

HEI HEI KINDERGARTEN



*Cookery Book*



## Soups

### SHIN SOUP

2 lb. Shin beef, quart water, 2 cut-up onions, pepper and salt. Take marrow out of bone and put in saucepan. When hot put in the cut-up meat and simmer for 5 minutes, stirring often. Add water, onions and bone. Boil two hours.

### LENTIL SOUP

(Pressure Cooker)

1 Cup lentils, 2 onions (chopped), water or stock (5 cups), bacon rinds or bones, salt and pepper, chopped celery (optional).

Wash lentils and place in pressure cooker. Add stock and other ingredients; season; bring to cooking pressure. Allow 12 minutes. Serves six or seven people.

### VEGETABLE SOUP

Piece of shin,  $\frac{1}{2}$  cup split peas, 1 tablespoon rice,  $\frac{1}{2}$  cup lentils, 1 tablespoon barley, small bunch parsley (chopped fine), 3 stalks celery (chopped fine), 4 medium carrots, 4 onions, 1 medium parsnip, piece of turnip, pepper and salt to taste.

Grate or mince vegetables. Cover shin with water, add vegetables, etc., and simmer for 3 hours.

### CREAMY VEGETABLE SOUP

6 Cups water, 4 small potatoes, 2 diced carrots, 1 cup green peas, 2 small onions, 1 teaspoon dried herbs, 1 cup milk, chopped parsley.

Put all ingredients into a saucepan (don't cut up the vegetables) and simmer for 1 hour. Press through sieve and then add milk. Sprinkle with chopped parsley and serve.

### FRENCH ONION SOUP

6 Large onions, 2 oz. fat, 1 quart brown stock or water, salt and pepper to taste; rounds of toast, grated cheese.

Cut onions into thick slices. Melt fat, add onions and cook over low heat until golden brown. Add stock or water, bring to the boil and simmer for 30 minutes. Pour into individual bowls and float pieces of toast on each; sprinkle with grated cheese.

### PEA SOUP

1 Cup split peas, 1 pint cold water, 1 carrot and onion, 1 raised teaspoon flour, a little milk, salt and pepper, rasher of bacon.

Soak peas and water overnight, strain; add 1 pint of water and other ingredients. Bring to boiling until vegetables are cooked. Put all this through sieve and return to range.

### CROUTONS

Toasted: Take a thick piece of bread cut into small squares and toast in oven.

Fried: Same method but fry in deep fat and drain.

### MUSHROOM SOUP

$\frac{1}{2}$  lb. Mushrooms, 1 cup water,  $1\frac{1}{2}$  cups milk, knob butter, pepper and salt, 1 dessertspoon cornflour.

Peel mushrooms and break into small pieces. Simmer in water about 15 minutes or until tender. Then add milk, butter, salt and pepper, and cornflour previously mixed with a little milk. Bring to the boil, letting it thicken, and stir to prevent sticking.

## Meat Dishes

including Continental Dishes

### SWEET AND SOUR PORK CONTINENTAL

$\frac{1}{2}$  lb. Pork flank

$\frac{1}{2}$  Cup cornflour

1 Egg

Remove rind from pork and cut into cubes. Sprinkle with salt. Beat egg and spread cornflour on to paper. Dip pork into egg, then cornflour; drop into boiling oil or lard. When cooked the pork will rise to the surface. Cut pineapple into triangles; fry ginger with pineapple in a pan with very little oil. Mix remaining ingredients together in a bowl until smooth; add water and pour into pan. Stir well until cooked. Add more water if necessary just before serving add eschallots to hot sauce.

Sauce: 2 slices pineapple, 2 tablespoons vinegar,  $1\frac{1}{2}$  dessertspoons sugar, 1 dessertspoon tomato sauce, 1 teaspoon cornflour, 1 teaspoon soya sauce, 1 teaspoon brandy or sherry,  $\frac{1}{2}$  teaspoon green ginger finely chopped,  $1\frac{1}{2}$  cups water,  $\frac{1}{2}$  cup finely chopped eschallots.

