



## **Liver and Bacon**

Pan fry liver, remove from pan, place in casserole dish.

Pan fry bacon, remove from pan, place in casserole dish

Pan fry chopped onions (peppers if using). Add to casserole dish.

In the same pan mix half a pint beef stock, pour into casserole dish, add 1 tablespoon Worcester sauce if you like.

Serve with mashed potato (add parsnip or suede) see tips page.



## **Sweet and Sour Bacon & Pasta**

Place a portion of pasta in a saucepan

Add boiling hot water (a kettle will do)

Pan fry bacon, add chopped onions, pepper (celery if you like)

Add jar sweet and sour sauce

Put ¼ pint cold water in the empty jar, lid on shake, add to pan

Once pasta cooked, add pasta to sauce, stir and serve.

## Cornish Pasty

- 8oz shortcrust pastry
- 4oz steak
- 1 onion
- 8oz diced raw potato
- pinch salt & pepper
- a little stock
- egg for glazing



Roll pastry onto a large plate.

Mix the other ingredients together, moisten them with a little stock, place on half the pastry, fold the other half over, seal and crimp the edges, brush with the egg.

Make three slits in the pastry to let steam escape.

Bake in moderate oven (375 degree F – gas mark 5 for 1 – 1 ¼ hours

## Fish Pasties



- 8oz cooked fish
- 8oz mixed cooked vegetables
- 1 tablespoon vinegar
- 6oz short crust pastry
- 2 tablespoons chopped parsley
- $\frac{1}{4}$  pint white sauce
- 1 teaspoon salt  $\frac{1}{4}$  teaspoon pepper

Mix the fish, vegetables, parsley, sauce and seasoning. Roll out the pastry, cut into 6" in diameter (as Cornish pastry method). Place the filling on one half of pastry, damp pastry edges and fold the other half over, seal and crimp edges. Bake in a moderate oven 25-30 minutes



## Eggless Fruit Cake

- 8oz lard or dripping
- 8oz Demerara sugar
- 4-6oz currents + raisins or sultanas
- 1lb flour
- 2 teaspoons bicarbonate of soda and ground ginger
- $\frac{1}{4}$  pint milk
- 2 teaspoons vinegar

Cream the fat and sugar.

Sieve the flour, bicarbonate of soda and ginger

Add these alternatively with milk

Finally add the vinegar and immediately place the mixture in an oblong cake tin

Bake in a moderate (350 degree F, Mark 3) for 2 hours

Dust with sugar

## Eggless Sponge

Cooking time 20 minutes.



*Eggless Sponge Cake*

- .6oz self raising flour
- 1 level teaspoon baking powder or plain flour
- 3 level teaspoons of baking powder
- 2 ½ oz margarine
- 2oz sugar
- 1 level tablespoon golden syrup
- ¼ pint milk or milk and water
- Jam for filling

Sift the flour and baking powder. Cream the margarine sugar and golden syrup until soft and light, add a little flour then a little liquid. Continue like this until a smooth mixture. Grease and flour two 7 inch sandwich tins and divide the mixture between the tins. Bake for approximately 20 minutes or until firm to touch, just above the centre of a moderately hot oven. Turn out and sandwich with jam.

## Corn Beef Fritters



- 2oz self raising or plain flour
- Pinch salt
- Pinch dried mixed herbs
- 1 teaspoon grated onion
- 1 egg yolk
- ½ gill (5fl oz) milk or milk and water
- 6oz corn beef / or spam finely flaked
- 1 teaspoon parsley
- 1oz dripping (clarified) or cooking fat

Blend the flour with the salt, egg and milk / milk and water. Beat until smooth, batter then add the herbs, onions, parsley, and corn beef / spam. Melt the fat in a frying pan. When hot drop in a spoonful of batter mixture. Fry quickly on both sides until crisp and brown.

# RECIPES DURING THE WAR





## QUICK VEGETABLE SOUP

$\frac{1}{2}$  OZ DRIPPING 12 OZ DICED MIXED VEG  
1 $\frac{1}{2}$  PINTS WATER OR STOCK

SALT AND PEPPER CHOPPED PARSLEY  
MELT DRIPPING IN PAN ADD THE VEG  
COOK GENTLY 5 MINS ADD LIQUID  
SIMMER FOR 25 MINS SEASON  
RUB THROUGH SIEVE TO MAKE PUREE  
REHEAT & SERVE SPRINKLED  
WITH CHOPPED PARSLEY



## QUICK SOUP

4 BREAKFAST CUPS STOCK OR WATER  
1 lb MIXED VEG 1 TEASPOON SALT  
2 TABLESPOON WHEATMEAL FLOUR  
1 TABLESPOON MILK CHOPPED PARSLEY OR  
WATERCRESS OR SLICED CABBAGE  
PUT WATER INTO PAN BOIL ADD VEGETABLE  
AND SALT COOK TILL TENDER  
MIX FLOUR & MILK WITH ONE CUP OF WATER  
STIR AND COOK 3-5 MINS SERVE WITH  
PARSLEY, WATERCRESS OR CABBAGE



## PEA POD "SOUP"

WASH PODS PUT IN DEEP SAUCE PAN  
ADD - 2 SPRIGS MINT 1 LARGE POTATO  
ONIONS OR CHIVES OR SPRING ONIONS  
SALT & PEPPER COVER WITH BOILING  
WATER COOK WITH LID ON UNTIL  
TENDER PUT VEG & PODS THROUGH  
SIEVE RETURN TO SAUCE PAN  
BLEND A LITTLE FLOUR 1oz TO EACH  
PINT WITH COLD WATER  
RETURN TO SAUCE PAN STIR UNTIL  
BOILING SERVE VERY HOT