed with salt or sugar before freezing. (Use 2 teasp. of appropriate stabiliser for savoury or sweet uses to 1 pint of egg yolks.
- Chicken Carcasses for Stock - Pack in polythene bags and freeze and store in freezer until you have two or three carcasses. Then use to make giant pot of soup which can then be frozen.
- Baby Food - Freeze small amounts of home cooked food in ice cube trays and use as required.

- continued -

# USEFUL STANDBYS (cont)

- Prepared Onions - Chop or slice. Freeze in  $\frac{1}{4}$  lb. packs
- Diced Vegetables - Pack in  $\frac{1}{4}$  lb. packs ready to be added to soups and casseroles.
- Apples - Windfall apples can be peeled, cored, sliced and frozen in 1 lb. packs. Use when cooking apples are expensive.
- Milk - Store homogenised milk in freezer.
- Strawberries - Dip fresh and dry strawberries in melted chocolate. When chocolate hardens freeze immediately. Thaw for 3 - 4 hours. Serve as an after dinner sweet.

## OVEN TEMPERATURES

Description	Gas Mark	°F	°C
Very slow	low	200	100
	$\frac{1}{4}$	225	110
	$\frac{1}{2}$	250	120
Slow	1	275	140
	2	300	150
	3	325	160
Moderate	4	350	180
	5	375	190
Moderately hot	6	400	200
	7	425	220
Hot	8	450	230
Very Hot	9	475	240

# CONVERSION TABLES AND HANDY MEASURES

## Metric Conversion Table

Ounces	Grammes	Liquid Measures	
1	28	$\frac{1}{4}$ pint	- 150 ml.
2	57	$\frac{1}{2}$ pint	- 275 ml.
3	85	$\frac{3}{4}$ pint	- 425 ml.
4	113	1 pint	- 575 ml.
5	142	$1\frac{3}{4}$ pint	- 1 litre
6	170		
7	198	1 level teasp.	- 5 ml.
8	227	1 level dessp.	- 10 ml.
9	255	1 level tblsp.	- 20 ml.
10	284		
11	312		
12	340		
13	369		
14	397		
15	425		
16	454		

Remember since Imperial and Metric Measures are not identical it is important to use only one measuring system throughout a recipe.

## HANDY MEASURES

1 level tea cup Flour	4 oz.
1 rounded tblsp. Flour	1 oz.
1 rounded dessp. Flour	$\frac{1}{2}$ oz.
1 rounded teasp. Flour	$\frac{1}{4}$ oz.
1 level tea cup Sugar, Rice	6 oz.
1 level tblsp. Sugar, Rice	1 oz.
1 level dessp. Sugar, Rice	$\frac{1}{2}$ oz.
1 level teasp. Sugar, Rice	$\frac{1}{4}$ oz.
1 tea cup grated Cheese	3 oz.
1 tea cup Breadcrumbs	2 oz.
1 tblsp. Treacle, Syrup, Jam	2 oz.
1 piece fat size of a small Egg	1 oz.
1 piece fat size of a Walnut	$\frac{1}{2}$ oz.
1 piece fat size of a Hazelnut	$\frac{1}{4}$ oz.
1 breakfast cup liquid	$\frac{1}{2}$ pint
1 small tea cup liquid	$\frac{1}{4}$ pint

## GENERAL HINTS

Oil in which fish has been fried can be used for more delicately flavoured foods if you heat it gently with a bunch of parsley and a crust of bread. Then skim it carefully.

When separating eggs, crack egg onto a saucer and place egg cup over yolk. Allow white to slip into bowl.

Add some coffee to the melted chocolate for a tastier chocolate mousse. Use 1 dessp. of strong coffee to 8 oz. chocolate.

Add 1 flavoured yoghurt to  $\frac{1}{4}$  pint of lightly whipped cream for a quick and easy flan filling. Chill before serving.

If a cake refuses to come out of a tin, cover the top with a clean tea towel folded in four and put tin on cold surface. After a few minutes the cake should leave the tin easily.

Crisp a wilted lettuce by opening it out and leaving it to soak in iced water for a few minutes.

A dessertspoon of flour added to water will keep cauliflowers or parsnips white.

Add a little oil to the water in which pasta is cooking in order to prevent it sticking together.

## GLAZED GRAPEFRUIT

Prepare half a grapefruit in the usual way. Pre-heat the grill, sift the sugar thickly over the fruit through a rounded strainer. When the grill is really hot place the grapefruit on to the grill pan and put the pan under the heat so the surface sugar will caramelise. Serve the grapefruit immediately.

Frances Hogg.

## KHURA CREAM

3 ozs. Long grain rice (cooked)	1 oz. Prawns
1 oz. Sultanas	2 ozs. Double Cream
2 ozs. Single Cream	1 tblsp. mayonnaise
Seasoning	1 tblsp. tomato ketchup
1 teasp. Curry Powder	

Mix together rice, single cream, sultanas, curry powder and seasoning, divide into four individual serving dishes. Place a few prawns on top. Mix together cream, mayonnaise and tomato ketchup. Pour this sauce over the prawns and garnish each dish with a prawn and a slice of lemon.

Mrs Kathleen Pirie

## BARBADOS FRUIT COCKTAIL

2 ozs. Grapes  
Pulp of 1 grapefruit or of 2 oranges  
1 gill Pineapple Syrup

Lemon Juice  
2 ozs. Tinned Pineapple (diced)  
Few Glace Cherries (cut in small pieces)

Bruise grapes, add fruit pulp, press through sieve or liquidise. Add lemon juice, syrup, and sweeten if necessary. Add diced pineapple and cherries. Chill and serve in glasses.

Jean Coogan.

## SAVOURY STUFFED EGGS (Serves 4)

Hard boil 2 large eggs for 10 mins. Shell and halve. Remove yolk and mash with 1 tblsp. Mayonnaise, 1 tblsp. Cods Roe, dash of Worcester Sauce and seasoning. Pipe mixture into whites using star nozzle. Using a 4" cutter, cut rounds out of 4 slices bread. Press these into tartlet tins. Brush with melted butter and bake 10 mins. 375° Mark 5 till golden. Cool before placing  $\frac{1}{2}$  egg on each. Garnish with parsley and pimento. Serve on bed of lettuce.

Mrs. R.G. Scott.

## GRAPEFRUIT AND TUNA PATE (BLENDER)

1 small Grapefruit  
1 can (7oz) Tuna Fish  
 $\frac{1}{2}$  small Onion  
1 large Egg

3 ozs. Fresh White Breadcrumbs  
Salt and Pepper  
Lettuce and Tomato to Garnish

Wash and dry Grapefruit, grate the peel off very finely. Put the roughly chopped onion in the blender with the juice from grapefruit. Add the tuna with its oil, the grated rind, the egg and sufficient salt and pepper to season well. Blend until the mixture is completely smooth. Put the breadcrumbs in a bowl add the tuna mixture and mix well. Grease a one pound loaf tin, pour in the pate mixture and smooth down. Bake at 350 F or Gas 4 until firm all over, about 40 minutes. Cool in tin. To serve turn pate out, cut in slices. Serve on lettuce and garnish with tomatoes.

Anne Gibson

## CHICKEN LIVER PATE

250 g. chicken livers  
150 g. Marg.  
1 tblsp. Brandy

1 teasp salt  
Pepper  
1 Shallot

Wash chicken livers and remove tubes. Chop shallot and saute without colouring in 50 g. margarine. Add livers and continue cooking gently for 10 minutes. Blend or sieve mixture and add the remaining melted margarine, salt and pepper. Press into small pots and chill. Serve with toast.  
Servings 3 - 4.

Mrs. Gladys Whyte.



## FISH DORIA

4 ozs. Rice  
4 large Fillets Sole  
Seasoning  
4 ozs. Prawns

1 oz Butter  
1 tblsp. Milk  
Small piece cucumber, paprika,  
parsley to garnish

## PRAWN CREAM SAUCE

1 oz Butter  
1 oz. Flour  
 $\frac{1}{2}$  Pt. Milk

Seasoning  
2 tblsp. Cream  
Few chopped Prawns

Put rice on to cook in boiling salted water, drain when soft. Lay fillets flat, season lightly. Divide prawns between each fillet and fold into two or three. Place into dish with butter and milk. Bake until tender 375 F. for 20 mins. While fish and rice are cooking poach sliced cucumber in boiled salted water for 10 mins. Make a white sauce with butter, flour and milk, season, then add cream and prawns. Arrange the fish on top of rice and sprinkle paprika. Place on cucumber and parsley. Serve sauce separately.

Mrs. A.S. Malloch

## ROSEMARIE SAUCE

(for Prawn Cocktail)

2 tblsp. tomato ketchup  
3 tblsp. salad cream  
3 drops lea-perrins  
2 drops lemon juice

Mix all together and chill

Una McLaren

## CARROT SOUP

250 g. Carrots  
Rind of Bacon  
1 small Onion  
1 litre Water

Salt and Pepper  
25 g. Flour  
 $\frac{1}{4}$  litre Milk  
1 tblsp. Parsley

Grate the carrot, chop the onion. Put in pan with water, bacon rind and simmer gently for  $\frac{3}{4}$  - 1 hour. Remove bacon rind. Blend flour and milk, pour a little hot soup over, return to pan, stir till boiling, simmer for a few minutes and season. Add chopped parsley. N.B. Carrots can be roughly cut and soup sieved or liquidised.

Mrs. Gladys Whyte.

## TOMATO AND TARRAGON SOUP

2 lbs. Ripe Tomatoes  
2 tbsps. dried Tarragon or  
4 tbsps. fresh Tarragon  
1 tbsps. Castor Sugar  
4 oz. Butter

8 oz. Onion  
 $\frac{1}{4}$  pt. Dry Sherry  
 $\frac{1}{2}$  teasp. Salt  
Freshly ground Black Pepper  
2 Pts. Stock

Melt butter in pan and chop the tomatoes into even sized pieces. Finely chop the onions and saute slowly and carefully in the butter till golden. Add the sherry with the tomatoes, salt, pepper, herbs and sugar. Place a piece of damp, double-thickness, greaseproof paper over the ingredients, put a lid on the pan and cook gently for 40 minutes. Then add the stock. Liquidise, sieve and serve garnished with cream and some fresh tarragon sprigs. This soup is even nicer served chilled. Freezes well.

Mrs. P. Tolland

## DANISH LIVER PATE

8 - 12 oz. Liver of Chicken  
4 oz. Fat Bacon  
1 oz. Butter  
1 oz. Flour  
 $\frac{1}{4}$  pt. Milk

Seasoning  
1 Egg  
1 teasp. grated Onion  
1-2 teasp. Sherry (optional)  
 $\frac{1}{2}$  teasp. Salt and Pepper

Wash liver remove sinews, cut liver and mince 3 times, then mince fat bacon with liver. Make a thick sauce with butter, flour and milk, stirring well, season. Mix well with the liver and bacon sauce and add egg. Add grated onion and sherry, season. Place mixture in a greased dish, place this in a tin filled with water, cover with foil or greased paper and cook until firm. 375 F. 1 Hour.

Mrs. A.S. Malloch

## KIPPER PATE

1 large Kipper (cooked) (skinned and boned)	Juice of $\frac{1}{2}$ Lemon
or packet of frozen kipper fillets	1 tblsp. Mayonnaise
3 ozs. butter (softened)	Yolk of hard boiled egg chopped fine
$\frac{1}{2}$ clove garlic	Chopped Parsley

Mix all dry ingredients, except egg yolk and parsley in blender until smooth. Turn into dish and leave to set. Garnish with egg and parsley.

Margaret Dunn

## EGGS STUFFED WITH CHEESE AND HAM

4 lg. Eggs hard-boiled

4 oz. Ham chopped

1 oz. Grated Cheese

2 tblsp. Thick Cream

1 tblsp. Finely Chopped Parsley

$\frac{1}{2}$  teasp. French Mustard

Salt and Pepper

Few drops Lemon Juice

Lettuce leaves

4 fl. oz. Thick Mayonnaise

Paprika

Parsley Sprigs

Cut hard boiled eggs in half lengthwise and scoop out the yolks, taking care not to break the whites. Mince or puree the yolks, ham and cheese. Stir in the cream, parsley, French Mustard, salt, pepper and lemon juice and mix well. Cut a thin slice from the rounded side of each egg white half so that it will stand firmly. Fill each egg with yolk mixture. Arrange each stuffed egg on a bed of lettuce and mask with mayonnaise, sprinkle with paprika and decorate with tiny parsley sprigs.

Betty Robertson

## PHILIPPINE GRAPEFRUIT

3 ozs. Long grained rice

Salt and Pepper

$\frac{1}{2}$  pt. Water

3 or 4 large grapefruit

Garnish - twist lemon and cucumber

2 teasp. made mustard

2 tblsp. mayonnaise

6 ozs. shelled prawns

about  $\frac{1}{4}$  lettuce

Put rice into water and cook for 15 mins. Halve grapefruit and put segments into bowl, remove pith and seeds, keep grapefruit cases. Blend hot rice, grapefruit segments, mustard, mayonnaise and prawns. Cool. Shred lettuce finely, put into grapefruit cases. Top with rice mixture and lemon and cucumber twists.

Mrs A S Malloch

## MADRAS HAM ROLLS

Sauce - 1 rounded teasp. curry powder  
           $\frac{1}{2}$  oz. Marg  
           $1\frac{1}{2}$  oz. plain flour  
          Salt and Pepper  
          2 level tblsp. mayonnaise

Filling - 2 sticks celery  
          1 oz. salted peanuts  
          8 ozs. cottage cheese  
          4 slices cold cooked ham  
          1 lettuce  
          4 gherkins  
          chopped parsley and tomato  
          slices.

Fry curry powder in fat in a small saucepan for 5 mins. Add flour and cook for 2 mins. Add milk, bring to boil stirring and simmer for 2 mins. Remove from heat and stir in seasonings and mayonnaise. Cover and leave to cool. Dice celery and place in basin. Mix cheese into celery. Add salted peanuts. Place ham slices flat on board and place a quarter of the filling on each slice, roll up carefully. Arrange on a serving dish on bed of lettuce and pour sauce over. Cut through each gherkins from the end to within  $\frac{1}{4}$  inch of stalk end about 4 times. Spread out to make a fan shape. Place a gherkin fan on each roll and sprinkle with parsley. Decorate with tomato slices. Serve with Melba toast and chutney.

Mrs Mavis Ogilvie

## FRUITY COLESLAW

$\frac{1}{2}$  Small Hard white cabbage  
1 small onion  
2 oz. Sultanas  
1 large cooking apple

1 oz. Walnut halves  
4 Tblsp. Salad Cream  
Salt & Pepper

Trim any discoloured leaves off the cabbage and shred the remainder finely. Peel and finely chop the onion. Wash the apple remove any bruised pieces and chop into fine dice removing core. Mix the cabbage, onion, apple and sultanas in a bowl. Roughly chop the walnut halves and mix into the salad. Stir in the salad. Stir in the salad cream and season with salt and pepper. (Serves 6)

Irene West

## COCK-A-LEEKIE SOUP

1 Bewling Fowl or pieces  
A large Marrow Bone  
3 Chopped rashers bacon  
Salt & Pepper

Water to cover  
12 Leeks  
 $\frac{1}{4}$  lb. Cooked prunes  
A mixed bunch of Parsley, thyme & a bay leaf.

Put the bone, chicken, herbs, bacon and all the leeks (chopped) except 2 into a large saucepan, with water to cover well. Simmer 2-3 hours with lid on until the bird is cooked. Top up with more water if necessary but do not weaken too much. Season to taste then strain, picking out the chicken and cutting into pieces also spooning out the marrow bones. Add these to the soup, together with the stoned prunes and remaining chopped leeks, simmer very gently for not more than 15 mins.

Mrs Anne Whytock

## CAULIFLOWER AND MUSHROOM SOUP

8 ozs. or 2 cups chopped mushrooms  
1 onion chopped  
2 ozs. Butter  
1 Tblsp. Flour  
2 Pints chicken stock

8 ozs. Raw cauliflower  
 $\frac{1}{2}$  Pint Milk  
Salt & Pepper  
Mint Sprigs to Garnish

Fry mushrooms and onion gently in butter until soft but not coloured, add flour and mix thoroughly. Gradually add stock and bring to boil, stirring well. Cut cauliflower into florets and add to pan with plenty of seasoning. Cover and simmer for 25-30 mins. Sieve or blend and return to pan with sufficient milk to give desired consistency, adjust seasoning, bring back to boil for 2 mins and serve garnished with mint sprigs.