### DUCK WITH PINEAPPLE CONTINENTAL

Small sized duck

$\frac{1}{2}$  Teaspoon minced green ginger

3 Pineapple slices

$1\frac{1}{2}$  Dessertspoons vinegar

1 Teaspoon brandy or sherry

1 Teaspoon soya sauce

$1\frac{1}{2}$  Teaspoons oil

$1\frac{1}{2}$  Dessertspoons sugar

1 Cup water

$\frac{1}{2}$  Teaspoon cornflour

Bone and slice duck into small pieces; cut pineapple in  $\frac{1}{4}$ -inch strips. Heat oil in pan, add duck and when browned add pineapple. Cook until tender, stirring occasionally. Add the sauce; simmer and stir 3-4 minutes before serving.

Sauce: Mix together vinegar, soya sauce, sugar, brandy, and cornflour; add water. Fry ginger in a little oil, then add sauce mixture, stirring until boiled. This dish can be made from any left-over poultry.



## VENISON

Cut venison into thick steaks. Flour thoroughly; sprinkle more flour in casserole dish. Cover thickly with sliced onions and plenty of water. Cover and cook for 4 to 5 hours at 350 deg. This is delicious with plenty of rich gravy and is an ideal way to cook older venison. Not so dry as roasting.

## GOLDEN SAUSAGES

- |                              |                       |
|------------------------------|-----------------------|
| 2 Tablespoons flour          | Large carrot          |
| 1 lb. Sausages               | 2 Tablespoons vinegar |
| 1 Tablespoon Worcester sauce | 1 Onion               |
| Salt                         | 1 Tablespoon sugar    |

Boil sausages for 1 minute to remove fat. Place in casserole, pour over flour, vinegar, sauce, sugar, salt mixed with 2 cups of water. Put sliced onion and grated carrot on top. Cook slowly 1½ hours.

## GOLDEN SAUSAGES (2)

- |                              |                       |
|------------------------------|-----------------------|
| 1 lb. Sausages               | 1 Tablespoon sugar    |
| 1 Apple                      | 1½ Cups boiling water |
| 1 Tablespoon Worcester sauce | 1 Onion               |
| 1 Carrot                     | 2 Tablespoons flour   |
|                              | Seasoning to taste    |

Prepare sausages by bringing to boil, then skin. Place in casserole. Grate onion, carrot and apple over, add remaining ingredients mixed to a paste. Cover dish and bake 2 hours in oven.

## SAUSAGE MEAT LOAF

- |                         |                        |
|-------------------------|------------------------|
| 2 or 3 lb. Sausage meat | Few rashers lean bacon |
| 1 Large onion           | 1 Beaten egg           |

Cut up onion and bacon and add to meat. Work in beaten egg. Form into loaf shape and bake in moderate oven about an hour. Equally nice served hot or cold.

## BAKED MEAT PATTIES ON PINEAPPLE RINGS

Make meat patties with minced steak, breadcrumbs, chopped onion, salt and pepper and bind with an egg. Shape into round patties in floured hands and arrange on pineapple rings in a greased pie-dish. With 2 tablespoons of the pineapple juice, 1 tablespoon brown sugar, 1 teaspoon of spice and 2 oz. butter or dripping make a sauce to pour over the patties while they are baking. A slice or roll of bacon may be placed on top of each patty. Bake about 1 hour in a moderate oven, basting frequently with pineapple juice sauce. Serve with tomato wedges, parsley and mashed potatoes.

## IRISH STEW

(Pressure Cooker)

- |                      |              |
|----------------------|--------------|
| 1 lb. Neck of mutton | ½ Pint water |
| 2 lb. Potatoes       | Seasoning    |
| ½ lb. Onions         |              |

Cut mutton into neat pieces. Arrange the sliced potatoes, meat and sliced onions in layers in the pressure cooker. Add the liquid and seasoning. Bring slowly to the boil and skim. Fix the lid and bring to pressure. Lower the heat and cook for 15 minutes — allow the temperature to drop gradually to normal. Serve sprinkled with chopped parsley.

