

"Please buy our little Booklet,
Your pocket it will fit,
It will only cost a trifle,
But will help us on a bit."

In aid of
Rimington Methodist Chapel
SALE OF WORK EFFORT,
February 4th, 1939

Spencer Bros., Padstham Lane.

THE LITTLE COOK BOOK

—**—

SELECTED RECIPES —
All tried and proved by
competent housewives.

—**—

I'm only a little green book,
But my contents are "good"—
have a look;
And when next time you make
Either pudding or cake
The result should be "fit for a
Duke."

SAVOURIES.

Beefhamia.

1 lb. beef, 4 oz. ham, 1 egg, 6 oz. breadcrumbs, 1 teaspoonful parsley, salt, nutmeg. Mince meat and ham, add breadcrumbs and seasoning, bind with egg, tie in cloth, and boil 2 hours.

Beef Cake.

The remains of cold roast beef, to each 1 lb. of cold beef allow 1 lb. of ham or bacon, pepper and salt, a few herbs, and 1 or 2 eggs. Mince the meat and mix all the other ingredients, and bind with 1 egg, or 2 if required. Make into small square cakes, fry in hot dripping and serve with brown gravy poured over.

Meat Puffs.

Roll out the trimmings of the paste left from the fruit tart as thinly as possible, mince very finely a little cold meat, and season it with pepper and salt. Cut the paste in rounds, wet the edges, put the meat on one half and fold the other over, press and pinch the edges together, flour and fry a nice brown, or bake in a quick oven.

Stuffed Beef Steak.

Make a stuffing with 3 oz. breadcrumbs, thyme, chopped onions, suet, salt, pepper, and bind with a beaten egg. Spread this over the steak, roll up, and tie together with string. Tie in a cloth, put into warm water with a little salt, boil slowly until tender. Serve cold, cut into thin slices.

Supper Sausage.

1/2 lb. steak, 1/2 lb. bacon or ham, 3 oz. breadcrumbs, 1 teasp. salt, a little pepper and grated nutmeg, 1 egg. Mince meat, and mix with other ingredients. Form into a roll, and boil (in floured cloth) for 2 hours, or put into greased jam jar, cover down closely and simmer in pan of boiling water for 2 hours.

Cheese Souffle.

1 large onion, 1/2 lb. cheese, a pint milk, 1 egg, salt and pepper to taste. Boil onion until soft, put into basin and chop fine. put milk into pan, heat, add cheese and chopped onion, also seasoning. Beat egg and add to ingredients in pan and stir until it thickens. It must not boil. Pour into dish and serve.

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Beef Toast.

Mince cold roast beef finely, add pepper and salt, and put into a stew pan with a little good gravy. Thicken it with a small piece of butter rolled in flour. Fry the bread and spread the mince nicely and evenly over it.

Kidney Toast.

Prepare a couple of sheep's kidneys by removing the cores and skin, mince, and cook them in a little brown gravy or stock for a few minutes; season, and add a little ketchup or mushroom sauce, and spread on toast; then put in the oven for a minute and serve very hot.

Rabbit Toast.

4 ozs. of cooked rabbit, the same of cooked ham and tongue mixed, an egg, and sauce.

Chop a small onion, and fry it brown, add a seasoning of mixed herbs, salt and pepper, a teasp. of curry powder and grated cocoanut, and a tablesp. of any nice gravy or stock. Stir and boil up; continue stirring, adding a little more gravy as required. When the mixture will just drop from the spoon easily

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put the meat in, with the egg, boiled hard and chopped very small. Re-heat, and serve on triangles of fried bread.

Scrambled Eggs with Cheese.

To 4 eggs add 4 tablesp. of milk, 4 tablesp. of grated mild cheese, a level teasp. of salt, a few grains of pepper, and beat slightly. Melt a tablesp. of butter in a pan, and when hot turn in the mixture. Cook slowly and stir constantly until the contents are firm, but soft. Arrange the eggs on toast, and serve. Garnish with sprigs of parsley.

Omelette.