Margaret Dunn

## CARROT AND ORANGE SOUP

12 oz. Sliced Carrots  
 $1\frac{1}{2}$  oz. Butter  
 $1\frac{1}{2}$  Pints Stock (beef stock cubes)  
 $\frac{1}{4}$  pt. Creamy Milk  
1 onion finely chopped

1 Small Clove of Garlic (crushed)  
Grated Rind and Juice of One Orange  
Salt, Pepper and Pinch of Sugar  
1 Tblsp. Cooked Rice (optional)  
1 Tblsp. Chopped Mint (optional)

Cook carrots and onion in 1 oz. Butter to soften, add stock and simmer for 40 mins. Put through sieve or blender, add seasonings, garlic, sugar and milk, reheat, whisk in rest of butter, add rind and orange juice and rice or mint.

Margaret Dunn

## CREAMED CELERY SOUP

2 ozs. Butter	$\frac{3}{4}$ Pint Water
1 chopped onion	1 level teasp. salt
1 lb. Potatoes peeled and chopped	$\frac{1}{2}$ pint milk
1 head of Celery chopped	Pepper to taste
2 Chicken stock cubes	Whipped cream (6 teasp.)

Melt butter and fry vegetables gently for 10 mins. Add water, stock cubes, salt and pepper. Cover and simmer 40 mins. Rub through a sieve or put into blender. To serve now simply add milk and reheat, adjust seasoning. Serve each portion with cream. This soup is not highly flavoured with the celery but has a delicate light different taste, and is not too filling as some soups can be.

Mrs Jeanette Stewart

## CREAM OF CARROT SOUP

3 pts. Chicken stock	$\frac{1}{2}$ pt. Milk	)
1 Onion	1 oz. flour	) Make into white sauce
3 medium sized Potatoes	1 oz. marg	)
1 lb. Carrots		

Prepare and chop onion, carrots and potatoes. Add to stock, bring to boil and simmer for  $1\frac{1}{2}$ -2 hours, stirring occasionally. Make white sauce and add to soup before serving

Mrs Mary McLaren



## LEEK AND POTATO SOUP

4 large Leeks  
2 medium Potatoes  
1 medium Onion  
2 ozs. Butter

Salt and Pepper  
2 Chicken stock cubes  
 $1\frac{3}{4}$  pts. boiling water  
 $\frac{1}{4}$  pt. milk or 5 oz. carton single cream

Cut leeks into pieces. Wash well. Slice potatoes thinly. Slice onion. Melt butter in large pan, add leeks and onion, fry gently until soft. Add salt and pepper and potatoes. Dissolve cubes in boiling water and add to pan. Bring to boil, cover and simmer for 40 mins. Blend the soup and stir in milk or cream. Serve hot.

Mrs Christine Kidd

## COUNTRY BROTH

1 oz. butter  
4 ozs. onions, peeled and diced  
 $\frac{1}{2}$  oz. long-grain rice  
2 pints chicken stock

6 ozs. white cabbage  
6 ozs. cooked chicken, diced  
2 level tblsp. chopped parsley

Melt butter in large pan and over a low heat, fry the diced onion and rice until the onion is tender but not coloured and the rice is opaque. Pour in the stock and bring the liquid to the boil. Reduce the heat, cover and simmer for 10 mins. Meanwhile, shred the cabbage finely, and when the soup is ready stir in the cabbage and the chicken. Cover the pan and cook the soup for a further 10 mins. or until the rice is tender and the cabbage cooked. Season the soup and stir in the parsley before serving.

Frances Hogg

### WALDORF SALAD

1 Head of Celery	6 Walnuts
1 Sweet Apple	$\frac{1}{4}$ Pint Mayonnaise
4 oz. Cooked Chicken	3 Tblsp. Single Cream
$\frac{1}{2}$ Banana (little lemon juice)	Lettuce Leaves
Salt & Pepper	Toast

Blanch and slice the celery, slice the apple cut strips of chicken and banana. Chop the walnuts (reserve some for the garnish) and mix all these ingredients together. Season with salt and pepper and lemon juice, mix in mayonnaise and cream. Leave to chill. Arrange mixture on a bed of lettuce leaves and garnish with remaining walnuts. Serve with toast.

Una McLaren.

### SWEDISH SALAD

$3\frac{1}{2}$ lbs. Chicken (cooked)	Lemon Juice
6 oz. Long Grain Rice	$\frac{1}{4}$ Pint Double Cream
1 Green Eating Apple	$\frac{1}{2}$ Pint Lemon Mayonnaise
1 Red Eating Apple	1 Level Teasp. Curry Powder
2 Bananas	Salt and Pepper

Cut chicken into bits, blend mayonnaise and cream, cut and core apples into pieces, cut bananas into slices. Put lemon juice over fruit. Add chicken and fruit to mayonnaise mixture, season with salt and pepper and curry powder. Garnish with parsley or watercress. Serve with long grained rice.

Mrs. A.S. Malloch.

### MACARONI SALAD

1 Cup Shortcut Macaroni  
7 oz. Tin Tuna Fish  
Hellman's Mayonnaise

Chopped Celery  
2 Hard Boiled Eggs  
Paprika Pepper

Cook till tender the macaroni, then drain well. Flake the tuna fish and add to macaroni. Mix with fair amount of mayonnaise. Add chopped celery. Top with sliced or chopped up hard boiled eggs, and decorate with a shake of paprika Pepper. Serve with green salad. A few chopped small onions or chives mixed in give a flavour.

Mrs. Anne Whytock.

### CALIFORNIA ORANGE SALAD

4 Large Oranges  
Small Tin of Tuna or Salmon  
Washed Lettuce or Endive

1 x 8 oz. Can California Fruit Cocktail  
(well drained)  
2 Tblsp. Cinzano Bianco  
4 Unpeeled Slices of Cucumber

Prepare oranges by standing in bowl, cover with boiling water. Leave about 5 mins. Wipe dry cut in half. Carefully remove inside flesh. Chop flesh coarsely and mix with fruit cocktail. Stir in finely chopped tuna or salmon. Leave on one side. Decorate edges of orange shells by serrating with sharp kitchen scissors. Fill with fruit and fish mixture. Sprinkle with Cinzano Bianco. Top each one with cucumber slice, shaped into twist. Stand on 4 serving plates lined with curly endive or lettuce. Serve very cold. Serves 4.

Mrs. Noeleen Lindsay.

## QUICK FARMHOUSE SOUP

2 oz. Butter  
2 oz. Flour  
1 Pint Milk  
1 Pint Water

2 Small Carrots (Grated)  
2 Small Leeks (Sliced)  
Piece Turnip (Chopped)  
Salt and Pepper

Make a sauce by blending flour and milk. Add butter, stir till boiling and season. Add vegetables and water and simmer for 15 minutes.

Dot Brown.

## OATMEAL SOUP

2 Level Tblsp. medium oatmeal  
 $\frac{1}{2}$  Pint Milk  
 $\frac{1}{4}$  Pint Cream  
1 Tblsp. chopped parsley for garnish

Salt and Pepper  
1 Pint Chicken Stock  
1 Large Onion  
1 Tblsp. Butter or Marg.

Melt the fat in a saucepan, chop the peeled onion finely and cook until soft but not brown, then add the oatmeal and seasonings and cook for a few minutes. Add the stock slowly stirring all the time. Bring to the boil and simmer covered for  $\frac{1}{2}$  hour. Then either put through a sieve or liquidise for 1 minute. Return to pan, re-heat with the milk and serve with cream and chopped parsley. Serves 4-6.

Mrs. Anne Whytock

## MINESTRONE SOUP

2 Pints stock	1 19oz. Can Tomato Juice
1 Large Onion	1 tblsp. Alphabet Pasta
6 ozs. Frozen Mixed Vegetables	1 stick Celery
Seasoning to taste	

Chop onion and celery, add to stock and tomato juice, add pasta and frozen vegetables and seasoning. Simmer until vegetables are tender. Serve with grated Parmesan cheese.

Mrs. Daisy Gilzean

## CARROT CONSOMME (FOR SLIMMERS)

$\frac{1}{2}$ lb. Lean Beef	1 Pt. Stock
1 lb. Carrots	Salt
1 Onion	Half carrots cut in matchsticks
2 Sticks Celery	Juice of $\frac{1}{2}$ Lemon

Chop beef finely. Slice onion, carrots and celery. Put all together with stock and seasoning in pan. Bring to boil, simmer for  $1\frac{1}{2}$  hours. Strain and add carrot sticks and lemon juice and simmer till carrots are cooked.

Mrs. Jessie Haddow.

### SARDINE-STUFFED LEMONS

4 x lg. Lemons  
7 oz. Tin Sardines (or Tuna Fish)  
6 oz. Cream Cheese  
 $\frac{1}{2}$  teasp. Dijon Mustard  
1 teasp. Very Finely Chopped Onion

$\frac{1}{4}$  Teasp. Salt  
 $\frac{1}{2}$  Teasp. Paprika  
Black Pepper  
Pinch of Cayenne Pepper  
1 Egg White  
4 Sprigs Fresh Thyme, Bay leaves or Chopped Parsley to garnish

Cut tops off lemons and reserve, scoop out pulp and reserve pulp and juice. Trim bottoms of the lemons so they stand upright. Mash the sardines to a smooth paste with the cheese, sour cream and mustard, and season with the finely chopped onion, salt, paprika, black pepper and cayenne pepper, to taste. Strain juice and pulp of 1 lemon into mixture and fold in stiffly beaten egg white. Stuff the lemons, piling the mousse up slightly in each lemon and top with lemon caps. Chill and garnish with thyme, bay leaf or parsley before serving.

B.E. Robertson.

### SALMON MOUSSE (Serves 4)

4 Tblsp Gelatine dissolved in 3 Tblsp. Hot  $\frac{1}{4}$  Pint Mayonnaise  
Water  $\frac{1}{4}$  Pint Whipping or Double Cream  
1 8 oz. Tin Salmon Salt & Pepper  
1 Tblsp. Vinegar or Lemon Juice Few Drops of Red Food Colouring if deeper Colour preferred.

Flake salmon and mix with mayonnaise, seasoning well. Whip cream, and fold it in, add food colouring if desired. Add gelating and vinegar or lemon juice. Pour into a wetted mould and leave to set. Turn out and serve with green salad.

Mrs. Dickson.

## TUNA MOUSSE (Serves 4)

7 oz. Tin Tuna Fish  
 $\frac{1}{2}$  Cucumber  
2 oz. Margarine

2 oz. Plain Flour  
 $\frac{3}{4}$  Pint Milk  
A slice of Stuffed Olive

Melt the margarine in a pan then remove it from the heat and stir in the flour. Gradually mix in the milk and when the sauce is smooth, return the pan to the heat and, stirring all the time, bring the sauce to the boil to thicken. Leave the pan on one side to cool slightly.

Using a potato peeler, remove the skin from three-quarters of the cucumber and cut it into small dice then stir this into the sauce with the tuna fish and its oil. Check the mixture for seasoning before turning it into a serving dish, then smooth over the surface and leave it in a cool place until required. Slice the remaining cucumber thinly and arrange sliced overlapping in the shape of a fish in the centre of the mousse. Cut a fringe of cucumber skin for a fin then finally put the stuffed olive in position for the eye.

Frances Hogg.

## PRAWN AND CORN BAKE

$\frac{1}{2}$  Pint Cheese Sauce  
4 oz. Prawns  
10 oz. Cooked Corn  
1 Stick Celery  
Salt & Pepper

Cheese Sauce  
1 oz. Marg  
1 oz. Flour  
 $\frac{1}{2}$  Pint Milk  
4 oz. Grated Cheese  
Pepper, Salt & Mustard

Make cheese sauce, add Prawns (reserving a few for garnish) Corn and finely chopped celery. Season to taste and turn into a greased casserole. Cook for 25 minutes in moderate oven. Serve in scallop shells and garnish with remaining prawns.

Betty Robertson.

## GOLDEN SOUP

1 oz. Butter	) melt and add onion, cook for 2 to 3 minutes
1 small onion, chopped	
6 ozs carrots	Pepper
1 lb ripe tomatoes (or frozen)	1 tsp. celery salt
1 tsp. sugar	$\frac{3}{4}$ pint water
1 tsp. salt	chopped parsley (for garnish)

Add all ingredients to cooked onion, bring to boil, simmer for 15 minutes. Liquidise and sieve (coarse screen). Pour back into saucepan to reheat before serving, add parsley.

Jean Coogan

## FRENCH ONION SOUP

4 Large Onions	Salt and Pepper
3 ozs. Marg.	Cubes of White Bread
2 Pints Stock	Grated Cheese (preferably Parmesan)

Slice the onions thinly, put into a pan with the marg. and cook them very gently until they are yellow. Add the stock, cover and simmer for about 30 mins. until the onions are quite tender; season to taste. Put the cubes of bread into a tureen or in individual soup dishes, sprinkle cheese and pour the soup over.

Mrs. J. Brown.



### CREAM OF SPINACH SOUP

1 small packet frozen chopped spinach  
 $\frac{3}{4}$  pint chicken stock  
4 dessp. single cream

1 level tblsp. plain flour  
 $\frac{1}{4}$  pint milk

Put the spinach into a pan with the stock and bring it slowly to the boil. Blend the flour with a little milk, and when the mixture is smooth, add the rest of the milk. Stir this into the soup and bring to the boil, stirring all the time. Season the soup with salt and pepper, if required. Stir a dessp. of single cream into each helping.

Frances Hogg.

### CREAM OF MUSHROOM SOUP

1 lb. fresh mushrooms (slice  $\frac{1}{4}$  lb; chop rest)  
 $4\frac{1}{2}$  ozs butter  
2 Onions  
 $1\frac{1}{2}$  oz flour

$2\frac{1}{2}$  pts chicken stock  
2 egg yolks  
 $\frac{1}{4}$  pt cream  
Seasoning

Melt 1 oz. butter, add sliced mushrooms. Cook for 2 minutes, drain and leave aside. Melt another 1 oz. butter and fry chopped mushrooms and onions. Leave in frying pan. In a large pan melt  $2\frac{1}{2}$  oz. butter add  $1\frac{1}{2}$  oz. flour, cook, then add stock and bring to boil. Add chopped mushrooms and onions and simmer for 15 minutes. Liquidise, then back to pan. Blend egg yolks and cream, add to soup using a whisk. Bring to boil, boil for 30 seconds. Remove from heat, season, add sliced mushrooms. Serve with a swirl of cream.

Mrs. Mary McLaren.

### PEACHY CHEESE SALAD

1 Small Lettuce  
2 Large Carrots  
1 oz. Sultanas  
1 Tblsp. Chopped Chives

8 oz. Carton Cottage Cheese  
Salt & Pepper  
4 Peach Halves  
2 oz. Walnuts

Wash the lettuce and shake it dry. Arrange the leaves on four plates. Peel and grate the carrots and arrange a quarter on each plate in a large ring. Stir the sultanas and chives into the cottage cheese with salt and pepper and pile a quarter on each plate in the centre of the carrot ring. Top with a peach half, cut side upwards. Chop the walnuts roughly and sprinkle them over the peach halves. (Serves 4).

Irene West.

### RUSSIAN SALAD

8 oz. Carrots  
1 lb. New Potatoes  
8 oz. Peas

8 oz. Runner Beans  
Salt & Pepper  
4 Tblsp. Salad Cream

Scrape the carrots and potatoes. Shell the peas and top and tail the beans. Dice the carrots and potatoes and slice the beans until all the vegetables are about the same size. Put in a pan, just cover with water, add a pinch of salt and bring to the boil, then simmer for about 10 mins. until tender but not breaking up. Drain well and rinse with cold water. Stir in the salad cream and season with salt and pepper. (Serves 4).

Irene West.

### CHILLED CHEESE AND POTATO SALAD

$\frac{1}{2}$ lb. New Potatoes (Cooked and sliced)	4 oz. Diced Cheese
Few Chopped Spring Onions or Chives	Lettuce
4 Tblsp. Salad Cream	

Dice the potatoes while hot. Add onions or chives and toss the mixture in salad cream. Cool. Mix the diced cheese and chill. Serve piled on lettuce, either as a main meal salad or to accompany cold meats. (2-4 Servings).

Irene West.

### CHEESE AND PINEAPPLE SALAD

12 $\frac{1}{2}$ oz. Can Pineapple Cubes	Salt & Pepper
8 oz. Cheddar Cheese	Lettuce
2 Tblsp. Chopped Chives	Cucumber Slices

Drain syrup from pineapple, cut cheese into cubes and mix well with pineapple, chives and seasoning. Pile onto a bed of crisp lettuce and decorate with cucumber slices. (Serves 4).

Irene West.

### CHEESE COLESLAW

2 lb. White Cabbage	5 Tblsp. Mayonnaise
3 oz. Diced Cheddar Cheese	Chopped Parsley
1 Med. Sized Onion (Grated)	

Shred cabbage finely, mix in diced cheese and onion. Add mayonnaise and mix well. Place in serving dish and sprinkle with parsley. Chill well before serving. (Serves 4).