## SAUSAGE CHEESE SQUARES

- |                           |                   |
|---------------------------|-------------------|
| 1 oz. Butter              | 2 Tomatoes        |
| 2 Cups flour              | 1 lb Sausage meat |
| 2 Teaspoons baking powder | Mixed herbs       |
| ½ Cup milk                | Salt and pepper   |
| 1 Cup grated cheese       |                   |

Cook sausage meat with herbs and season well. Rub butter into flour, add baking powder, then milk to make soft dough. Roll out and line flat biscuit tin (10 in. x 8 in. approx.). Spread with sausage meat, sprinkle with grated cheese and cover with sliced tomato. Bake in moderate oven 35 minutes. Cut and serve hot.

## SAVOURY MINCE

(Pressure Cooker)

- |                        |   |
|------------------------|---|
| 1 lb Steak mince       | 1 Slice of bread spread with made mustard |
| 2 Large onions         | 1 Cup water or stock                      |
| 2 Large carrots        | Dash vegetable extract                    |
| ½ Teaspoon mixed herbs |   |
| Seasoning              |   |

Dice onions and carrots. Put meat, vegetables, water and herbs into the cooker. Put bread on top of meat; fix lid and bring to pressure. Lower the heat and cook for 15 minutes. Allow the pressure to drop. Open the cooker and mash bread thoroughly until it is mixed with the gravy.

## STUFFED SAUSAGES

Split as many sausages as required down centre; press meat to sides and fill centre with a bread stuffing. Bake in oven. Delicious hot, or cold for picnic meals.

## YORKSHIRE PUDDING

- |             |               |
|-------------|---------------|
| 1 Cup milk  | 1 Egg         |
| ½ Cup flour | Pinch of salt |

Beat egg, add milk, then sifted flour and salt, beating till smooth. Stand this thin batter for at least one hour, then pour into roasting dish in which 1 tablespoon of dripping has been melted. The dish must be hot. Bake about 20 minutes in scone oven.



## Hot Puddings

### EGG CUSTARD

(Pressure Cooker)

- 2 Eggs
- 1 Cup milk
- 1/2 Cup sugar
- 1/2 Teaspoon vanilla

Beat eggs in basin to be used; add milk, sugar and vanilla. Cover basin loosely. Pour 2 cups water into pressure cooker, bring to boil; place basin in cooker, for lid and pressure cook 10 minutes. **Orange Coconut Variation:** Omit vanilla from above custard and add 1 cup breadcrumbs, grated orange rind and 1 tablespoon of coconut.

### FIVE MINUTE PUDDING

- 1 Cup flour
- 1 Cup sugar
- 2 Teaspoons baking powder
- 2 Eggs
- Pinch salt
- Jam

Sift dry ingredients. Drop in eggs and beat until smooth. If too stiff add a little milk. Grease and flour baking dish and pour in mixture. Bake in moderate oven 10 minutes. Turn out on paper sprinkled with long meat, spread with jam and roll up. Serve with sweet sauce.

### FUDGE PUDDING

- 1/2 Cup flour
- 1/2 Teaspoon salt
- 1 Level dessertspoon cocoa
- 1 Teaspoon baking powder
- 1/2 Cup sugar

See ingredients together. Stir 1 cup milk, 1 teaspoon vanilla, 1 tablespoon melted butter, add liquid to dry ingredients; stir well and place in well-greased dish. Cover with chopped nuts. Mix 1 cup brown sugar with 1 heaped dessertspoon cocoa and 1/2 cup hot water, and pour over batter. Bake in moderate oven, 375 deg. for 40 minutes.

### DOMINION PUDDING

- 1 Cup flour
- 4 oz. Sugar
- 1 Teaspoon baking powder
- 1 Egg
- 2 oz. Butter
- 1/2 Cup milk
- Raisins or jam

Cream butter and sugar, add egg and beat well. Add sifted flour and baking powder alternately with milk. Place some raisins or jam on bottom of basin, pour batter over and steam 1 1/2 hours.