Chop finely 2 oz. of ham. Beat up 2 eggs and put in the meat. Pour mixture into a pan with 1/2 oz. of melted butter. Fold in half when nearly done and serve piping hot.

Egg and Cheese Sandwiches.

Cut some thin slices of bread and butter, chop a hard boiled egg. Mix it with grated cheese and season to taste. Spread a thickish layer on half the slices, sprinkle with small cress, cover, and press together.

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Curried Lentils.

Take 1 lb. of lentils, 1 onion, 1 tablesp. of lard, a pinch of salt, 3 tablesp. of curry powder. Boil the lentils until soft—for about ten minutes—chop the onion very fine while the lentils are boiling. Brown the onion in lard, add the onion to the lentils, the curry powder and salt. Let all boil together for half an hour. When it is ready for use serve on toasted bread.

Tomato Rarabit.

Put into a small saucepan a piece of butter the size of an egg, melt it, and add to it 2 tomatoes. Stir these till they are hot through, take them off the fire, add 2 tablesp. of grated cheese and a pinch of cayenne pepper, a pinch of salt, and the yolk of 1 well-beaten egg. Stir for a minute or two over the fire, and turn them out on a round of buttered toast.

Scotch Eggs.

(Sufficient for three people).

3 hard boiled eggs, 1/2 lb sausages, breadcrumbs. Skin the sausages, mix the meat together and divide into three equal portions. Shell the eggs, and cover

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each egg into a portion of sausage meat, which should be sufficient to cover the egg completely. Roll in breadcrumbs, and fry in hot fat. Serve with tomato sauce.

Cheese and Tomato Paste.

1/2 lb. cheese, 1/2 lb. tomatoes, 2 oz. butter, 1 egg, 1 teasp. (small) unmixed mustard, salt and pepper. Skin tomatoes, melt butter in pan and add seasoning. Cook tomatoes slightly, add grated cheese and beaten egg. Stir until it thickens. Serve hot or cold.

FISH.

Fish and Bacon.

Take any kind of fish and 2 rashers of bacon. First fry the bacon crisp, take it from the pan, and put in the fish, then sprinkle with finely chopped parsley; shred an onion thinly and put on top. Cover with water, and simmer for about 20 minutes. Remove the fish from the pan, thicken the gravy with a little flour, pour over fish, garnish the dish with the bacon, and serve.

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Savoury Sole.

Have ready a filleted sole or a plaice. Pound smoothly 2 sardines, a teasp. of chopped parsley, a large spoonful of bread-crumbs, a small piece of butter, white pepper and salt. Spread this mixture on each piece of fish; roll up, and fry in boiling fat for five minutes or so. Turn the rolls carefully about, and sprinkle with brown bread-crumbs.

Plaice with Tomatoes.

Mix together a gill of fish stock, a gill of brown sauce, and a tablesp. of tomato conserve; cook in it some plaice— $\frac{1}{2}$ lb. will be enough. When done, serve with the sauce over, sprinkle with chopped parsley, and put round some small tomatoes, fried, or large ones sliced and grilled. Other fish may be served in the same way.

Potted Crab.

8 oz. haddock, 6 oz. crab, salt, pepper, little mace, $\frac{1}{2}$ oz. butter (melted). Mix all well together, put and pour melted butter on the top.

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VEGETABLES.

Potato Balls.

Ingredients: Potatoes, milk, egg and seasoning. Steam or bake in their skins some mealy potatoes; add to a pound a tablesp. of boiling milk and part of a beaten egg, with a little salt and pepper; cayenne and nutmeg are sometimes added. The mass must be beaten well, and, when cool, made into balls the size of a nutmeg, then coated with the rest of the egg and rolled in fine breadcrumbs. The balls may be fried brown, or baked in a greased tin in a sharp oven, turning them as required.

Stewed Mushrooms.

Put them in a jar in the oven, moistening with pale stock, and seasoning with salt and pepper, and sometimes with lemon juice, and mace or nutmeg. When half done add a little milk and a thickening of flour and butter. As soon as done serve plainly, or on toast.