Irene West.

## CREAMED SCAMPI

2 oz. Butter  
8 oz. Scampi  
Seasoning

1 oz. Flour  
 $\frac{1}{2}$  pt. Single Cream or Evaporated Milk or Top  
of Milk  
Lemon Juice

Melt butter in frying pan, toss scampi in seasoned flour and fry for 4-5 mins. Add more butter if necessary and keep shaking the pan. Do not overcook scampi. Pour in the cream to make smooth sauce. Cook, stirring all the time. Season with salt, pepper and lemon juice. Garnish with chopped parsley and chives.

Mrs. A.S. Malloch.

## COD MAYONNAISE

1 lb. cold baked codling, or left-over  
cooked cod or other white fish  
2 lg. Tomatoes  
Cucumber  
6 tblsps. finely chopped onion  
4 " " " fennel or dill

2 tblsps. finely chopped parsley  
2 " lemon juice  
15 fl. oz. mayonnaise  
Lettuce Leaves  
Salt and Black Pepper

Cut each tomato into 8 wedges and cut each wedge into 2 pieces. Cut cucumber into 8 likesize wedges. Cut fish into chunks and combine in bowl with onion and herbs (reserving 1 tblsp. herbs), add lemon juice and season generously with salt. Reserve 2 tblsps. mayonnaise and add the rest to the fish. Mix gently. Arrange 4 lettuce leaves on each individual serving plate and top with a mound of fish mixture. Stud each serving with wedges of tomato and cucumber and top with a piped swirl of mayonnaise. Sprinkle with remaining fresh herbs.

Betty Robertson.

### HOT GRAPEFRUIT STARTER

$\frac{1}{2}$  Grapefruit per person  
1 oz. Butter

2 ozs. Demerara Sugar  
Few drops of rum or rum essence

Mix butter, sugar and essence, spread on halved grapefruit and grill under a hot grill till bubbling. A refreshing starter for a winter meal.

Mrs. M. Butchart.

### TOMATO CREAMS

2 Rounded teasps. Gelatine                      3 tblsps. hot water  
1 Can Cream of Tomato Soup (10 oz. size)     $\frac{1}{2}$  gill Double Cream

Dissolve gelatine in water. Stir in the soup and fold in the cream, previously whipped until just stiff. Turn into small rinsed moulds and leave to set in refrigerator. When ready, turn out on to lettuce leaves and put a small sprig of parsley on each.

Ema McLaren.

### MINT LILIES

Cut each grapefruit in half serrating the edges as you do so. For each half allow one peppermint cream, crush this and sprinkle it over the grapefruit with a little caster sugar. Leave the grapefruit in a cold place for at least an hour for the flavours to blend. Serve each grapefruit decorated with a tiny sprig of mint.

Frances Hogg.

## CHICKEN MARENGO

2 oz. Butter	$\frac{1}{4}$ pt. Chicken Stock (or stock cube and water)
4 joints Roasting Chicken	12 oz. Tomatoes blanched, skinned & chopped
1 tblsp. Olive or Corn Oil	8 oz. Mushrooms peeled, washed & sliced
1 large Onion peeled and coarsely grated	1 level teasp. Salt
1 clove Garlic peeled & finely chopped	1 level teasp. Sugar
$\frac{1}{4}$ pt. Dry White Wine	1 level tblsp. finely chopped Parsley

Put butter and oil into pan. Stand over medium heat. When both are hot and start to sizzle, reduce heat to low. Add chicken joints. Fry gently until pale gold. Remove to plate. Add onions to remaining butter and oil in pan. Fry until golden. Replace chicken. Add garlic mixed with wine and stock, tomatoes, mushrooms, salt and sugar. Slowly bring to boil. Reduce heat to a minimum. Cover. Simmer 1 hour or until chicken is tender. Transfer chicken to warm platter. Sprinkle with parsley. Accompany with boiled rice. Serves 4.

Mrs. Noëleen Lindsay.

## CHICKEN IN CIDER

1 Chicken (jointed) or 4 Chicken Pieces	$\frac{1}{2}$ pt. Cider
1 oz. Seasoned Flour	$\frac{1}{4}$ pt. Tomato Puree
2 oz. Butter	Bouquet of herbs
1 Onion	

Skin the chicken and toss in seasoned flour. Fry joints in half the butter, then fry the onion till pale brown and put both in casserole. Put the remaining butter and flour into a pan and make a brown roux, add the cider slowly, then the tomato puree and cook for a few minutes. Pour over the chicken in the casserole and add the bouquet of herbs. Cook in a moderate oven for  $1\frac{1}{4}$  hours or until chicken is tender. Remove the bouquet of herbs before serving.

Mrs. Sheena Lamond.

## TURKEY AND ASPARAGUS APOLLO

12 oz. Can Asparagus Spears  
12 fl. oz. Chicken Stock  
 $1\frac{1}{2}$  oz. Butter  
 $1\frac{1}{2}$  oz. Flour  
5 fl. oz. Thin Cream

2 teasp. Lemon Juice  
Salt and freshly ground Black Pepper  
12 oz. Cooked Turkey Meat (Chicken or  
Ham could be substituted)  
2 Hard Boiled Eggs

Drain the liquid from the asparagus and make up to 15 fl. oz. with stock. Reserve some of the best spears for garnishing and chop the rest into 1" lengths. Melt the butter in a saucepan, stir in the flour and cook gently for a minute. Add the measured liquid and beat briskly until smooth and boiling. Stir in the cream and lemon juice, season and simmer gently for 5 mins. Cut the turkey into bite size cubes and reheat thoroughly in the sauce. Slice one egg thinly and reserve for garnishing. Coarsely chop the other egg and stir into the sauce with the asparagus pieces. Heat through and check seasoning. Turn the mixture into a heated shallow serving dish. Arrange egg slices in the centre with the reserved asparagus spears radiating outwards. Serve hot.

Mrs. B. Robertson.

## CHICKEN WITH ORANGE AND HONEY (serves 5-6)

1 Oven Ready Chicken  
Juice of 2 Oranges  
1 tbslp. Honey  
1 tbslp. Cider or Wine Vinegar  
1 tbslp. Flour

Salt and Pepper  
 $\frac{1}{4}$  pt. Chicken Stock  
1 tbslp. Lemon Juice  
2 Cloves  
Garnish: Orange peeled and thinly sliced

Brown Chicken on all sides. Place in a casserole. Make the orange juice up to  $\frac{1}{2}$  pint with chicken stock. Stir in honey, lemon juice, vinegar, cloves, salt and pepper. Pour over chicken. Bake for  $1\frac{1}{2}$  hours or until tender at 350F, Gas Mark 4. Pour off sauce into a pan and remove cloves. Blend flour with a little water and stir into sauce. Bring to boil, simmer for 1 minute, stirring all the time. Pour over chicken and garnish with rind of orange cut into thin strips and flesh sliced.

Mrs. Dickson.

### CRISP FISH BATTER

1 Heaped Cup of Flour	$\frac{1}{2}$ teasp. Baking Powder
$\frac{1}{4}$ teasp. Baking Soda (very level)	$\frac{1}{4}$ teasp. Salt
Water (never use milk)	

Make a batter that will stick to the fish - not too wet. Drop in boiling fat and it will become very crisp and light.

Mrs Jack

### HADDOCK & RICE

1 Small Haddock (smoked)	1 teaspn. Chopped Onion
2 Tomatoes	1 teaspn. Chopped Parsley
1 oz. Butter	Salt & Pepper
Some boiled Rice	

Bake haddock in a little water for ten minutes. Remove skin and bone and flake. Melt butter and lightly fry onion and tomatoes. Add fish and parsley and season to taste. Arrange boiled rice on warm plate and place fish in centre.

Mrs. Jessie Haddow



## SALMON PIE

$\frac{1}{2}$  lb. Tin Salmon (grade 2)  
1 teacup breadcrumbs  
1 teacup Milk

2 oz. Marg.  
Salt & Pepper  
2 Eggs

Warm milk and melt marg.. Pour over breadcrumbs. Beat eggs. Prepare salmon by removing bones and chopping down, but don't mash. Mix all together and put into a well greased dish. Bake at 350F for 30 mins.

Mrs. M. Butchart

## FISH SOUFFLE

1 Pk. Puff Pastry  
 $\frac{1}{2}$  lb. White Fillet  
1 small Onion chopped

1 Egg  
2 oz. Cheese

Roll out pastry and line a baking tray. Boil fish and chopped onion for 10 mins., strain and put aside. Make sauce 3 oz. Plain Flour, pinch salt, stir in a little milk and mix. Put 2 cups milk in pan and bring almost to boiling point, add flour mixture and bring to boil, then add a little of this to fish and line the pastry with fish and onion. Add to the remainder of sauce 2 oz. grated cheese and yolk of egg already switched. Lastly switch white of egg till stiff, fold in mixture and pour over fish. Put in oven 350F for  $\frac{1}{2}$  hr.

Mrs. Mary Findlay

## ITALIAN CHICKEN

4 large Chicken Joints  
1 oz. Seasoned Flour  
2 oz. Butter  
1 tblsp. Olive Oil  
2 Rashers Lean Bacon  
6 small or 1 medium Onion

1 Clove Garlic (optional)  
 $\frac{1}{4}$  pt. Dry White Wine  
2 Tomatoes  
4 oz. Mushrooms  
1 tblsp. Tomato Puree  
6 tblsp. Chicken Stock (cube will do)

Coat chicken with seasoned flour. Melt half butter with oil and brown chicken on all sides. Remove from pan and keep to side. Cut bacon in small pieces, quarter onion or chop, crush garlic, add rest of butter to pan and fry gently for 10 mins. Return chicken to pan, add wine and cook 10 mins. Peel tomato and remove pips, add tomato, slices mushroom, puree and stock. Bring to boil and simmer for about 30 mins. or until chicken is tender.

Mrs. H. Pithie.

## CHICKEN FRICASSEE

1 lb. Cooked Chicken  
 $1\frac{1}{2}$  oz. Butter  
 $1\frac{1}{2}$  oz. Flour

$1\frac{1}{2}$  gills Milk  
 $\frac{1}{2}$  pt. Chicken Stock (or chicken cube)  
Seasoning

Heat butter in pan, stir in flour and cook gently. Add stock and milk, stir until smooth. Put in diced chicken and heat gently for about 20 minutes. Stir in seasoning. Serve with creamed potatoes or cooked rice. (If you don't have enough chicken make up with tinned carrots or peas).

Mrs. Whyte.

## TURKEY BREAST FRITTERS

Salad Oil

4 slices Cold Cooked Turkey Breast  
( $\frac{1}{4}$  inch thick)

Fritter Batter

4 Lemon Wedges  
Watercress

Fritter Batter:

2 oz. Plain Flour; Pinch salt; 4 tblsp. lukewarm water; 1 dessp. Salad Oil;  
1 egg white whipped. Sift flour and salt into bowl. Mix to thick batter with water  
and oil. Fold in egg white whisked to stiff snow. Use.

Pour  $\frac{1}{2}$  inch oil into frying pan. Stand over medium heat. When oil is hot and starts  
to sizzle reduce heat to low. Dip turkey slices in batter. Put into pan, one or two  
at a time. Fry gently until crisp and golden. Drain on soft paper. Transfer to warm  
platter. Garnish with lemon and watercress. Serves 4.

Mrs. Noëleen Lindsay.

## CHICKEN TENNESSEE

Chicken Breasts

1 Small Onion chopped

1 Small Green Pepper thinly sliced OR

1 teasp. Dried Peppers

3 tblsp. Sweet Corn

2 tblsp. Peanut Butter

1 Small Tin Creamed Mushrooms

$\frac{1}{4}$  pt. Chicken Stock

Small Carton Single Cream (optional)

Cook the chicken breasts, skin and bone, and put aside while preparing sauce. Melt a  
little fat and fry onion gently for a few minutes. Drain and put into pot adding all  
other ingredients. Season to taste. Cook very gently for about 10 mins. then add  
chicken and cook until it is heated through. Just prior to serving, add cream and mix  
it through the sauce. Do not allow to boil. This gives a rich flavour to the sauce.  
This quantity of sauce is sufficient for 4 portions.

Mrs. K. Stewart.

## CHICKEN AND SWEETCORN PASTIES

$\frac{1}{2}$  oz. Margarine  
1 small Onion chopped  
 $\frac{1}{2}$  oz. Flour  
 $\frac{1}{4}$  pt. Chicken stock  
2 rounded Teasp. Chopped Parsley

8 oz. Cooked Chicken, cut in small pieces  
7 oz. Can Sweetcorn, drained  
Salt and Pepper  
Shortcrust pastry made with 8 oz. flour,  
beaten egg or milk to glaze

Heat margarine in small saucepan and fry onion until soft but not brown. Stir in flour and cook for 2 minutes, add chicken stock, bring to boil, stirring constantly. Remove from heat and stir in parsley, chicken, sweetcorn and season to taste. Allow to cool. Roll out pastry on a floured surface and, using a 6 inch teaplate as a guide, cut six rounds. Divide filling into six and place a portion in the centre of each round of pastry. Wet edges and fold over, so that the seams are on top. Press edges firmly together and flute with the fingers. Place on baking sheet and brush with egg or milk. Bake for time given until golden brown and serve hot.

Oven temp. 400°F/200°C/Gas mark 6. Cooking time 30 minutes.

Mrs. I.E. Pennycook.

## CHICKEN DIVINE

Approx.  $\frac{1}{2}$  lb. Broccoli

Cooked Chicken

1 Small Tin Campbell's Condensed  
Chicken Soup

2 tblsp. Hellman's Mayonnaise

1 teasp. Lemon Juice

$\frac{1}{2}$  teasp. Curry Powder

$\frac{1}{2}$  cup Shredded Cheddar Cheese

$\frac{1}{2}$  cup Soft Breadcrumbs

Cook Broccoli and arrange on greased dish. Combine soup, mayonnaise, lemon juice and curry. Layer chicken and sauce. Sprinkle on cheese and top with breadcrumbs. Bake at 350°F for 45 minutes. Can be prepared day before but add cheese and breadcrumbs just before cooking.

Mrs. Whyte.

## CHICKEN JOINTS IN CASSEROLE

1 pkt. Knorr Leek Soup

1 level teasp. Pimento

$\frac{1}{4}$  teasp. Garlic Salt

$\frac{1}{2}$  teasp. Mixed Herbs

$\frac{1}{2}$  teasp. Salt

Bay Leaf

Mix to  $\frac{1}{2}$  pint. Pour over chicken pieces in casserole. Cook for 2 hours at 350°F.

Mrs. McDonald.

## TAULI

A filling vegetable dish which can be eaten on its own, or as an accompaniment to sausages, fish fingers or beefburgers.

2 medium Onions (A oz.) sliced	1 lb. Peeled Carrots cut into $\frac{1}{2}$ " dice
3 oz. Fat (preferably dripping)	2 lb. Peeled Potatoes cut into $\frac{1}{2}$ " dice
1 lb. Skinned Fresh Tomatoes (cut up) OR	Salt and Pepper to taste
1 14 oz. Tin Tomatoes	

Fry the onions in the fat until golden brown (don't let them burn). Add the tomatoes and Carrots and cook for  $\frac{1}{2}$  hour with the lid on pan. Then add the potatoes and plenty of salt and pepper. Cook on low heat, keeping the lid on, stirring frequently to prevent burning for a further 30-40 mins. until vegetables are tender. Cooking time is about 1-1 $\frac{1}{4}$  hours from the start. If you like a hot dish, add a little crushed red pepper or any other flavouring you like, e.g. Worcester Sauce, 10 mins. before serving. Any root vegetable can be used to your taste. Serves 4.

Miss Nadia Butchart.

## COURGETTES PROVENCALES

Wipe (do not peel) 1 lb. Courgettes. Cut into thick slices or use sliced frozen courgettes. Sprinkle with salt. Leave to drain in a colander for  $\frac{1}{2}$  hour. Saute for 5 mins. in 1 oz. butter. Transfer to ovenproof dish. Saute a chopped onion until soft. Add to dish. Cover with a chopped large tin tomatoes. Cover with 2 oz. grated cheese and 1 oz. breadcrumbs mixed together. Bake in a hot oven for 25 minutes.

Mrs. Mackie.