### EASY PUDDING (Steamed)

Cook in basin it is mixed in: 1/2 Cup chopped dates, 1/2 cup chopped sultanas or peel, 1 teaspoon baking powder, 1 tablespoon butter, 1 tablespoon sugar, 1 teaspoon soda, 1/2 cup boiling water, 1 cup flour. Put fruit in basin, add butter and sugar and boiling water. Sift flour and baking powder. Mix together, cover with butter paper; do not tie down. Cook in basin for 1 1/2 hours.

## EGGLESS PLUM PUDDING

- 2 oz. Butter
- 1 Cup flour
- 2 Tablespoons black currant jam
- 1 Cup sultanas
- 1 Cup dates
- 1/2 Cup milk
- 1 Teaspoon baking soda

Rub butter into flour, add jam and fruit, mix with milk in which soda has been dissolved. Steam 2 1/2 hours.

## GEM PUDDING

- 6 Tablespoon flour
- 2 Tablespoons sugar
- Pinch salt
- 1 Teaspoon melted butter
- Approx. 1/2 cup milk
- 1 Small teaspoon baking soda
- 1 Small teaspoon cinnamon
- 2 Tablespoons black currant jam

Mix all ingredients in bowl, adding melted butter last. Steam approximately 1 1/2-2 hours.

## "GOLDEN ROLL"

Cooking time: 30 mins. at 5 lbs. pressure.

- 1/2 lb. Flour
- Large teaspoon baking powder
- Pinch of salt
- Water to mix
- 4 oz. Shredded
- 1 Pint (2 measures) water for cooking

Sift flour, baking powder and salt, add shredded. Add sufficient cold water to form a stiff dough. Form into a roll, wrap in grease-proof paper and cloth, and tie ends. Put 1 pint boiling water in cooker with trivet. Place pudding on trivet and steam over low heat with control lever "off" for 15 minutes. Put on pressure control, turn up heat, bring to pressure and pressure cook for 15 minutes. Reduce pressure at room temperature. Serve with golden syrup.

## GOOSEBERRY SHORTCAKE

- 8 oz. Flour
- 1 Egg
- 4 oz. Butter
- 1 Teaspoon baking powder
- 1 Dessertspoon sugar
- 1 lb. Gooseberries

Rub butter into sifted flour and baking powder. Beat egg and sugar until thick, mix into flour to make light paste. Cut in half. Roll out one piece and place on cold oven tray; cover with gooseberries and sprinkle with sugar. Roll out other half and place on top; close edges. Bake 20 minutes and then sprinkle with icing sugar.



## Hot Puddings

### EGG CUSTARD

(Pressure Cooker)

- 2 Eggs
- 1 Cup milk
- 1 Cup sugar
- 1/2 Teaspoon vanilla

Beat eggs in basin to be used; add milk, sugar and vanilla. Cover basin loosely. Pour 2 cups water into pressure cooker, bring to boil; place basin in cooker, fit lid and pressure cook 10 minutes. **Orange Coconut Variation:** Omit vanilla from above custard and add 1 cup breadcrumbs, grated orange rind and 1 tablespoon of coconut.

### FIVE MINUTE PUDDING

- 1 Cup flour
- 1 Cup sugar
- 2 Teaspoons baking powder
- 2 Eggs
- Pinch salt
- Jam

Sift dry ingredients. Drop in eggs and beat until smooth. If too stiff add a little milk. Grease and flour baking dish and pour in mixture. Bake in moderate oven 10 minutes. Turn out on paper sprinkled with icing sugar, spread with jam and roll up. Serve with sweet sauce.

### FUDGE PUDDING

- 1/2 Cup flour
- 1 Teaspoon baking powder
- 1/2 Teaspoon salt
- 1/2 Cup sugar
- 1 Level dessertspoon cocoa

Mix ingredients together. Stir 1 cup milk, 1/2 teaspoon vanilla, 1 tablespoon melted butter, add liquid to dry ingredients, stir well and place in well-greased dish. Cover with chopped nuts. Mix 1 cup brown sugar with 1 heaped dessertspoon cocoa and 1/2 cup hot water, and pour over batter. Bake in moderate oven, 375 deg. for 40 minutes.