Stewed Carrots.

Cut the carrots into strips, the size, say, of the finger. Put them

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in a stewpan, with a morsel of butter and some weak meat broth; cook gently and thicken with a little flour, and add some chopped chives, or young onions, with a small piece of chopped parsley, a short time before dishing.

Stuffed Cabbage.

Remove the heart from a fine head of cabbage, fill the cavity with cold chopped meat, well seasoned with salt, pepper, and the beaten yolk of an egg. Tie it in a cloth, and boil 2 hours.

Onion Puree.

Take 7 onions, boil for half an hour in enough water to cover, then add 3 potatoes, 1 small turnip cut into dice, 6 cloves, and pepper and salt to taste. Boil gently for 1 hour. Mix 1 tablesp. of flour with a cup of milk, add a piece of butter the size of a walnut, stir for 5 minutes, and serve hot.

PUDDINGS.

Golden Apple-Dumpling.

Take a large apple, cut it in half, and scoop all the core out so that there is a deep hole.

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Fill the hollow with marmalade, put it together, and put the apple in the middle of a nice suet crust, then place a little more marmalade around the apple. Now cover the paste well, tie it in a pudding-cloth, and boil for $1\frac{1}{2}$ hours. This is a nice change from ordinary apple-dumplings.

Marmalade Pudding.

4 oz. flour, 4 oz. breadcrumbs, 4 oz. suet, 4 oz. sugar, $1\frac{1}{2}$ tablesp. marmalade, 1 egg, $1\frac{1}{2}$ gills skimmed milk, $\frac{1}{2}$ tablesp. baking powder. Chop the suet finely. Mix all the dry ingredients. Add the marmalade, egg and milk. Stir well, pour into a greased pudding basin, cover with greased paper, and steam for $2\frac{1}{2}$ hours. Serve hot, with marmalade sauce round.

Lemon Pudding.

2 teacups flour, 1 teacup sugar, 1 teacup milk, 1 grated rind of lemon, 2 teasp. baking powder, 1 tablesp. dripping, 1 egg. Rub dripping into the flour, add dry ingredients, and mix with eggs and milk. Grease pudding basin and line with jam, add mixture, and steam for $1\frac{1}{2}$ hours.

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Queen of Puddings.

$\frac{1}{2}$ pint milk, $\frac{1}{2}$ oz. butter 2 or 3 tablesp. jam, $\frac{1}{2}$ lb. breadcrumbs, 2 eggs, grated rind of $\frac{1}{2}$ lemon. Boil milk, butter and sugar, add breadcrumbs and egg yolks, sugar and lemon rind. Pour all into a greased piedish and bake slowly until set. Spread the jam on top and whipped egg whites. When cooled the pudding to be returned to oven until brown.

Tasty Pudding.

Dip fingers of bread in melted butter. Arrange them round a basin. Fill the centre with stewed fruit and steam or bake. (Stale bread allied with stewed fruit makes a tasty pudding).

Treacle Pudding.

6 oz. flour, 2 oz. suet, 1 teasp. baking powder, $\frac{1}{2}$ teasp. salt, 1 tablesp. syrup, 1 tablesp. sugar, $\frac{1}{2}$ teasp. ginger, mix with water or milk. Mix all dry foods. Chop suet and flour together, put into a dish, and make a hollow in the centre. Add syrup and water or milk. Mix quickly. Three-parts fill a well-greased basin, cover with a lid or greased paper, and steam 2 hours. Serve with white sauce.

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Shakespearean Pudding.

$\frac{1}{2}$ lb. breadcrumbs, $\frac{1}{2}$ lb. moist sugar, $\frac{1}{2}$ lb. sultanas, $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. suet, 1 teasp. carb. soda. Mix well together with a little milk, and boil 3 hours. Serve with sweet sauce or custard.

Ginger Pudding.

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. syrup, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ teasp. carb. of soda, 1 teasp. ginger, 1 tablesp. sugar. Mix dry ingredients together, rub in butter, add syrup. Mix with milk, and steam 2 hours.