## FRIED-ONION RINGS

500 g./1 lb. Onions  
50g./2 oz. Plain Flour  
 $\frac{1}{4}$  teasp. Bicarbonate Soda  
Large pinch Cream of Tartar  
Large pinch Salt

1 Egg  
3 tblsp. Milk  
1 teasp. Melted Butter  
Oil for deep frying

Make batter, sift flour, soda, cream of tartar and salt. Beat egg and milk, stir in melted butter and beat well till batter is smooth and glossy. Set batter aside and prepare onions. Peel and slice into even rounds. Separate rounds. Heat oil. Scoop up several rings in fork and dip into batter, allowing excess to fall off. Drop coated onion rings into hot oil and fry for 3-4 minutes till they are golden brown and puffed up. Lift out and drain. Put in warm dish and keep hot till you fry remainder.

Mrs. Whyte.

## CLAPSHOT

1 lb. Potatoes  
1 tblsp. Chopped Chives or Shallots  
1 lb. White Turnips

1 heaped tblsp. Butter or Dripping  
Salt and Pepper to taste

Cook the vegetables separately, drain and mash them very well together. Add all other ingredients. Season to taste and serve very hot.

Mrs. Anne Whytock.

### SOMERSET PORK (for 2 people)

8 oz. Pork Fillet, cubed  
Small Onion, chopped  
 $\frac{1}{4}$  lb. mushrooms, sliced  
Salt and Pepper

Fat to fry - 1 oz.  
 $\frac{1}{4}$  pt. Cider  
Rounded tblsp. Plain Flour

Fry pork 5 - 8 mins. until brown and almost cooked through. Transfer to a plate and keep warm. Fry onion and mushrooms for 3 - 5 mins. Hold pan at an angle to separate fat from onions and mushrooms. Gradually add flour to fat until smooth paste. Cool fat and flour for 1 min. and remove pan from heat. Mix paste with onions and mushrooms and add cider. Return to heat until mixture begins to boil and thicken. Return pork to pan and simmer for 30 mins. or until pork is thoroughly cooked. Serve with boiled rice and garnish with slices of apple.

Miss K. Dixon

### PORK FILLET WITH APPLES

1 lb. Cooking Apples  
2 lb. Pork Fillet  
1 tin tomato puree  
1 lb onions - chopped

1 tblsp. brown sugar  
Rosemary  
Salt and black pepper

Cut pork into cubes, fry lightly in butter and transfer to casserole. Fry onions until golden and add to pork. Cook sliced apples until soft and add to other ingredients with the tomato puree and rosemary. Season with salt and pepper and cook in moderate oven for 1 hour or until tender.

Serves 6.

S. Colville



### BAKED GAMMON STEAK WITH APPLES

2 level tblsp. soft Brown Sugar

1 level teasp. dry Mustard

1½" thick Gammon Steak (about 1¼lb)

12 very small onions or shallots

¼ pt. apple juice or cider

2 medium sized cooking Apples

3 Cloves

1 oz. Butter

Combine 1 tblsp. Brown sugar with mustard and a shake of pepper. Rub on both sides of gammon steak. Transfer to buttered heatproof dish. Surround with onions or shallots. Pour in apple juice or cider. Cover tightly with lid or foil. Bake in centre of hot oven 425F for 30 minutes. Turn gammon steaks over. Cover with peeled, cored and sliced apples, rest of sugar and 3 cloves. Dot with butter and recover. Continue to cook in moderate oven, for further hour. Uncover during last 15 minutes.

Serves 4.

Mrs. Sheena Lamond

### BARBECUED CHICKEN

4 Chicken Pieces

1 cup Tomato Ketchup

1 Onion

1 Cup Water

1 tblsp. Worcester Sauce

1 tblsp. Brown Sugar

¼ lb. Sweet Corn

Cooking Oil

Fry chicken pieces and chopped onion. Place in a casserole. Add other ingredients except corn. Cook at 325F for about 1½ hours. Add corn about half an hour before serving.

Mrs. M. Macnaughton

### MINCE AND BATTER

Put into a saucepan 1 Lb. Mince, a small chopped onion and salt and pepper. Brown mince in usual way. Add only a little gravy and cook for about  $\frac{1}{2}$  hour. Remove from heat and put mixture in a fairly big pie dish. Allow to cool a little. Mix together 6 tblsp. Plain Flour,  $1\frac{1}{2}$  teasp. Baking Powder. Rub in 2 tblsp. Margarine. Add 2 eggs and a little milk. Mix till smooth. Pour mixture over mince and bake in a moderate oven for about 45 minutes.

Nancy Fraser.

### SPAGHETTI & BOLOGNESE SAUCE

1 Small Onion  
2 Cloves Garlic  
2 Tblsp. Olive Oil  
1 oz. Butter  
4 oz. Raw Mince

4 oz. Mushrooms  
1 lb. Peeled Tomatoes (or 1 Large Tin Tomatoes)  
2 Tblsp. Tomato Paste  
Salt & Pepper

Chop onion and garlic and fry in oil and butter. Add meat and fry until it loses its redness then add chopped mushrooms, tomatoes and tomato paste. Season and cook gently until meat is tender (about 45 mins). Cook spaghetti and serve with Bolognese sauce on top. Sprinkle with parmesan cheese.

Mrs. J. Brown.

## CHILI CON CARNE

3 Tblsp. Fat	1 $\frac{1}{2}$ -2 Tblsp. Chili Powder
1 lb. Minced Beef	1 Tblsp. Flour
2 Onions (Chopped)	3 Tblsp. Water
1 Tin Kidney Beans	1 Teasp. Salt
1 $\frac{1}{2}$ Cups Condensed Tomato Soup	

Brown meat in fat and cook for 10 mins with onion. Add kidney beans and tomato soup and cook. Make into a paste and blend in the chili powder, flour and water and salt. Cook on low heat, stirring frequently for 45 minutes. Serve hot with crackers.

Mrs. Whyte.

## ITALIAN COUNTRY PIE

$\frac{3}{4}$ lb. Mince	$\frac{1}{2}$ Pint Cheese Sauce
1 Onion	3 oz. Cooked Macaroni
7 $\frac{1}{2}$ oz. Tin Peeled Tomatoes	Cooked Rice
Seasoning	

Melt 1 oz. butter in frying pan. Fry chopped onion till soft, add mince (sprinkled with curry powder if desired) and fry for 15 mins. Add  $\frac{1}{2}$  Pint sock (Bisto) pepper & salt, garlic to taste. Simmer till meat is cooked.

Now in buttered casserole put layers of macaroni, spoon on meat (as little liquid as possible) again layer of macaroni and meat. Pour liquid from meat into casserole and top with cheese sauce. In oven 375 for approx. 30 minutes. Serve with rice.

Mrs. Hutton.

## MOUSSAKA

The base of this dish can be aubergines, courgettes or potatoes.

8-10 oz. Potatoes (sliced)

$\frac{1}{2}$  lb. - 1 lb. Minced Beef

$1\frac{1}{2}$  Onions (chopped)

4 oz. Mushrooms

$\frac{1}{2}$  Can Tomatoes

$\frac{1}{4}$ - $\frac{1}{2}$  Pint Stock

2 Tblsp. Tomato Puree

4 Tblsp. Oil

Topping: Cheese Sauce

Slice potatoes and fry until cooked, drain then line an ovenproof dish with the potatoes. Fry onions in the oil until transparent then add mushrooms. Fry for another 2 minutes. Add mince to onion and mushroom mixture and brown. When browned, add all other ingredients, bring to boil and simmer for 45 mins. or until mince is cooked. Transfer into the ovenproof dish and keep warm. Make cheese sauce, pour on top of mince. Sprinkle a little grated cheese on top and brown slightly under grill. Garnish. Serves 2-3 people.

June McLaren.

## ECONOMIC MOUSSAKA

1 lb. Mince

1 Large Onion

1 lb. Potatoes

$\frac{3}{4}$  Pint Milk

1 oz. Plain Flour

1 oz. Margarine

Salt & Pepper

}  
Sauce

Part-boil potatoes and slice. Brown mince. Finely slice onions. Make a white sauce and season well. Layer mince, onion, potatoes and sauce in a large casserole. Place in pre-heated oven 375F for 1-1 $\frac{1}{2}$  hours.

Variations: Add grated cheese to sauce and sprinkle top with a little grated cheese before putting in oven.

M. Fraser.

### SAVOURY LIVER

2 Rashers Streaky Bacon  
200g. Liver-washed  
30 mls. Plain Flour  
Salt & Pepper  
1 Small Cooking Apple

25g. Lard  
25g. Sultanas  
1 Dessp. Tomato Puree  
250 mls. Stock  
75 g. Patna Rice  
Parsley

Cut each rasher of bacon into eight. Clean and remove any tubes from liver. Cut into pieces same size as bacon. Mix flour and seasonings. Toss liver in flour. Quarter apples and peel and core. Cut into cubes. Melt fat in saucepan, cook liver and bacon until browned. Add sultanas, apple and puree. Mix well, add stock, bring to boil simmer for 20 mins. Cook rice in boiling salted water for 12 mins. Drain. Form border of rice around dish, then serve meat in centre. Garnish with parsley.

Miss. Johann Forsyth.

### BARBECUE PORK CHOPS

1 Small Can Condensed Tomato Soup  
2 Tblsp. Brown Sugar  
2 Tblsp. Vinegar  
2 Teasp. Worcestershire Sauce

1 Small Chopped Onion  
 $\frac{1}{2}$  Teasp. Dry Mustard  
6 Pork Chops or Steaks  
2 Tblsp. Oil or Lard

Combine first 6 ingredients. Brown chops on both sides in hot oil. Pour off excess fat. Pour sauce over chops. Cover simmer about 1 hour basting occasionally. (Serves 6).

Mrs. Margaret Mackie.

## CURRIED FISH

4 Pieces Haddock  
1 tblsp. Tandoori Curry Powder  
1 tblsp. Lemon Juice

3 tblsp. Plain Yoghourt  
2 oz. Butter  
Salt & Pepper

Spread Tandoori curry powder, lemon juice, seasoning and yoghurt over fish and leave for one hour. Spread butter over and bake at Mark 5 for 30 mins.

Anne Gibson

## FISH.PIE

$\frac{1}{2}$  lb. Any kind of cooked Fish

$\frac{1}{2}$  lb. Cooked Mashed Potatoes (hot)

this works out at equal shares

Add ground white pepper, then add 3 oz. Marg. to the potatoes and beat till all is well mixed and smooth. Add cooked fish and mix well. Put all into a well buttered baking dish, smooth over then go over all with a fork to make ridges. Spread grated cheese over all and some top of milk. Cook for  $\frac{1}{2}$  hr. at 350F then at 300F.

Miss Susan Shaw

## FISH SOUFFLE

$\frac{1}{2}$ lb. Raw Haddock (cut up in small pieces)	3 oz. Marg
$\frac{3}{4}$ Eggs	3 oz. Plain Flour
$\frac{1}{2}$ pt. Milk	Little Grated Cheese
Pepper & Salt	A little Top of the Milk

Prepared deep Pie Dish buttered or Souffle Dish

Melt Marg. in middle sized pan, add flour and mix in well. Add milk and stir well and stir till all comes to the boil, and beat well till smooth, add salt and papper. Then cut up haddock, mix in well. put lid on and leave to cook slowly for 10 mins. Then separate eggs, put whites in a basin ready to whip up and add the yolks to fish mixture. Stir in well and put lid on again and leave near heat. Beat up whites with a pinch of salt till stiff then fold in to the prepared fish mixture. Mix in well and turn all into the prepared pie dish or souffle dish. Spread grated cheese over the top (Cheddar or Parmesan is ideal. Dribble a little top of the milk or thin cream over the top. Bake in a medium oven 350 F then 300 F till well cooked for at least  $\frac{1}{2}$  hr. Serve at once. Serves 4 for a main meal.

Miss Susan Shaw

## POTTED SMOKED MACKEREL

1 lb. Smoked Mackerel (cooked)	Black Pepper
8 oz. Melted Butter	$\frac{1}{4}$ teasp. Curry Powder
3 tblsp Single Cream	Grated Rind & Juice of 1 Lemon

Flake fish and remove bones. Blend with all but 2 tblsp. of the melted butter and rest of ingreds. put into individual dishes. Pour remaining butter on top and chill.

Mrs Jeanette Stewart

### TUNA LOAF (Serves 4)

7 oz. Can Tuna (drained)  
1 Small Red Pepper (finely chopped)  
2 inch Piece of Cucumber (finely chopped)  
2 Tblsp. Lea & Perrins Sauce  
1 Sachet Gelatine dissolved in 3 Tblsp.  
Hot Water

2 Eggs Hard Boiled (Size 4)  
1 Teasp. Tomato Puree  
2 Tblsp. Lemon Juice  
Salt & Pepper

Flake tuna and finely chop eggs. Place in a bowl with rest of ingredients and mix well. Add melted gelatine, mix well. Press mixture into a 1 lb. Loaf Tin and chill for about 2 hours. Turn out and garnish with cucumber and lemon. Serve in thick slices.

Mrs. Dickson.

### LEMON-GLAZED CARROTS

1 --  $1\frac{1}{2}$  lbs. Carrots  
1 Lemon  
1 - 2 Tblsp. Sugar  
1 Chicken Stock Cube

1 oz. Butter  
Black Pepper  
Chopped Parsley to Garnish

Slice carrots thinly and put in saucepan with just enough water to cover. Grate zest from lemon and add to carrots with 2 Tblsp. lemon juice, the sugar, stock cube, butter and pepper. Lay a buttered sheet of greaseproof paper on top and bring to boil. Simmer gently for 30 mins. or until the carrots are tender and the liquid has almost completely evaporated, leaving the carrots glazed with lemony syrup. Toss and turn out on to a heated serving dish and garnish with chopped parsley, and lemon slices.

B.E. Robertson.



### EGG 'N' BACON POTATOES (Serves 4)

4 Large Baking Potatoes  
4 oz. Streaky Bacon  
4 oz. Cheddar Cheese  
 $\frac{1}{2}$  oz. Butter

4 Tblsp. Milk  
2 Eggs (Separated)  
3 Tblsp. Chopped Parsley  
Seasoning

Heat oven to 200C/400F/Gas 6. Scrub potatoes and prick them with fork. Bake in oven for 1 hour 15 mins. Grill bacon till crisp and chop it. Grate cheese finely, take potatoes from oven cut them in half lengthways and scoop out centres. Mash scooped out potatoe with butter, milk and egg yolks. Mix in bacon, cheese, parsley and seasoning. Whisk egg whites till stiff and fold back into mixture. Pile mixture back into potato shells and put on to ovenproof dish. Place back in oven for 15 mins so filling rises and becomes golden brown.

Mrs. Whyte.

### STUFFED COURGETTES

6-8 Medium Courgettes  
1 oz. Butter  
1 Large Onion (chopped)  
1 lb. Bacon

4 Large Tomatoes (Peeled & chopped)  
 $\frac{1}{2}$  Teasp. Mixed Herbs  
Salt & Pepper

Cut a wedge and scoop out middle from each courgette. Melt the butter and fry onion for 5 mins. Finely chop bacon, add to pan and cook for a further 10 mins. Add tomatoes, herbs and seasoning and pile into courgettes. Put into an ovenproof dish, cover with foil and bake for about 45 mins. until cooked. Oven setting 350F/180C/Gas 4.

June McLaren.

## CURRIED SAUSAGE PIE

$\frac{1}{4}$  small onion - thinly sliced  
 $\frac{1}{2}$  lb. sausages - skinned  
 $\frac{1}{2}$  oz. lard  
1 level tblsp. curry powder  
1 level tblsp. plain flour  
 $\frac{1}{4}$  level tblsp. chutney  
 $\frac{1}{4}$  oz. sultanas  
 $\frac{1}{4}$  pint water

Topping:-  
 $\frac{3}{4}$  lb. peeled potatoes  
Salt and Pepper  
 $\frac{1}{2}$  oz. margarine  
 $\frac{1}{2}$  tblsp. milk  
Garnish:  
 $\frac{1}{2}$  tomato  
1 pint ovenware dish

Place boiling water in pan, add salt and potatoes. Cook till ready. Cut sausages into pieces approx 1" long. Melt lard in a pan, add onion and cook till soft. Add sausage pieces and cook till brown. Remove from heat and add chutney and seasonings. Blend flour and curry powder with water and stir into pan. Return to heat and stir continuously until mixture boils. Simmer for 10 mins. Drain and mash potatoes, add pepper, margarine and milk, beat until well creamed. Sausage mixture can then be placed into oven proof dish and covered with creamed potatoes. Brown under grill and garnish with tomato.

Johann Forsyth

## CORNEB BEEF AND VEGETABLE TARTS

Short crust pastry

4 oz. corned beef

2 oz. cooked diced potatoes

2 oz. peas

$\frac{1}{2}$  oz. butter

$\frac{1}{2}$  oz. flour

4 tblsp. milk

1 beaten egg

Salt and pepper

Roll out pastry. Cut into 12 rounds with 3" biscuit cutter. Use to line 12 buttered bun tins. Chop corned beef, combine with potatoes and peas. Melt butter in pan, stir in flour and cook 2 mins without browning. Gradually blend in milk. Cook, stirring until mixture thickens. Remove from heat. Stir in beef, potatoes, peas and beaten egg. Season to taste. Spoon equal amounts into pastry. Bake 400F for 10 mins. Reduce to 375F and bake further 12-15 mins. Serves 4. Hot or cold.