### DOMINION PUDDING

- 1 Cup flour
- 4 oz. Sugar
- 1 Teaspoon baking powder
- 1 Egg
- 2 oz. Butter
- 1/2 Cup milk
- Raisins or jam

Cream butter and sugar, add egg and beat well. Add sifted flour and baking powder alternately with milk. Place some raisins or jam on bottom of basin, pour batter over and steam 1 1/2 hours.

### EASY PUDDING (Steamed)

Cook in basin if it is mixed in: 1/2 Cup chopped dates, 1/2 cup chopped sultanas or peel, 1 teaspoon baking powder, 1 tablespoon butter, 1 tablespoon sugar, 1 teaspoon soda, 1/2 cup boiling water, 1 cup flour. Put fruit in basin, add butter and sugar and boiling water. Sift flour and baking powder. Mix together, cover with butter paper but do not tie down. Cook in basin for 1 1/2 hours.

### EGGLESS PLUM PUDDING

- 2 oz. Butter
- 1 Cup flour
- 2 Tablespoons black currant jam
- 1 Cup sultanas
- 1 Cup dates
- 1/2 Cup milk
- 1 Teaspoon baking soda

Rub butter into flour, add jam and fruit, mix with milk in which soda has been dissolved. Steam 2 1/2 hours.

### GEM PUDDING

- 6 Tablespoon flour
- 2 Tablespoons sugar
- Pinch salt
- 1 Tablespoon melted butter
- Approx. 1/2 cup milk
- 1 Small teaspoon baking soda
- 1 Small teaspoon cinnamon
- 2 Tablespoons black currant jam

Mix all ingredients in bowl, adding melted butter last. Steam approximately 1 1/2-2 hours.

### "GOLDEN ROLL"

Cooking time: 30 mins. at 5 lbs. pressure.

- 1/2 lb. Flour
- Large teaspoon baking powder
- Pinch of salt
- Water to mix
- 4 oz. Shredds
- 1 Pint (2 measures) water for cooking

Sift flour, baking powder and salt, add shreds. Add sufficient cold water to form a stiff dough. Form into a roll, wrap in grease-proof paper and cloth, and tie ends. Put 1 pint boiling water in cooker with trivet. Place pudding on trivet and steam over low heat with control lever "off" for 15 minutes. Put on pressure control, turn up heat, bring to pressure and pressure cook for 15 minutes. Reduce pressure at room temperature. Serve with golden syrup.

### GOOSEBERRY SHORTCAKE

- 8 oz. Flour
- 1 Egg
- 4 oz. Butter
- 1 Teaspoon baking powder
- 1 Dessertspoon sugar
- 1 lb. Gooseberries

Rub butter into sifted flour and baking powder. Beat egg and sugar until thick, mix into flour to make light paste. Cut in half. Roll out one piece and place on cold oven tray; cover with gooseberries and sprinkle with sugar. Roll out other half and place on top; close edges. Bake 20 minutes and then sprinkle with icing sugar.



## Large Cakes, Fruit Cakes Sponges and Fillings

### 6-7-8 CAKE

- |              |  |
|--------------|--|
| 6 oz. Butter | 1 Teaspoon baking powder                           |
| 7 oz. Sugar  | $\frac{1}{2}$ Cup milk                             |
| 8 oz. Flour  | Flavouring (vanilla, orange<br>rind or lemon rind) |
| 3 Eggs       |  |

Cream butter and sugar, add flavouring, beat eggs, and add alternately with sifted dry ingredients. Lastly add milk. Bake 1 hour at 400 deg. F. This cake will keep.

### BAVARIAN CAKE

- |                           |                               |
|---------------------------|-------------------------------|
| 6 oz. Butter              | 6 oz. Sugar                   |
| 6 oz. Flour               | 2 Eggs                        |
| 3 oz. Ground nuts         | 1 Dessertspoon coffee essence |
| 2 Teaspoons baking powder | $\frac{1}{2}$ Cup milk        |

Cream butter and sugar, beat in the eggs. Fold in dry ingredients and milk alternately. Bake at 400 deg. in two 9 in. cake tins for 30-35 minutes. Put together with nut filling and ice top.