French Pudding.

2 eggs, 2 oz. flour, 2 oz. butter, 1 dessertsp. sugar, $\frac{1}{2}$ pint milk, pinch of salt. Cream butter and sugar, add beaten eggs, dredge in flour, and add milk last. Pour into buttered saucer and bake in oven. When done cut in portions and serve with jam or sugar.

Steamed Pudding.

3 oz. breadcrumbs, 3 oz. sugar, 3 oz. suet, 1 large apple, 1 egg, $\frac{1}{2}$ teasp. baking powder. Chop apple fine, mix with breadcrumbs, sugar, beaten egg and chopped suet; lastly add baking powder. Steam for about 2 hours, and serve with sweetened sauce

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CAKES, &c.

Cornflour Buns.

$\frac{1}{2}$ lb. cornflour, 6 oz. butter, 6 oz. sugar, 4 teasp. flour, 2 teasp. baking powder, 4 eggs. Beat butter and sugar to a cream.

Chocolate Cake.

3 oz. butter, 4 oz. sugar, 5 oz. flour, 2 eggs, 1 teaspoonful baking powder, pinch of salt, 2d. bar plain chocolate.

Lemon Cheese Cakes.

$\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. sugar, 6 oz. currants, 2 eggs, juice of 1 lemon, a little nutmeg and lemon peel, 1 teasp. cornflour.

Geneva Cake.

$\frac{1}{2}$ lb. butter, 5 oz. flour, 5 oz. sugar, 2 eggs, 1 teasp. baking powder, 1 tablesp. milk. Bake in a moderate oven.

French Buns.

1 lb. flour, 3 oz. lard, 2 oz. sugar, 1 oz. yeast, pinch salt, milk, currants.

Drop Buns.

4 oz. butter or lard, $\frac{1}{2}$ lb. flour, 4 oz. sugar, 2 oz. cocoanut, 1 egg, 2 tablesp. milk, 2 teasp. baking powder.

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Vienna Tarts.

$1\frac{1}{2}$ cups flour, $\frac{1}{2}$ cup ground rice, $\frac{1}{2}$ cup castor sugar, 4 oz. butter and lard, 3 teasp. baking powder, 2 tablesp. milk, 1 egg, little jam or marmalade. Mix to a dough, roll out, line tart tins and add jam

Brandy Snaps.

1 lb. flour, 1 lb. treacle, 1 lb. sugar, $\frac{3}{4}$ lb. margarine, $\frac{1}{2}$ oz. ginger. Brandy snap must be baked in a cool oven. Careful attention. Do not shut door for more than 2 minutes

Ginger Biscuits.

1 lb. flour, 6 oz. sugar, 4 oz. butter, 4 tablesp. treacle, $1\frac{1}{2}$ teasp. ginger, 1 teasp. carb. of soda, pinch of salt. Drop of milk to mix.

Raspberry Sandwich.

4 oz. flour, 3 oz. sugar, 1 egg, $2\frac{1}{2}$ oz. butter, 2 teasp. baking powder, 2 tablesp. milk. Bake in a slow oven $\frac{3}{4}$ hour.

Shortbread.

1 lb. flour, $\frac{1}{2}$ lb. butter, 4 oz. sugar. Mix butter and sugar, gradually work in flour, roll out and bake in moderate oven.

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Orange Cake.

6 oz. flour, 6 oz. sugar, 4 oz. butter, 2 eggs, 1 teasp. baking powder, rind and juice of an orange.

Cream Soones.

1 lb. flour, 1 large teasp. baking powder, 1 large teasp. sugar, 2 oz. butter, 1 teacup milk or cream. Mix dry ingredients all together. Mix with milk to nice dough. Divide same into pieces, roll out thin and cut into four pieces when on the girdle.

Sweet Biscuits.

$\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. butter, 1 egg, $\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ teasp. baking powder.

Christmas Cake.