Mrs Mackie

## STUFFED HEART

4 sheeps hearts

$\frac{1}{4}$  lb. suet

1 dessp. chopped parsley

1 teasp. thyme

Salt and Pepper

8 ozs. breadcrumbs

1-2 eggs

Rind of Lemon

Butter or dripping

Break up suet, grate rind of lemon and add a dessp. of chopped parsley, teasp. thyme, salt and pepper to taste. Take 8 ozs. breadcrumbs and stir altogether well. Bind with 1 or 2 strained beaten eggs as required. Press this stuffing firmly into each trimmed heart, tie with string, spread a lump of butter or dripping on each and set in a firmly hot oven to bake for 30 mins. Baste liberally and serve on a bed of mashed potato or rice. Make a hearty meal of this cheap and nourishing dish.

Mrs P Dolby

## SPANISH SAUSAGES

Sausages	Green pepper or frozen mixed peppers
Mushrooms	Salt and pepper
Onion	1 teaspoon sugar
Tin tomatoes	

Fry onion, mushrooms and peppers in margarine or oil, add tomatoes, salt and pepper and sugar. Simmer until nearly cooked. Add sausages on top and simmer gently until sausages are cooked.

Mrs D. Parker.

## SAUSAGES IN CIDER

1 lb. sausages	A sprinkling of flour
1 teasp. fat	$\frac{1}{2}$ pt. cider
1 large onion	Salt and pepper

Fry sausages until nicely browned. Remove from pan. Slice onion into rounds and fry in remaining fat. Pour off all but a teaspoonful of fat and dust in a little flour. Add the cider and stir over a gentle heat until it comes to boil. Season sauce, put sausages back. Cook all together for ten or fifteen minutes. Serve with frozen peas and sliced tomatoes.

Mrs Anne Whytock.

### STUFFED CABBAGE LEAVES (Serves 6)

6 large cabbage leaves	1 onion (finely chopped)
1 lb sausage meat	Salt and pepper
1 large cooking apple (peeled and chopped)	1 can Mulligatawny soup

Pre-heat oven to 375°F. Blanch cabbage leaves for 2 - 3 minutes in boiling water. Drain and dry carefully and remove thick stem. Mix sausage meat, apple, onion and seasoning. Divide into 6 portions and enclose each in a cabbage leaf. Secure with cocktail sticks. Place in a shallow casserole. Pour the soup over the cabbage leaves and bake in centre oven for 35 - 40 minutes.

Miss Donna Hindmarch.

### SAUSAGE FIDGET PIE (Serves 4)

8 oz. short crust pastry	2 tblsp. mild English mustard
1 lb pork sausages	1 teasp. dried sage
2 medium potatoes peeled and sliced	1 teasp. parsley
2 cooking apples peeled and sliced	Salt and pepper
1 large onion peeled and sliced	$\frac{1}{4}$ pint water
1 tblsp. brown sugar	1 egg beaten

Roll out pastry slightly larger than a 2 pint pie dish and leave to rest. Cut sausages in half. In a 2 pint pie dish arrange a layer of potatoes then sausages, sliced apples and onions, sprinkle with sugar. Mix mustard, herbs and water together, pour over filling and season well. Dampen edge of pie dish, cut a  $\frac{1}{2}$  inch rim of pastry and place around edge. Brush with water and put on the lid, trim the edges and press down to seal. Brush with beaten egg and decorate with pastry leaves cut from trimmings. Bake at 450°F gas mark 8 for 30 minutes then reduce heat and cook for a further 45 minutes 300°F gas mark 2.

Irene Rodger.

## QUICKIE PIZZA

$\frac{1}{4}$  teasp. mixed herbs  
6 oz. self raising flour  
 $\frac{1}{2}$  teasp. salt  
 $2\frac{1}{2}$  oz. Scottish butter  
6 tblsp. milk

1 large onion (chopped)  
small can tomatoes (don't use all the juice)  
 $\frac{1}{4}$  lb. mushrooms  
 $\frac{1}{4}$  lb. cooked bacon (or any left over meat)  
3 oz. grated cheese

Base:-

Add herbs and salt to the flour and rub in  $1\frac{1}{2}$  oz. butter. Mix to a soft dough with milk. Knead and roll into an 8" round. Place on a greased tray.

Filling:-

Fry the onion in the rest of the butter. Add tomatoes, bacon, mushrooms. Cook slowly until the mixture thickens then season and spread on the base. Cover with grated cheese and bacon strips. Bake at  $425^{\circ}$  for 25 - 30 minutes until dough has risen and cheese is golden brown.

Mrs Amy Smith.

## SCONE PIZZA

8 oz. self raising flour  
2 oz. margarine  
4 oz. hard cheese grated  
1 teasp. salt  
2 teasp. dried mixed herbs  
4 tblsp. milk

4 tblsp. water  
6 mushrooms sliced  
tin tomatoes  
1 teasp. tomato puree  
1 onion chopped  
Salt and pepper

Rub margarine into flour. Gradually add milk and water and salt. Roll out dough. Combine tomatoes, tomato puree, chopped onions and mushrooms, salt and pepper. Spread on dough. Sprinkle the grated cheese and then herbs and bake for 15 to 20 minutes at Gas 7.

Anne Gibson

### QUICKIE PIZZA (Serves 4)

6 oz. self raising flour  
 $\frac{1}{2}$  teasp. salt  
 $\frac{1}{4}$  teasp. mixed herbs  
 $1\frac{1}{2}$  oz. butter or margarine  
2 rashers streaky bacon cut into strips

6 tblsp. milk  
1 large onion sliced and fried in butter or margarine  
2 tomatoes sliced  
6 oz. Cheddar cheese grated

Rub margarine into flour and dry ingredients. Add milk to make a moist dough and spread out mixture on a greased 8" ovenproof plate. Place on cooked onions and sprinkle over the grated cheese. Lay strips of bacon across the top in a lattice fashion. Finish off with slices of tomato. Bake at  $220^{\circ}\text{C}$ ,  $425^{\circ}\text{F}$ , mark 7 for 25 - 30 minutes until dough has risen and cheese is golden brown.

Mrs E. Dunn.

### BACON AND EGG PIE

4 oz. shortcrust pastry  
3 oz. bacon rashers  
3 oz. grated cheese  
 $\frac{1}{4}$  teasp. dried mustard

1 small tin evaporated milk  
2 eggs  
Salt and pepper to taste

Line 7" tin with the pastry, prick lightly. Cut bacon into small pieces. Mix mustard with a little milk. Beat the eggs well and add the bacon, cheese, mustard, milk, salt and pepper. Mix well and pour into the pastry case. Bake gas mark 5,  $350^{\circ}\text{F}$  for 30 - 35 minutes. Chicken may be used instead of bacon. Add few mushrooms.

Mrs Jeanette Stewart.

## FAMILY PIZZA

Base:-  $\frac{1}{2}$  lb. boiled potatoes (mashed)  $\frac{1}{2}$  teasp. salt  
4 ozs. self raising flour 2 ozs. margarine

Topping:-  $\frac{1}{2}$  lb. onions peeled and sliced 4 ozs. mushrooms  
1 red pepper finely sliced  $\frac{1}{2}$  level teasp. marjoram (optional)  
6 ozs. cheddar grated 2 teasp. vinegar  
1 tblsp. cooking oil Salt and Pepper  
2 tblsp. tomato ketchup

Mash potato, stir in margarine, then add flour and salt. Knead lightly and place on an oiled baking tray and press into 10" round. Heat the oil and fry onions and red pepper for 2-3 mins, not browned. Spread ketchup over base. Stir the mushrooms, marjoram, vinegar, salt and pepper into the onions and pepper. Spread over base and sprinkle cheese on top. Cook 30-40 mins - 400°.

Mrs Bette Strachan

## SAUSAGE AND BACON PIE

Shortcrust Pastry:- 10 ozs. flour  $2\frac{1}{2}$  ozs. each margarine and lard

Filling:-  $\frac{1}{2}$  lb. sausages 1 large tomato sliced  
 $\frac{1}{4}$  lb. bacon 1 large egg  
1 large onion chopped 2 tblsp. milk  
Seasoning

Line 8" plate with half pastry. Fry sausages and half lengthwise. Fry onion and chopped bacon. Arrange sausage and tomato on plate (tomato in centre). Sprinkle bacon and onion on top. Beat egg and milk, pour over top. Cover with rest of pastry making slit in top, brush with beaten egg and bake in moderate oven for 40 mins. Mrs H Pithie



## BAKED EGGS AND CHEESE

$\frac{1}{2}$  lb. tomatoes

2 oz. grated cheese

4 eggs  
4 oz. butter

Salt and pepper

Grease a pie dish. Scald, skin and slice the tomatoes and lay them in the dish. Break eggs carefully on to tomatoes, season, cover with grated cheese and put little dabs of butter over the top. Bake in a moderately hot oven till the eggs are set (about 15 minutes). N.B. tomato puree may be used instead of the fresh tomatoes.

Irene West

## SAUSAGE ROLLS

2 oz. butter or margarine

Chipolata sausages

4 oz. grated Cheddar cheese

$\frac{1}{2}$  teasp. made up mustard

Sandwich pan

Roll out bread removing crusts. Soften butter, beat in grated cheese and mustard. Spread on bread, lay sausages on top. Roll up and secure with cocktail sticks (cut sticks in half). Bake at reg. 5 about 20 - 30 minutes. Must bake and eat - can't be re-heated.

Freda Duncan

### MUSHROOM SWISS STEAK

1 lb. Stewing steak  
2 tblsp. fat

1 can condensed mushroom soup  
 $\frac{1}{2}$  cup milk

Brown steak in the fat. Combine milk and soup and add to steak. Cover and bake in slow oven for about  $2\frac{1}{2}$  hours till tender.

Una McLaren.

### LANCASHIRE HOT POT

1 lb. best-end neck of lamb,  
divided into neat chops.  
2 lambs kidneys, skinned and trimmed  
1 lb. potatoes, peeled, washed and  
thinly sliced

8 ozs. onions, peeled and thinly sliced  
8 oysters.  
Salt and Pepper  
 $\frac{1}{4}$  pint stock (or stock cube and water)  
 $\frac{1}{2}$  oz. melted butter

Trim chops. Remove surplus fat. Cut kidneys into thin slices. Cover base of dish with half potato slices. Place chops on top. Cover with kidneys, onions and oysters. Season. Pour instock. Arrange rest of potato slices attractively on top. Brush with butter. Cover with lid. Cook in centre of moderate oven ( $325^{\circ}\text{F}$  or Gas 4)  $1\frac{1}{2}$  hours. Remove lid. Cook further 30 mins. or until potatoes are golden.  
Serves 3 or 4.

Mrs. Noeleen Lindsay.

## BEEF STROGANOFF

1 lb. Round Steak  
4 ozs. Mushrooms  
2 Onions  
2 ozs. Butter  
1 tblsp. Plain Flour

1 tblsp. tomato puree  
 $\frac{1}{4}$  pint beef stock  
 $\frac{1}{4}$  pint sour cream  
Black Pepper  
Salt

Cut meat into thin strips and sprinkle with salt and pepper. Fry sliced onions and mushrooms in melted butter for 5 mins. Add meat and fry until browned. Stir in flour, cook gently for 2 mins, add puree and stock, and bring to the boil. Cook in moderate oven for 2 hours. Stir in sour cream before serving.

Mrs Mary McLaren

## STUFFED SKIRT

$\frac{3}{4}$ -1 lb. Skirt (in a strip)  
2 ozs. Fat

1 Onion  
3 tblsp. Oatmeal

Melt fat, add onion and brown, add oatmeal and mix. Lay skirt out flat and place stuffing in centre. Tie securely and simmer for  $2\frac{1}{2}$ -3 hours.

Mrs A S Malloch

### SPAGHETTI PANCAKE (Serves 3/4)

5/6 oz. Spaghetti

3/4 oz. Cheese (Grated)

Salt & Pepper

2 Eggs

3/4 oz. Cold Meat (Chopped)

Butter for frying

Cook spaghetti in boiling, salted water. Meanwhile beat together eggs, cheese, meat and seasoning. Add cooked spaghetti and mix well. Fry one side in the butter, brown top under grill for few minutes.

Mrs. Anne Scott.

### MOCK MOUSSAKA

8 oz. Mince

1 Onion

2 Potatoes

2 Tomatoes

Pinch Mixed Herbs

1 oz. Marg

1 oz. Flour

1/2 Pint Milk

Salt & Pepper

2 oz. Cheese

Brown mince, add chopped onion, chopped tomato and mixed herbs and seasonings. Peel potatoes and slice thinly. Layer meat and potato in pie dish, finishing with potato. Make sauce with margarine, flour and milk and add most of the grated cheese. Pour sauce on top of sliced potato and sprinkle with remaining cheese. Bake in moderate oven 180C (375F or Mark 5) for about 40 minutes till browned and potato cooked.

Mrs. M. MacNaughton.

## LASAGNE (Serves 4-5)

Pasta: 4-5 oz. Lasagna

2 Pints. Boiling Water (at least)

1 Teasp. Salt

Meat Sauce:

1 Tblsp. Oil

1 Medium Sized Onion

1 Rasher Bacon

4-5 Large Tomatoes (or small can of tomatoes and liquid)

$\frac{1}{4}$  Pint Stock (when fresh tomatoes are used)

1 level Teasp. Mixed Herbs

2 Tblsp. Wine (optional but improves flavour)

1 lb. Lean Minced Beef

Seasoning

Cheese Sauce:

1 oz. Marg

1 oz. Flour

$\frac{1}{2}$  Pint Milk

$\frac{1}{4}$ - $\frac{1}{2}$  Level Teasp. Dried Mustard Seasoning

2-3 oz. Grated Gruyere Cheese

(Cheddar can be used instead)

Yoghurt Topping

1 Can Natural Yoghurt

1 Egg

$\frac{1}{2}$  oz. Flour

2 Tblsp. Parmesan Cheese (approx)

Cheddar can be used

Prepare Meat Sauce: Heat oil, fry chopped onion and bacon for a few minutes, add mince and brown. Add chopped tomatoes and stock or canned tomatoes, plus herbs, seasoning and wine (if used). Cook gently stirring from time to time (about 30 mins).

Cook pasta in boiling salted water for 11 mins, drain and allow to dry by hanging over sides of pan once it has been drained and removed from heat. Once dried cut into neat pieces.

Cheese Sauce: Melt Marg, stir in flour and cook 2-3 mins. Remove from heat and gradually stir in milk. Return to heat and bring to boil stirring constantly to prevent lumps forming - should be a nice coating consistency. Stir in mustard, seasoning and cheese after removing pan from heat.

Cont.

## LASAGNE (Cont)

Assemble Dish: Arrange above items in layers, starting with meat sauce, then pasta and then sheese sauce, but end with final payer of pasta.

Topping: Blend yoghurt, egg and flour and spoon pver final layer of pasta. Sprinkle with grated cheese and bake in centre of the over - mod. temp. 375F (Gas mark 4-5) for about 30 minutes if done straight away or 45 minutes at a slightly lower temperature if allowed to cool completely.

Mrs. Jack.

## MINCE CASSEROLE

1 lb. Mince  
1 Onion  
1 Tomato  
Parsley

Potatoes  
 $\frac{1}{2}$  Pint Cheese Sauce  
Seasoning

Peel and slice potatoes, onion and tomatoes. Make cheese sauce. Fry onion and tomato and brown mince. Put into casserole, alternate layers of potatoes and meat mixture seasoning well. Top with layer of potatoes and parsley, then add cheese sauce. Cover and bake for  $1\frac{1}{2}$  hours at 335F or regulo 3.

Jessie Haddow.

## BABATIE

1 lb. Mince	1 tblsp. Chutney
1 Onion	Some sultanas
2 Slices Bread soaked in half a cup milk	3 Bayleaves
$\frac{1}{2}$ to 1 tblsp. Curry Powder	Salt and Pepper
2 teasp. vinegar	( 1 egg and quarter cup of milk)
2 Eggs	

Brown mince and onions (chopped) in a little fat. Mix all the remaining ingredients together in a bowl except (1 egg and  $\frac{1}{4}$  cup of Milk) then mix in the mince and onions. Put in a baking dish then beat 1 egg and  $\frac{1}{4}$  cup milk together and pour over the top. Bake at 350C for  $\frac{3}{4}$  - 1 hour or until firm. Serve with yellow rice.