### BUTTER SPONGE CAKE

- |                                 |                          |
|---------------------------------|--------------------------|
| 4 oz. Butter                    | Lemon or vanilla essence |
| 2 Eggs                          | 4 oz. Sugar              |
| 1 Heaped teaspoon baking powder | 7 oz. Flour              |
|                                 | Salt                     |

Cream butter and sugar, add eggs and beat 5 minutes with egg beater. Add flour, baking powder and flavouring. Bake in oven 400 deg. 25-30 minutes. Ice with plain icing sprinkled with coconut, or raspberry icing.

### CHOCOLATE CAKE

- |                            |                          |
|----------------------------|--------------------------|
| 1 lb. Butter               | 2 Tablespoons cocoa      |
| Small teaspoon sugar       | 1 Teaspoon baking soda   |
| 1 Egg                      | 1 Cup milk               |
| 2 Tablespoons golden syrup | Essence to flavour       |
| 2 Cups flour               | 1 Teaspoon baking powder |

Beat butter, sugar and egg; add melted syrup, the flour and cocoa sifted. Dissolve soda in milk, add and beat till light and smooth. Lastly add baking powder and bake in 10 in. x 10 in. tin in moderate oven for approximately 1 hour. Keeps well.

### CELEBRATION CAKE

- |  |                             |
|--|-----------------------------|
| 6 oz. Flour  | 6 oz. Butter                |
| Pinch salt   | 6 oz. Brown sugar           |
| $\frac{1}{2}$ Teaspoon mixed spice                 | 3 Eggs                      |
| 1 Teaspoon coffee essence                          | 1 Dessertspoon golden syrup |
| 2 oz. Cardied peel                                 | 3 oz. Raisins               |
| 6 oz. Currants                                     | 3 oz. Cherries              |
| 6 oz. Sultanas                                     | 2 oz. Almonds               |
| 1 Tablespoon brandy or rum<br>or few drops essence |                             |

Line and grease 8-inch cake tin. Sieve flour, salt and spice together. Cream butter and sugar till light and fluffy. Beat eggs and add gradually to mixture. Mix in coffee and golden syrup. Stir in one-third of sieved flour mixture. Chop, peel and add with quartered cherries, chopped almonds and other dried fruit. Fold in rest of flour and lastly add brandy or rum. Cook in a very moderate oven, 325 deg. F., Reg. 2, for about 3 hours. Cool on wire rack.

### BUTTER SPONGE CHOCOLATE

- |              |             |
|--------------|-------------|
| 4 oz. Butter | 6 oz. Sugar |
| 6 oz. Flour  | 3 Eggs      |

Melt 2 teaspoons cocoa in 1 tablespoon boiling water, 1 teaspoon baking powder. Cream butter and sugar, and well-beaten eggs, cocoa and sifted dry ingredients. 20 minutes. Two tins. 350 deg.

### CHOCOLATE CAKE (2)

- |                            |  |
|----------------------------|--|
| 4 oz. Butter               | 1 Tablespoon cocoa mixed in<br>$\frac{1}{2}$ cup boiling water |
| 5 oz. Sugar                | $\frac{1}{2}$ Teaspoon baking soda                             |
| 3 Eggs                     | $\frac{1}{2}$ Teaspoon cream of tartar                         |
| 1 Tablespoon raspberry jam |  |
| 1 Breakfast cup flour      |  |

Cream butter and sugar, add beaten eggs. Beat well. Add raspberry jam, flour, baking soda and cream of tartar; lastly cocoa and boiling water. Bake in 8-inch tin in moderate oven. Ice with chocolate icing; decorate with walnuts.

### COFFEE AND SULTANA CAKE

- |              |  |
|--------------|--|
| 5 oz. Butter | 1 $\frac{1}{2}$ Tablespoons coffee essence |
| 5 oz. Sugar  | $\frac{1}{2}$ Teaspoon baking powder       |
| 2 Eggs       | 4 oz. Sultanas                             |
| 8 oz. Flour  | 2 Tablespoons milk                         |

Cream butter and sugar, add coffee essence, then beaten eggs. Fold in sifted dry ingredients, sultanas and lastly milk. Bake 1 $\frac{1}{2}$  hours at 375 deg. F.