$1\frac{1}{2}$ lb. flour, 1 lb. butter, $1\frac{1}{2}$ lb. currants, 1 lb. white sugar, $\frac{1}{2}$ lb. candied peel, 2 teasp. baking powder, 8 eggs, $\frac{1}{2}$ lb. almonds, nearly gill milk. Bake in a moderate oven, time according to size of cake.

Quaker Oat Biscuits.

$\frac{1}{2}$ lb. dough, $\frac{1}{2}$ lb. quaker oats, 3 oz. lard, 2 oz. sugar, 1 teasp. baking powder. Mix and knead well. Roll out thin and bake in a moderate oven.

Ground Rice Biscuits.

1 large cupful ground rice, 1 small cupful flour, $\frac{1}{2}$ cupful sugar, $\frac{1}{2}$ teasp. baking powder, $\frac{1}{2}$ lb. butter or margarine, and 1 egg. Mix dry ingredients. Add egg and mix to stiff dough, roll and cut out. Bake in a moderate oven until pale brown.

Parkin.

$\frac{1}{2}$ lb. flour, $\frac{3}{4}$ lb. oatmeal, $\frac{1}{2}$ lb. margarine, $\frac{1}{2}$ lb. brown sugar, 10 oz golden syrup, $\frac{1}{2}$ teasp. carb. of soda, $\frac{1}{2}$ teasp. ground ginger, and milk. Mix flour, ginger, sugar and oatmeal; melt syrup and margarine, dissolve carb. of soda in milk, mix well together and bake in slow oven.

Rice Sponge Cake.

2 eggs, $\frac{1}{2}$ cup sugar, 1 cup ground rice. Beat eggs well, then add sugar, beat well, add ground rice. Bake in a moderate oven for $\frac{1}{2}$ hour.

Feather Cake.

5 oz. flour, 5 oz. sugar, $1\frac{1}{2}$ oz. butter, $1\frac{1}{2}$ oz. lard, 2 eggs, 3 tablesp. milk, 1 tablesp. baking powder.

SUNDRIES.

Cocoanut Ice.

1 lb. sugar, $\frac{1}{2}$ lb. cocoanut, 1 teacup milk. Warm milk and add sugar. Boil for 5 minutes, stirring all the time. Pour into it cocoanut and beat for 20 minutes. Pour into greased tin, and cut into bars when cool.

Lemonade.

2 lemons, 1 oz. citric acid, 1 lb. lump sugar, hot water. Thinly peel lemons, place rind, juice, sugar and citric acid in a jug and add sufficient boiling water to melt.

Winter Fruit Salad.

2 apples, 2 oranges, 1 lemon, 4 bananas. Cut all up together in dish, add juice of lemon, sweeten and add shelled walnuts, if desired. Better made a little before required so that the flavours may mingle.

Lemon Curd.

$\frac{1}{2}$ lb. best butter, $\frac{1}{2}$ lb. castor sugar, 2 lemons, 2 eggs. Put butter and sugar into a jug. Place jug in pan of boiling water and stir till dissolved. Add the juice and well-beaten eggs, and keep stirring until it thickens.

Good Treacle Toffes.

1 lb. raw sugar, $\frac{1}{2}$ lb. black treacle, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ cupful cold water, 1 teaspoon vinegar, pinch of salt. Put all into the pan, stir gently the same way occasionally, until it is boiled sufficiently to set, when a little is dropped into a basin of cold water. Pour into a well-greased tin and leave until cold.

Everton Toffee.

1 large cupful granulated sugar, 3 oz. butter, melted together, then add two tablespoonfuls syrup, 1 small tin condensed milk, 1 teaspoonful vinegar. Boil together about 15 or 20 minutes, then pour into well greased tin to set. Cut into squares before properly set. Can be flavoured if desired with 2 teaspoonfuls cocoa.

Apricot Jam.

1 lb. dried apricots, wash well and shred. Steep 24 hours in cold water, put in pan and boil slowly 10 to 15 minutes, add 2 lbs. lump sugar. Boil slowly for 20 minutes, and pour into jars.