Mrs Sandra Patterson

## BEEFIES

10 ozs. Mince	1 Beaten Egg
4 ozs. Lean Bacon (Minced)	Salt and Pepper
2 ozs. Breadcrumbs	Small Can Tomato Soup

Mix mince, bacon, breadcrumbs and seasonings. Bind with egg. Divide into portions and shape into balls. Place in casserole. Pour soup over the beef. Cover and cook for 1 hour at Gas Mark 4.

Nancy Fraser

## BEEF COBBLER

2 oz. Fat	$\frac{1}{4}$ pint Water
2 large sliced Onions	1 Green Pepper
$1\frac{1}{2}$ lbs. Stewing steak or Beef	4 Tomatoes
$\frac{1}{2}$ - 1 tblsp. Paprika	Seasoning
For Cobbler - 6 ozs. S.R. Flour	$1\frac{1}{2}$ oz. Marg
Seasoning	Milk

Heat fat, brown onions and diced meat, stir in paprika and rest of ingredients. Pepper should be diced with seeds and core removed. Tomatoes skinned and quartered. Cover tightly and cook either in saucepan or casserole for  $2\frac{1}{4}$  hours 300 - 325F. Sieve dry ingredients, rub in marg, mix to stiff dough with milk. Cut into small rounds and place on top of stew and brown, putting oven up to 425F for 15 minutes.

Mrs. A.S. Malloch

## BEEF STROGANOFF

$1\frac{1}{4}$ - $1\frac{1}{2}$ lb. fillet of beef or stewing steak	$\frac{1}{4}$ Pt. Smetana (sour cream) or fresh cream + 1 tblsp. lemon juice
Seasoning	1 dessp. Flour
2 small Onions	Pinch Mustard
3 ozs. Butter	Little extra cream
3 - 4 oz. Mushrooms	

Cut beef into thin strips 2" long, season. Brown chopped onion in butter, add sliced mushrooms and meat to onions, fry for 5 minutes. Blend smetana with flour and mustard and pour into pan, stir well, cover pan, simmer gently for 10 minutes for fillet of beef or until beef is tender.  $1-1\frac{1}{2}$  hours for stewing beef. Add more smetana before serving.

Mrs. A.S. Malloch



## BEEF STROGANOFF

1½ lbs. Fillet Steak

3 oz. Butter

1 small Onion (2 oz) peeled and grated

12 oz. button mushrooms, washed and sliced

Salt and Pepper

3 tblsp. white wine (opt)

1 carton soured cream

Cut steak into ½ inch thick slices. Beat until very thin. Cut into ½ inch wide strips. Put 1 oz. butter into frying pan. Stand over medium heat. When hot and sizzling, reduce heat to low. Add onions. Fry gently 2 minutes. Add steak strips. Fry 5 mins. turning all the time until meat is evenly browned. Remove from pan. Keep warm. Add rest of butter to pan. Melt slowly. Add mushrooms, fry 5 minutes. Return steak. Season with salt and pepper. Stir in wine and cream. Re-heat gently without boiling. Serve hot. Accompany with noodles.

Serves 4 or 6.

Mrs. Noeleen Lindsay

## STUFFED PORK CHOPS

4 Lean Pork Chops

Lemon and Apple Stuffing.

1 finely chopped Onion

3 ozs. breadcrumbs

1 grated Cooking apple

Salt and Pepper. 1 Egg.

Mix all ingredients with beaten egg. Spread the lean chops with stuffing. Cover with foil. Bake 350-400F. for 1 hour.

E.P. Sharp

## BACON STEAKS WITH APRICOTS AND RAISINS

4 ozs. dried apricots (soaked)  
2 ozs. raisins  
 $\frac{1}{4}$  pt. white wine vinegar  
 $\frac{1}{4}$  pt. dry cider or apple juice  
2 level tblsp. demerara sugar

1 teasp. Worcester sauce  
1 tblsp. honey  
1 oz. butter  
1 tblsp. dry mustard  
4 gammon steaks

Drain apricots and place in a saucepan with the raisins, vinegar, cider, sugar and Worcester sauce. Bring to the boil and simmer, uncovered for about 20 minutes until pulpy. Combine melted butter, honey and mustard. Place gammon or bacon, on grill pan and brush with the butter glaze. Grill gently for 10 minutes on each side, brushing with more glaze if necessary. Season with pepper. Arrange the bacon steaks in a flameproof serving dish, mix any pan juices with the apricot sauce and pour over. Place under grill for 4 - 5 minutes.

Mrs. Mavis Ogilvie

## SWEET AND SOUR HAM

$1\frac{1}{2}$  oz. Butter  
1 oz. Brown Sugar  
3 tblsp brown or white vinegar  
3 tblsp redcurrant or apple jelly

1 - 2 teasp. made mustard  
Good shake of pepper  
4 slices cooked ham about  $\frac{1}{4}$  -  $\frac{1}{2}$ " thick  
Few drops of Worcester sauce

Put butter, brown sugar, vinegar, redcurrant or apple jelly in frying pan. Stir over gentle heat until mixture forms a smooth sauce, add mustard and pepper. Add slices of ham and heat gently. Serve with rice.

Anne Gibson

## BAKED GAMMON WITH CHERRY SAUCE

2½ lb. Piece Gammon

1 lb. Plain Flour

½ pt. Water

1 x 1 lb. tin Black Cherries

1 oz. Sugar

1 tblsp. Vinegar

1 level tblsp. Cornflour

1 tblsp. Water

Soak joint for 24 hours beforehand to ensure that it is not too salty. Sieve flour into a mixing bowl and stir in about ½ pt. water and mix to an elastic dough. Lightly flour the work surface and roll out evenly to a piece of dough large enough to enclose the joint. Place gammon on the dough and wrap round firmly to enclose completely. Moisten edges and press to seal. Place in a greased roasting tin and bake in the centre of the oven at 400F for the first 15 mins then lower heat to 350F and bake for remaining time, allowing 30 mins to the pound. When ready remove from the oven, break away pastry and lift out gammon. Strip off rind score fat and sprinkle with freshly toasted breadcrumbs.

CHERRY SAUCE - Strain and stone the cherries and place in a saucepan. Measure juice and make up to ½ pint with water. Add juice, sugar and vinegar to cherries. Place pan over a moderate heat and stir till sugar is dissolved. Blend cornflour and water in a small bowl, stir in a little juice, blend well and return to saucepan. Stir over a low heat till mixture thickens and comes to the boil. Serve hot.

Mrs P Tolland

## BACON AND SAUSAGE PLAIT

$\frac{1}{2}$  lb. Puff Pastry  
8 oz. Pork Sausage Meat  
8 oz. Chopped Cooked Bacon  
2 roughly chopped hard boiled Eggs

1 teasp. sage or basil  
Seasoning  
Egg to glaze

Make pastry, roll out to 10" square. Mix all ingredients together and place down the centre, leaving equal sides of empty pastry. Cut side obliquely in  $\frac{1}{2}$ " strips, brush with beaten egg, lift alternate strips over the sausage mixture to form a roll resembling a plait. Brush with egg. Bake 15 mins. in mod. hot oven 400F, then lower 350F for further 15 mins.

Mrs. A.S. Malloch

## APRICOT PORK CHOPS

6 Pork Chops  
1 oz. Butter  
1 Onion  
 $\frac{1}{2}$  oz. Flour  
1 medium can halved Apricots

2 tblsp. Tomato Puree  
Grated rind of 1 Orange  
2 Bay leaves  
3-4 tblsp. Vinegar  
Seasoning

Trim chops and fry until brown place in shallow casserole. Chop onion and fry in remainder of fat, stir in flour, cook for several minutes. Remove from heat. Save some apricots for garnish, sieve the rest to form a puree. Stir into pan with tomato puree, orange rind, bay leaves, vinegar and seasoning. Bring to boil, stirring, cook 1 - 2 minutes. Pour over chops. Cook in oven for 35-40 minutes. 375F - 400F. Slice orange and with apricots garnish chops.

Mrs. A.S. Malloch

## ORANGE PORK SKILLET

6 Pork Chops or Gammon Steaks	1½ teasp. Ground Ginger
1-2 ozs. Butter	½ teasp. Mixed Spice
6 ozs. can undiluted Orange Juice or fresh Orange Juice	¼ teasp. Tabasco Sauce
2 tblsp. Brown Sugar	1 Large Orange
	1-2 Apples

Trim excess fat from chops and brown in hot butter. Blend orange juice, brown sugar, ginger, spice and Tabasco sauce, pour over chops, put a lid on pan and simmer for 45 mins until chops are very tender. Baste once or twice. Cut unpeeled orange and apples into slices then into neat pieces and add to chops for last 5 mins of cooking.

Mrs A S Malloch

## HAM AND PINEAPPLE LOAF

12 ozs. Ham	Paprika, Nutmeg
1 Onion	Seasoning
1 Green Pepper	2 ozs. Marg
1 Egg	6 Pineapple Rings
1 oz. white breadcrumbs	

Mince ham, chop onion and green pepper, discarding seeds and core. Place all loaf ingredients except pineapple, in a bowl and thoroughly mix. Grease tin, drain juice from pineapples. Place 2 rings in bottom of loaf tin, and stand 1 at each end and 1 at each side. Press ham mixture into tin and smooth top. Bake for 1 hour in oven 375F.

Mrs A S Malloch

## SMOKED HADDOCK FLAN

### Shortcrust Pastry:

75 g. Flour  
25 g. Marg  
12½ g. White Fat  
Pinch Salt  
Cold Water

### Filling:

½ Onion  
150 g. Smoked Haddock  
75 g. Grated Cheese  
2 Eggs  
125 mls. Milk  
Salt and Pepper  
300 g. Potatoes  
Milk  
Marg.

Make pastry and line 7" flan ring. Finely chop onion and mix with cooked haddock and 50 g. cheese. Place in flan case. Beat eggs, milk and seasoning, pour over flan. Cook at 400F for 30 mins. until set. Sieve potatoes and cream with marg and milk, place in piping bag with star nozzle, pipe over flan, sprinkle with cheese. Place under grill for 5 mins. to melt cheese.

Mrs. Christine Forsyth

## SALMON LOAF (Serves 4 - 6)

1 7-8 tin Salmon  
2 Eggs  
2 tblsp. Melted Butter  
1 teasp. finely chopped Parsley  
½ teasp. Onion Juice

¼ cup Milk  
¼ cup Breadcrumbs  
Juice of ½ lemon  
Salt and Pepper

Remove skin, bones and drain off liquid from salmon. Heat milk and stir in crumbs to make a paste. Add salmon, egg yolks and all the other ingredients. Mix well. Beat egg whites until stiff and fold into mixture. Turn into greased 1 lb. loaf tin and bake at 425F for 30 mins. Serve hot or cold.

Mrs. Anne Scott

## TUNA FLORENTINE

- 1 lg. pkt. Frozen Spinach
- 2 tblsp. Double Cream
- 2 x 7 oz. cans middle-cut Tuna divided  
into chunks

### Cheese Sauce:

- 2 extra oz. grated Cheddar Cheese
- Seasoning to taste
- 9 small toast triangles
- 1 sprig Watercress
- 4 Wedges Tomato

### Cheese Sauce:

- 1 oz. Butter or Marg
- 1 oz. Plain Flour
- $\frac{1}{2}$  pt. cold **Milk**
- Season to taste

Cook Spinach as directed on packet. Drain well. Combine Cream. Season. Use to cover base of dish. Add tuna to sauce. Heat through gently without boiling. Pour into dish. Sprinkle with cheese. Brown under hot grill. Garnish with border of toast. Put watercress in centre, tomato wedges on either side and serve from dish. Serves 4.

Mrs Noeleen Lindsay

## APPLE CAKE

6 oz. S.R. Flour  
1 Level Teasp. Baking Powder  
3 oz. Castor Sugar

1 Large Egg  
6 tblsps. Milk  
1 oz. Melted Butter

Topping: 1 oz. Melted Butter  
1 lb. Cooking Apples

3 oz. Castor Sugar  
1 Level Teasp. Cinnamon

Sift the Flour and Baking Powder into a bowl and add sugar. Add egg, milk and melted butter and mix gently at first and then vigourously to make a smooth, fairly soft mixture. Spoon the mixture into a well-greased small roasting or shallow baking tin approx. 11" x 7". Spread mixture level. Brush the top all over with the second 1 oz. melted butter. Peel, core and thinly slice the apples and arrange over the surface of the cake. Mix together the castor sugar and cinnamon then sprinkle generously over the apple slices. Bake in the centre of a hot oven (400F. 200C Gas Mark 6) for 35 mins. or until the apples are tender and golden. Serve, cut in squares, with cream or ice cream. It is also very good cold as a cake. (Half quantities of the mixture fills a 7" square shallow baking tin, and a tin of drained pears is a popular alternative to apples in this case.) If this recipe is used as a cake it should be eaten within a couple of days and not kept in a tin.

Mrs. P. Tolland.

## CHOCOLATE FUDGE PUDDING (Serves 4/5)

Sift together 4 oz. S.R. Flour, 1 tblsp. Cocoa, pinch salt and 4 oz. sugar into a basin. Stir in 4 oz. milk, 1 tblsp. melted marg. or butter and a few drops vanilla essence. Pour into greased 2 pint ovenproof dish. Mix together 6 oz. brown sugar, 1 tblsp. cocoa and 8 fl. oz. boiling water and pour on top of mixture in dish. Bake at 375° for about 45 minutes.

Mrs. Anne Scott.



### SPONGE PUDDING HOT

6 oz. S.R. Flour  
3 oz. Marg.  
3 oz. Castor Sugar  
1 Egg

Sufficient Milk to mix  
Well greased pudding basin  
Serve with Rasp Jam or Golden Syrup

Put flour, sugar and marg. in a basin and rub together till fine like breadcrumbs. Beat egg in a separate basin, add pinch of salt then add almost half a cup of milk and mix well into flour mixture, then turn into greased pudding basin. The mixture should fill the basin up to three-quarters full. Cover with a greased paper and steam for  $1\frac{1}{2}$  hrs. Remove from pot, take off greased paper and serve at once with jam or golden syrup.

Miss Susan Shaw.

### OSBORNE PUDDING

1 Egg  
1 oz. Sugar  
 $\frac{1}{2}$  pint Milk

1 Pinch of Salt  
4 thin Slices of Bread & Butter  
Marmalade

Beat the egg and sugar; beat in the milk and add the salt. Spread the bread and butter with marmalade and lay the slices in a buttered pie dish, then strain the egg and milk over. Bake in a moderate oven ( $350^{\circ}\text{F}$ , Gas Mark 4) for about 1 hour, or until the custard has set.

Mrs. J. Brown.

## BUTTERSCOTCH TART

4 oz. Shortcrust Pastry  
5 ozs. Soft, light brown sugar  
2 ozs. Plain flour, sifted  
4 tblsps. water  
 $\frac{1}{2}$  pt. milk

2 ozs. Butter  
3-4 drops Vanilla Essence  
1 Egg, separated  
 $1\frac{1}{2}$  ozs. Caster sugar

Preheat oven to  $190^{\circ}\text{C}$  ( $375^{\circ}\text{F}$ ) - Gas Mark 5. Roll out the pastry and line a 7" (18cm) flan dish with it. Bake blind in the pre-heated oven for 15 minutes. To make the butterscotch filling, mix the soft brown sugar and flour together in a small saucepan and blend with the water. Boil the milk in another saucepan and then pour it over the sugar and flour mixture. Add the butter and mix well, then cook slowly over a low heat, stirring hard with a wooden spoon, until thick. Remove the pan from the heat and add the vanilla essence and egg yolk, beating them well in. To make the meringue topping, whip the egg white in a small bowl until stiff, then fold in the caster sugar. Pour the butterscotch filling into the baked pastry case and cover with a layer of meringue. Place in the oven at  $150^{\circ}\text{C}$  ( $300^{\circ}\text{F}$ ) - Gas 2 for about 30 minutes until the meringue is crisp and lightly browned. Serve hot or cold with cream.

Moyra Fyffe.

## HOT PEACHES

1 (1 lb. 14 oz.) Can Peach Halves  
2 oz. Brown Sugar  
1 level Teasp. Cinnamon

Drain peaches, reserve  $\frac{1}{4}$  pint juice. Arrange halves cut side up in small baking dish. Pour reserved juice in base of tin and mix sugar and cinnamon together and sprinkle over peaches. Place in centre of mod. hot oven Gas 5 and bake 15 mins. Serve hot with cream.

Mrs. Chris. Linley.

### JAM ROLY-POLY PUDDING

1 Cup S.R. Flour  
1 oz. Marg.  
Pinch Salt

Rub marg. into flour. Mix with milk as if making pastry with water. Roll out lengthwise and spread with Rasp. Jam. Put in buttered pie dish. Put in a saucepan 1 cup Milk, 1 tblsp. Sugar, 1 oz. Marg., dissolve and bring to boil. Pour over roll and bake for 30 mins. until liquid is all dried up. Gas 4 or 350°F.

Mrs. Chris. Linley.

### QUICKIE PEAR (Slimmer's Sweet)

Peel and core 1 eating pear. Cut in half and fill centre with 1 oz. chopped Walnuts and 1 teasp. Raisins. Beat 1 egg white and drop of Almond Essence and liquid sweetner. Pile on pear halves and brown in oven.

Mrs. Jessie Haddow.

### CLOOTIE DUMPLING

4 Teacups Flour  
1 Teacup Sugar  
Fully 1 teacup Suet  
Fully  $\frac{1}{2}$  tblsp. Baking Soda  
1 teasp. Salt

$1\frac{1}{2}$  teasps. Cinnamon  
3 Cups Mixed Fruit  
1 Egg  
About 1 pt. Milk

Put in floured cloth (wring cloth out in boiling water first), put into boiling water with a plate on bottom of pan. Boil 4 hrs.

Mrs. Jean Smith.

## SWEET PIZZA

100 g. S.R. Flour  
25 g. Marg.  
25 g. Castor Sugar  
Pinch Salt  
1 Dessp. Mixed Peel  
62½ mls. Milk  
62½ g. Digestive Biscuits

25 g. Marg  
25 g. Soft Brown Sugar  
¾ Tblsp. Syrup  
¼ Teasp. Mixed Spice  
1 Can Fruit  
1 Banana  
1 Teasp. Lemon Juice

Make scone dough and bake as for a savoury pizza (sieve flour and salt, rub in marg, add enough milk to make an elastic dough, knead and roll out slightly raising edge). Melt marg, sugar and syrup in pan, add spice and biscuit. Spread half mixture on base of pizza, place drained fruit on top. Mash banana, add lemon juice spread over fruit. Put remainder of biscuit on top. Bake in a hot oven (approx. 25 mins). Serve hot with custard or cream.

Miss Johann Forsyth.

## NANA'S (CLOOTY) DUMPLING

8 oz. Plain Flour  
4 oz. Atora Suet  
8 oz. Mixed Fruit  
2 oz. Mixed Peel  
¼ Teasp. B. Soda  
½ Teasp. Ground Ginger

½ Teasp. Mixed Spice  
½ Teasp. Cinnamon  
1 Dessp. Sugar  
Pinch Salt  
Spoonful Treacle  
1 Apple

Mix all ingredients well together adding treacle with milk to mix (not too soft mixture). Scald a pudding cloth with boiling water and sprinkle with flour. Put mixture on cloth and tie securely with piece of string. Put in pot of boiling water and boil for 2½ to 3 hours. Water must be kept boiling and add boiling water if required.

Freda Duncan.

## CLOOTIE DUMPLING

1 Cup Sugar  
1 Cup Breadcrumbs  
1 Cup Suet  
1 lb. Raisins  
1 lb. Plain Flour  
1 lb. Currants

1 Grated Apple  
1 Teasp. Cinnamon or Mixed Spice  
1 Teasp. Bicarb. of Soda  
(if using S.R. Flour omit Bicarb. of Soda)  
Milk to mix

Mix flour, sugar, breadcrumbs and suet and stir in spices and bicarb. of soda, add grated apple and fruit. Mix thoroughly, add milk to make a fairly stiff mixture. Scald pudding cloth with boiling water, dust with flour and turn the mixture into it. Tie securely, leaving room for the dumpling to swell. Boil steadily for 3-4 hours (with a plate in the base of the pot). Remove cloth gently and dry off dumpling in front of fire or under a low grill. Sprinkle with sugar and serve. If a darker coloured dumpling is wanted simply add 1 Tblsp. black treacle.

Mrs. Jeanette Stewart.

## HOT SWISS TRIFLE

1 Swiss Roll  
1 Med. Sized Tin Apricots (drained)  
2 Tblsp. Custard Powder  
2 Eggs (separated)

1 Tblsp. Sugar  
1 Pint Milk  
4 oz. Caster Sugar  
1 oz. Blanched Almonds

Slice the swiss roll and arrange with the apricots in a  $1\frac{1}{2}$  pint fire-proof dish. Blend the custard powder, egg yolks and sugar together with a little of the milk. Heat the rest of the milk and when nearly boiling, stir on to the mixed custard. Return to the pan and bring to the boil, stirring continuously and when thick, pour over the apricots. Whisk the egg whites until stiff and fold in caster sugar. Pile meringue on top of the custard and stud with blanched almonds. Bake at 350F (180C) or Mark 4 for about 20 mins.

Mrs. Kathleen Pirie.

## CHRISTMAS CRUMBLE

4 oz. Plain Flour  
2 oz. Butter or Marg  
2 oz. Ground Almonds  
2 oz. Castor Sugar

8 Tblsp. Mincemeat  
1 Large Tin Sliced Peaches (drained)  
Glace Cherries

Sift flour into bowl and rub in butter or marg, till mixture resembles breadcrumbs. Add almonds and sugar. Put mincemeat into bottom of oven-proof dish, cover with peaches (reserve some for decoration) then top with crumble mixture. Bake in mod. oven (400F. Gas Mark 5) for 25-30 mins. Decorate top with peach slices and cherries, and serve hot with cream and custard.

Mrs. Whyte.

## MAGIC LEMON PUDDING

1 Large Lemon (grated rind and juice)  
2 oz. Butter or Marg.  
4 oz. Castor Sugar

2 Eggs (separated)  
2 oz. S.R. Flour  
 $\frac{1}{2}$  Pint Milk

Preheat oven Mark 4, 350F, 180C. Add the lemon rind to the butter and sugar, cream together until soft. Add the beaten egg yolks and a little flour. Stir in the milk, strained lemon juice and remaining sifted flour alternately. Whisk egg whites until stiff and fold in evenly. Pour into a greased  $1\frac{1}{2}$  pt. pie dish and bake for 40 mins. This pudding cooks to give a light sponge top with a tangy lemon sauce underneath. Serve topped with sweetened whipped cream and a little grated lemon rind.

Mrs. E. Dunn.

## CLOOTIE DUMPLING

Mix together in a large bowl:

12 oz. S.R. Flour  
6 oz. Shred. Suet  
6 oz. Soft Brown Sugar  
12 oz. Cleaned and Mixed Dried Fruit  
1 Grated Apple  
1 Teasp. Mixed Spice

1 Teasp. Cinnamon  
1 Teasp. Crystalized Ginger  
 $1\frac{1}{4}$  Teasp. Ground Cloves  
1 Teasp. Salt  
 $\frac{1}{2}$  Teasp. Baking Soda  
 $\frac{1}{2}$  Teasp. Cream of Tartar

Soften 3 Tblsp. treacle over a very low heat and beat up one egg, mixing the two together before adding them to dry ingredients. To this mixture is now added enough milk stout, beer or cold tea, to give a soft dough. A cloth large enough to hold the mixture should then be scalded, squeezed out and sprinkled with flour. The mixture should then be placed in the middle of the cloth and tied, leaving enough room for the dumpling to swell. Put on an enamel plate into a very large covered pan full of boiling water. Boil steadily for 3 hours. Top with boiling water whilst cooking. Lift from water and rest for 2 mins, untie and turn on to warm plate, then pop into mod. oven for 2 mins to glaze.

Mrs. E. Brown.

## PINEAPPLE PUDDING

1 Tin Pineapple  
2 Eggs  
3 Tblsp. Caster Sugar

2 Tblsp. Plain Flour  
2 oz. Margarine  
1 Pint Milk

Make white sauce with marg, flour and milk. Separate juice and fruit. Cut fruit into pieces and place in pie dish. Put egg yolks and sugar into juice. Beat up and add to white sauce then pour over fruit. Cover with meringue, using egg whites. Bake in slow oven until meringue is baked.

Mrs. Anne Whytock.

### BANANA AND CHERRY CRUMBLE

4 oz. Self-Raising Flour

2 oz. Margarine

2 Small Ripe Bananas

1 Tin Cherry Pie Filling

Rub margarine into flour and add sugar to form crumble mixture. Place cherry pie filling, and sliced bananas in ovenproof dish - mix well. Cover with crumble mixture. Bake in oven (Mark 4) until golden brown.

Mrs. Sue Richards.

### BEIGNET SOUFFLES

Choux Pastry:  $\frac{1}{2}$  pt. Water

3 oz. Marg.

5 oz. Flour

4 Egg Yolks

Boil marg and water together, add flour and cook well. Leave to cool slightly and beat in eggs one by one. Drop tblsps. of mixture into boiling oil for 7 mins, turning occasionally. Drain and toss in castor sugar. Make small hole for filling. Fill with cream and pour over sauce.

Creme Chantilly:  $\frac{1}{2}$  pt. whipped cream and 1 tblsp. Brandy.

Apricot Sauce: Liquidize tin of Apricots.

Mrs. B.E. Robertson.



## MANDARIN MERINGUE SPONGE

$\frac{1}{2}$  Packet Lyons Trifle Sponges  
1 Small Can Mandarin Oranges  
1 Egg

$2\frac{1}{2}$  ozs Castor Sugar  
 $\frac{1}{2}$  Pint Milk

Turn on oven - Reg. 2 or  $300^{\circ}\text{F}$ . Line shallow ovenproof dish with trifle sponges. Arrange mandarins on top of sponge, pouring over enough juice to moisten sponge. Separate egg, put yolk into bowl with 1 oz. sugar. Heat Milk, pour over yolk beating all the time. Return to saucepan and heat until egg custard thickens. (Do not allow to boil). When thick pour over fruit. Whisk egg white until stiff, add half sugar, whisk until it peaks then fold in rest of sugar. Spread over pudding. Bake in oven until meringue becomes hard and crisp.

Mrs. H. Dunn.

## RHUBARB AND BANANA CRUMBLE

Crumble: 4 oz. Pl. Flour  
2 oz. Marg.  
2 oz. Sugar

Filling: 1 lb. Rhubarb  
2 small Bananas  
4 oz. Soft Brown Sugar (light)

Make up crumble. Prepare rhubarb and slice bananas thickly. Put together in dish and sprinkle with brown sugar. 45 mins. at  $375^{\circ}$ .

Mrs. F. Kidd.

## APPLE CHEESE CAKE

1 Large Cooking Apple	2 ozs. Marg. or Butter
6 ozs. Short Crust Pastry	1 Egg
4 ozs. Castor Sugar	1 Lemon

Line 8 inch flan tin with pastry. Cream marg and sugar together. Add beaten egg. Peel apple, grate and add to egg mixture with grated rind and juice of lemon. Pour into flan case. Bake in a hot oven 400°F for 20-25 mins., then reduce heat to 325°F for further 25 minutes. Serve hot or cold. Also freezes well.

Barbara Lark.

## APPLE BALLS

6 Medium sized Apples	Beaten White of Egg
6 Teasps. Brown Sugar	Caster Sugar
6 Cloves	8 oz. Short Crust Pastry

Prepare the pastry, wipe, core, and peel the apples, roll out pastry to  $\frac{1}{4}$ " thickness. Cut into rounds large enough to surround the apple, place an apple in the centre of each round of pastry, and fill up centre of apple with sugar and one clove. Wet edges of pastry and fold up neatly round the apple. Join at top. Roll the ball between the hands. Place on greased baking tray with the rough side down. Brush over with milk or water, dredge with fine sugar, and bake in hot oven till the pastry is a light brown; then reduce the heat and cook more slowly till the apples are soft. Serve on a hot dish and dredge with fine sugar. Regulo 6 - other cookers 400°F. Middle of oven.

Morag Forsyth.

## APPLE PIN WHEELS

Syrup: 3 ozs. Soft Brown Sugar  
4 tblsps. Water

Pastry: 4 ozs. Flour  
1 oz. Marg.  
1 oz. Caster Sugar  
 $\frac{1}{2}$  Level teasp. Baking Powder  
Pinch Salt  
2 teasps. Milk

Filling: 2 Med. sized Cooking Apples  
 $1\frac{1}{2}$  oz. Granulated Sugar  
 $\frac{1}{2}$  level teasp. Ground Cinnamon  
1 teasp. Lemon Juice  
1 pint Oven-ware Dish  
Oven 180°C 350°F Gas 4  
Time 30 mins.

Syrup: Dissolve sugar in water, bring to boil, simmer for 2 to 3 mins. Pour into greased dish.

Pastry: Rub marg into flour, add sugar, baking powder and salt. Mix to a stiff dough with milk, knead lightly and roll into rectangle 6" x 10". Chop apples finely. Spread pastry with apples, sugar, cinnamon and lemon juice. Roll in swiss roll fashion and cut into 4 equal rounds. Place pin wheels flat side uppermost in prepared dish. Baste with syrup and bake for approx. 30 mins. until cooked. Serve hot with custard or cream.

Christine Forsyth.

## CANADIAN FRUIT PIE

2 oz. Margarine  
1 Cup Sultanas or Mixed Fruit  
1 Cup Sugar

2 Eggs  
Few Drops Vanilla Essence  
Shortcrust Pastry

Melt marg. in pan over a low heat. Cook fruit slightly. Add sugar and vanilla essence. Allow to cool for a few minutes and then add 2 beaten eggs. Mix well and pour into short-crust pastry case. Bake in moderate oven for 30 minutes. Serve with cream.

M. Drummond.

## SULTANA SPONGE TART - 8" Flan Ring

PASTRY : 5 oz. Plain Flour  
1 oz. Margarine  
Pinch of Salt  
 $1\frac{1}{2}$  oz. Lard

Sieve the flour and salt into mixing bowl, add the fats cut into small pieces and using the fingertips only, rub them until they are evenly distributed and the mixture resembles fine breadcrumbs. Stir in enough water to make a fairly stiff dough, then roll it out to a circle larger than the flan ring. Put the flan ring onto a baking tray, lift the dough into the centre and press it into the base and sides. Run a rolling pin over the top of the ring to remove the excess pastry and reserve the scraps.

FILLING: 1 oz. Butter	Pinch Ground Cinnamon
4 oz. Sultanas	2 Level Teasp. Syrup
1 oz. Soft Light Brown Sugar	
1 Level Teasp. Plain Flour	

Put all the ingredients into a saucepan and over a low heat, bring the mixture to the boil, stirring all the time. Leave the filling on one side to cool.

### SPONGE TOPPING:

1 Large Egg	2 oz. Caster Sugar
2 oz. Soft Margarine	2 oz. S.R. Flour

Put the egg, marg, sugar and flour into a mixing bowl using a wooden spoon, beat them together until the ingredients have combined, then beat the mixture for 1 min. to incorporate some air. Spread the cool filling over the flan case, then cover this with the sponge mixture. Roll out pastry scraps and cut out six strips, then arrange them in a lattice on top of the tart. Bake tart on the centre shelf of a moderately hot oven Mark 5 or 375F for about 40 mins. or until the pastry is golden brown and sponge well risen. Can be served with custard.

Irene Rodger.

## FLUFFY LEMON SOUFFLE

Approx. Prep. Time 20 mins. (plus standing time)

$\frac{1}{2}$  oz. Gelatine  
2 Med. Size Lemons  
4 Large Eggs  
4 oz. Caster Sugar

$\frac{1}{2}$  Pint Double Cream  
 $\frac{1}{8}$  Pint Single Cream  
2 Tblsp. Top of Milk  
Extra Double Cream and some chocolate  
vermicelli for decoration

Wrap a band of greaseproof paper round the outside of a  $5\frac{1}{2}$ " souffle dish. The band of greaseproof must be deep enough to extend 4" above rim of dish. Secure with thin string. Lightly oil the inside of paper with tasteless oil. Put the gelatine and 4 Tblsp. cold water in an old cup. Stand the cup in a bowl of very hot water and leave there until the gelatine has dissolved. Grate rind of lemon. Squeeze out and strain the juice from both lemons. Separate eggs, whisk egg yolks with sugar until very thick. Whisk double cream with single cream. Whisk egg whites until very stiff. Fold the lemon juice, lemon rind and top of milk into whisked egg mixture. Stir in dissolved gelatine, then the cream and egg whites. Put the mixture in the prepared souffle dish. Lightly smooth the top with a palette knife and leave to set. Carefully remove paper, decorate top of souffle with extra cream and vermicelli.

Sheila Robertson.

## DANISH CREAM CAKE (BISCOTTEN TORTE)

4 oz. Margarine  
4 oz. Castor Sugar  
2 Eggs  
4 oz. Ground Almonds  
 $\frac{1}{2}$  Pint Whipping Cream

Few drops almond essence  
 $\frac{1}{2}$  Pint milk  
 $1\frac{1}{2}$  Tblsp. Rum  
12 oz. Nice biscuits (24)  
Sliced Almonds

Cream margarine and sugar together until light and fluffy. Separate eggs and beat yolks into mix. Add ground almonds, almond essence and half the milk. Beat egg whites until stiff, then fold into the almond mix. Mix rum and most of the remaining milk. Arrange 6 biscuits in two rows on a sheet of greaseproof paper. Brush generously with milk/rum mix. Spread with  $\frac{1}{3}$  almond mix. Continue with biscuits (brushing each layer with milk/rum) and filling, ending with biscuits on top. Wrap securely in foil and put in fridge overnight. Cover with cream and almonds.

Rose-Marie Whiteford

## FRUIT SOUFFLE

1 Jelly  
1 med. tin fruit cocktail  
1 family size block vanilla ice cream

Drain juice from fruit and make up to  $\frac{1}{2}$  pint with water. Dissolve jelly in the juice mixture. Leave to cool but not set in mixture bowl. Empty fruit cocktail into cold jelly and beat until most of the fruit has broken up. Add block of ice cream and beat again until fairly smooth. Pour into bowl and leave to set.

Una McLaren

## LEMON CHEESECAKE

9 Digestive Biscuits  
2 ozs. Marg  
 $\frac{1}{2}$  Lemon Jelly  
 $\frac{1}{4}$  Pint Water

Juice and Rind of 1 Lemon  
 $\frac{1}{2}$  Small Tin Carnation Milk  
 $\frac{1}{2}$  Cup Sugar  
4 ozs. Cream Cheese

Crush biscuits melt marg, add biscuits crumbs, mix well and press firmly into a well buttered 8" flan ring. Make up jelly with water and allow to cool. Whisk milk until thick and creamy. Add cheese and sugar and whisk again. Add lemon juice and rind to cold jelly, then add lemon mix to the milk cheese mixture and whisk. Pour on biscuit base and allow to set. Decorate with whipped cream.

Mrs B E Robertson

## GRAPE TRIFLE

Approx, Prep, Time 25 mins. Cooking time 5 mins

1 Pint sachet custard powder  
1 Pint milk  
 $1\frac{1}{2}$  oz. castor sugar  
15 oz. can pear halves

2 tblsp. Brandy  
4 ozs. Green Grapes  
6 ozs. Black Grapes  
3 Tblsp. Canned Sweetened Orange Juice

Make up the custard as directed on the packet. Let it cool a little. Drain the pears, chop up and mix with the brandy. Put them in a flat serving dish. Put the green grapes on top of the pears. Divide the black **grapes** into small bunches. Keep most of them for top of trifle, put rest in the dish. Pour orange juice into dish, top with the custard. Cover with cling-film and leave to cool. Decorate with black grapes.

Sheila Robertson

### SEMOLINA FOAM

- 1 Jelly
- 3 Cups Water
- 2 Tblsp. Sugar
- 2 Tblsp. Semolina

Put jelly in pan with water until melted, add sugar and semolina and stir till boiling point. Put in dish till cool and switch for  $\frac{1}{2}$  hour. Put in dessert dish and set.

Mrs. Mary Findlay.

### AVOCADO FLAN

- Base: 4 oz. Digestives  
1 $\frac{1}{2}$  oz. Melted Butter

- Filling: 1 Lime Jelly  
1 Large Ripe Avocado  
4 Tblsp. Cream

Cream and Angelica for decoration

Make biscuit base and place in 7" flan ring, preferably fluted. Leave to set. Dissolve jelly in  $\frac{3}{4}$  pint hot water. Stone and peel avocado and mash or push through fine sieve. Add to cool jelly, pour on cream and whisk well. Pour into flan ring. Leave to set. Remove ring and decorate with cream stars and angelica leaves.

Mrs. Mavis Ogilvie.



### RHUBARB WHIP

1 lb. Rhubarb  
4 oz. Sugar  
 $\frac{1}{2}$  Pint Water

1 Raspberry Jelly  
7 oz. Can Evaporated Milk

Slowly cook rhubarb in water and sugar until very soft. Melt jelly cubes into hot rhubarb. Leave to cool. Whip evaporated milk until very stiff. Fold into rhubarb mixture and divide into individual glasses. Leave to set.

Mrs. F. Kidd.

### HONEYCOMB SHAPE

$\frac{1}{2}$  Pint New Milk  
 $\frac{1}{4}$  Teacup Sugar  
3 Eggs

Vanilla Essence  
 $1\frac{1}{2}$  Tblsp. Powdered Gelatine  
Wetted Mould

Put milk, sugar and yolks of eggs in a medium sized pan and add gelatine, stir until melted and beat well with a whisk, then bring to the boil which will separate the mixture. Add vanilla essence, set aside until almost cold, then beat the whites of eggs till stiff, add to the mixture and beat well. Pour into the wetted mould and put in fridge to set. When ready turn out on flat plate. Serve with fruit.

Miss Susan Shaw.

### ICE CREAM

4 Eggs Separated  
4 oz. Caster Sugar  
 $\frac{1}{2}$  Pint Whipping Cream

Whisk egg whites and sugar. Add egg yolks and mix with spoon. Whip cream then add to eggs. Freeze for at least 6 hours.

Mrs. K. Dawson.

## CITRUS CHIFFON PIE

1 Packet Unflavoured Gelatine  
5 oz. Sugar  
4 Egg Yolks  
6 oz. Orange Juice  
3 oz. Lemon Juice

$\frac{1}{2}$  Teasp. Grated Orange Peel  
 $\frac{1}{2}$  Teasp. Grated Lemon Peel  
4 Egg Whites  
4 oz. Sugar  
1 - 9" Baked Pastry Shell

In saucepan thoroughly mix gelatine, 5 oz. Sugar and dash salt. Beat together egg yolks, juices and  $\frac{1}{4}$  cup water, stir into gelatine. Cook and stir over med. heat just till mixture comes to boiling and gelatine is completely dissolved. Remove from heat, stir in orange and lemon peel. Chill stirring occasionally till mixture is partially set. Beat egg whites till soft peaks form. Gradually add the 4 oz. sugar, beating till stiff peaks form, fold in gelatine mixture. Pile into cooled baked pastry shell. Chill till firm. Garnish with whipped cream and a sprinkle of shredded orange peel if desired.

Margaret E. Murdoch.

## CHOCOLATE MOUSSE

4 oz. Plain Chocolate  
 $\frac{1}{2}$  oz. Butter  
4 Eggs

Break the chocolate into a bowl set over a saucepan  $\frac{1}{2}$  filled with hot water. Stir occasionally until chocolate has melted. Stir in butter and blend well. Separate eggs adding yolks to chocolate mixture and putting the whites together in a bowl. Stir to blend the egg yolks and chocolate and remove bowl from heat. Whisk egg whites until stiff and using a metal spoon, fold gently but firmly into chocolate mixture. Pour the mousse into serving dish or individual dishes and chill for several hours. Serves 4. Very light mousse and may be made for as many people as required as long as you allow 1 egg and 1 oz. chocolate per person.

S. Colville.

### POT'S -AU- CHOCOLAT

3 oz. Plain Chocolate

1 oz. Butter

Yolks and Whites of 3 Eggs

1 Tblsp. Warm Water

$\frac{1}{4}$  Pint Double Cream

Break up chocolate and put into basin standing over saucepan of hot water. Add butter and leave until both have melted, stirring once or twice. Beat in egg yolks. When mixture is smooth remove from heat and stir in warm water. Beat egg whites to stiff snow and gently fold into chocolate mixture. Transfer to 4 individual dishes or sundae glasses and chill. Just before serving decorate with the cream whipped until lightly stiff.

### POT'S - AU - CHOCOLATE WITH COFFEE

Follow above method for Pot's-au-Chocolat, but add 2 level teasp. instant coffee powder with the butter.

### POT'S - AU - CHOCOLAT WITH SHERRY, BRANDY OR RUM

Follow receipe and method for Pot's-au-Chocolat but omit water. Use instead 1 Tblsp. of lukewarm Sherry, Brandy or Rum.

Mrs. Sheena Lamond.

### TURINOIS (Rich Chocolate and Chestnut Pudding - Serving 8)

Cream together 6 oz. Softened Butter and 4 oz. Caster Sugar. Thoroughly beat in 1 lb. Canned unsweetened Chestnut Puree, two tblsp. Brandy, plus 1 tblsp. Cold Water and  $\frac{1}{2}$  lb. melted but cool Plain Dessert Chocolate. Pack the mixture into a 1 lb. loaf tin which has been lightly oiled, lined with greaseproof paper and coiled again. Cover and refrigerate for atleast 8 hours before serving. Decorate with curls of chocolate after unmoulding and serve with plenty of softly whipped cream flavoured with a little brandy.

Anne Gibson.

## GRAPE DELIGHT

$\frac{1}{2}$ lb. Black Grapes	} halved and pipped	$\frac{3}{4}$ Pt. Apricot Yoghurt
$\frac{1}{2}$ lb. Green Grapes		3 Egg Whites

Turn the yoghurt into a bowl. Whisk the egg whites until stiff and fold into the yoghurt. Layer the yoghurt and grapes into glasses. Decorate with a few grapes on top.

Mrs. Sheena Lamond

## CHERRY CREAM PIE

Pastry - 8 ozs. Plain Flour	Filling - 2 ozs. Icing Sugar
5 ozs. Marg	3 ozs. Pkt. Philadelphia Cheese
2 ozs. Castor Sugar	1 Pkt. Dream Topping
	$\frac{1}{4}$ Pt. Milk
	1 tin Cherry Pie Filling

Pastry - Mix and kneed as for shortbread and use to line 2 sandwich tins. Bake 20 - 25 minutes at 350F.

Filling - Cream icing sugar and cheese. Add to dream topping whipped with milk. Put into cooled pastry cases. Set in fridge then spread pie filling on top.

(Also good with crushed pineapple or other pie filling).

Mrs. F. Kidd

## LEMON FREEZE

2 ozs. cornflakes (crumbled)	} base	2 eggs separated
2 level tblsp caster sugar		A small can nestles milk
1 oz. butter (melted)		4 tblsp. lemon juice
		3 level tblsp. caster sugar

In a bowl blend cornflakes, sugar and butter. Press all but 4 tblsps. into the base of a shallow dish. (A flan tin or sandwich tin). Beat the egg yolks in a deep bowl - combine in nestles milk. Add lemon juice and stir well until thickened. Beat egg white till very stiff. Fold in sugar and then fold this through yolks and lemon mix. Spoon over base. Sprinkle with the remaining flakes. Freeze rapidly in deep freeze. Serve at just below defrost point.

Mrs. Bette Strachan

## BUTTERSCOTCH CRUNCH

Base - $\frac{1}{2}$ oz. Marg	Filling - $\frac{1}{2}$ oz. Marg.
1 oz. Chopped Cooking Choc.	$\frac{1}{2}$ oz. Soft Brown Sugar (Light)
$\frac{1}{2}$ oz. Castor Sugar	1 level dessp. Syrup
1 level tblsp. Syrup	$\frac{1}{2}$ oz. Cornflour
4 tblsp. Cornflakes	$\frac{1}{2}$ gill Milk
	$\frac{1}{2}$ gill Evaporated Milk

Slowly melt marg, syrup and choc. Remove from heat, add sugar and cornflakes, mix thoroughly. Using the back of a metal spoon, shape the mixture evenly into tin. Allow to cool. Melt marg, sugar, syrup in pan and boil until changing to golden brown and smelling of butterscotch. Blend cornflour with a little milk add remaining milk and bring to boiling point. Pour over base and leave to set. Serve with fresh whipped cream.

Miss Johann Forsyth

## HONEY BANANA CREAMS

3 large ripe Bananas  
1 large Lemon  
2-3 tblsp. Honey  
 $\frac{1}{2}$  Pt. Milk

$\frac{1}{2}$  oz. Powdered Gelatine  
 $\frac{1}{4}$  Pt. Water  
2-3 Tblsp. Cream  
Topping - Ice Cream or Cream

Mash bananas with lemon juice. Heat honey in the milk. Stir into mashed bananas. Soften gelatine in 3 tblsp. of the cold water. Simmer the lemon rind in the remainder of the water for about 5 mins. then blend the liquid with the softened gelatine. When quite clear add to the banana mixture. Allow to cool and stiffen very slightly then fold in the lightly whipped cream. Spoon into glasses and top with ice cream or cream

Mrs. Anne Gibson

## LEMON AND CHOCOLATE FLAN

1 Cooked 6-7" flan case  
 $\frac{1}{2}$  Pt. Water  
2-3 ozs. Sugar  
Juice and rind of 1 Lemon

1 oz. Cornflour  
2 egg yolks  
1 oz. Grated Chocolate

Place water in pan, add sugar and slices of peel from lemon, bring to boil slowly and strain. Blend the cornflour with the lemon juice add to the water sugar mixture, bring to the boil and cook for 2-3 mins. to thicken. Beat the egg yolks and add to the cornflour mixture. Pour the filling into the flan case and bake in moderate oven (350F, Gas mark 4) for 20 mins. Leave to cool and sprinkle with grated chocolate.

Mrs. J. Brown

## LEMON CREAM PUDDING

$\frac{1}{2}$ Pkt. Lemon Jelly	2 tblsp. Lemon Juice
5 oz. Carton natural Yoghurt	$\frac{1}{2}$ Pt. Milk

To serve - 4 oz. Double Cream and sliced banana.

Dissolve jelly in 4 tblsp. water in pan. Heat gently stirring till dissolved. Leave to cool. Whisk in yoghurt, juice and milk till frothy. Pour into a dish or separate glasses and chill. Decorate with cream and sliced banana.

Mrs. Frances Hogg.

## PAVLOVA

4 egg whites	$\frac{1}{2}$ teasp. Vanilla essence
8 ozs. Caster Sugar	$\frac{3}{4}$ Pt. cream (whipped)
1 dessp. Cornflour	Fruit to decorate e.g. rasps, pineapple
1 teasp. Vinegar	

Beat egg whites until stiff, gradually adding sugar whilst beating. Fold in cornflour, vinegar and vanilla essence. Cover oven tray with aluminium foil and grease. Pile mixture onto the tray, slightly flatten into a round or oval shape. Bake in a cool oven (250F) for  $1\frac{1}{2}$  hours, switch off oven and leave pavlova in oven to cool. Turn upside down carefully onto serving plate. Cover with whipped cream and fruit of any kind.

Mrs. Mary McLaren

## AMERICAN CREAM PIE

- |   |  |
|---|--|
| 7 oz. Sugar                                   | 1 Teasp. Vanilla                             |
| $1\frac{1}{2}$ oz. Plain Flour or Corn Starch | 3 oz. Flaked or shredded Coconut             |
| 18 fl. oz. Milk                               | 1 Baked 9" Pastry Shell                      |
| 3 Slightly Beaten Egg Yolks                   | Cooled Meringue                              |
| 1 oz. Butter or Margarine                     | $\frac{1}{3}$ Cup Flaked or shredded Coconut |

Combine sugar, flour and  $\frac{1}{4}$  teasp. salt. Gradually stir in milk, mixing well. Cook and stir over medium heat till thickened and bubbly. Cook 2 mins. more. Remove from heat. Stir small amount hot mixture into egg yolks, immediately return to hot mixture. Cook and stir for 2 mins. Remove from heat. Add butter, vanilla and 1 cup coconut. Pour the mixture into the 9" Cooled pastry shell. Spread meringue atop hot filling, sealing to edge of pastry. Sprinkle meringue with the  $\frac{1}{3}$  cup coconut. Bake at 350 till golden brown about 12 to 15 mins. Cool.

Meringue: Beat 3 egg whites with  $\frac{1}{2}$  teasp. vanilla and  $\frac{1}{4}$  teasp. cream of tartar till soft peaks form. Gradually add 6 tblsp. sugar, beating till stiff peaks form and all sugar is dissolved.

Margaret B. Murdoch.

## PINEAPPLE FOAM

- |                              |                         |
|------------------------------|-------------------------|
| 1 tin Evaporated Milk        | $\frac{1}{2}$ Cup Sugar |
| 11 oz. Tin Crushed Pineapple | 2 Tblsp. Cold Water     |
| 1 Lemon Jelly                | 2 Tblsp. Lemon Juice    |

Bring to boil pineapple, lemon jelly, sugar, water and lemon juice. Remove from heat and stir well. Leave to cool and partly set. Whip the chilled evaporated milk until thick. Blend in pineapple mixture. Pour into 8" ring tin which has been rinsed in cold water. Leave to set. When ready to serve turn out and fill the centre with small balls of ice cream.

Mrs. Muirhead.