

Food Preparation

ONDERWERP • SUBJECT

Marion - 38.

Johan Truter

[Signature]

VERWYSINGS • REFERENCES

TYDPERK • PERIOD

BESKIKKING • DISPOSAL

TOT • TO

KANTOOR • OFFICE

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Johan se. word reseep

2 Kg Maalvleis

40 ml Braaisout

5 ml peper

80 ml Aryn

⇒ Botjie worcester sous

2 kippies waeltjes

2 teelepels Koljander

1 " reut

1 " kippie krui

1 Koelies weetbisa

1 groot ui

Wors

① 2 Kg vleis

~~②~~ 40 ml sout.

5 ml peper.

knippe knaeltjies.

$\frac{1}{2}$ t Anetjies (Nout)

$1\frac{1}{2}$ t Coriander.

② 2 Kg vleis

30 ml sout

10 ml Graaisout.

5 ml Buffalo

5 ml peper.

Die res soos bo.

FOOD PREPARATION SANAE

CAKE AND DESERTS FIRST DAY

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FOOD PREPARATION SANAE

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FOOD PREPARATION SANAE
YEAST PRODUCTS AND QUICK FLOUR MIXTURES
THIRD DAY

GROUPS	GROUP ACTIVITIES	YEAST PRODUCTS		SCONES AND PANCAKES	
1	Large quantity White Bread (double recipe)	Brown batter bread	5	Breakfast scones	7
2		White bread rolls	4	Brown scones	8
3		Raisin bread	3	Tea scones	8
4		Shaping white bread and plaited bread		Pancakes (some batter to 8 + 9)	10
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GROUP	GROUP ACTIVITIES	YEAST PRODUCTS		SCONES AND PANCAKES	
12	Large quantity Brown Bread (double recipe)	French bread - white breadroll recipe	4	Brown scones	8
13		Raisin bread and raisin rolls	3	Breakfast scones	7
14		Buttermilk rusks	12	Tea scones	8
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FOOD PREPARATION

COURSE IN FOOD PREPARATION FOR MEMBERS OF THE ANTARKTIC, MARION AND GOUGH ISLAND TEAMS

Recipes compiled by:

Home Economics Section
Department of National Education

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Trifle - Foods and Cookery pp 146

Whipped fruitjelly 54

BASIC RECIPES FOR YEAST PRODUCTS

WHITE AND BROWN BREAD FOLLOWING THE SPONGE METHOD

WHITE BREAD

5 - 10 ml active dried yeast
625 ml lukewarm water
15 ml sugar
10 ml vinegar
1 ml ascorbic acid
15 ml salt
15 ml fat or oil
15 ml milk powder
1 kg bread flour

BROWN BREAD

5 - 10 ml active dried yeast
625 ml lukewarm water
10 ml sugar
10 ml vinegar
1 ml ascorbic acid
15 ml salt
25 ml fat or oil
15 ml milk powder
1 kg bread flour
Sifted meal

WHOLE-WHEAT BREAD

10 - 15 ml active dried yeast
750 ml lukewarm water (3 x 250 ml)
15 ml sugar
15 ml salt
10 ml vinegar
1 ml ascorbic acid
25 ml fat or oil
15 ml milk powder
500 g sifted meal
500 g unsifted meal

WHITE AND BROWN BREAD - LARGE QUANTITY

WHITE BREAD OR BROWN BREAD

10 - 15 ml active dried yeast
1,25 l lukewarm water
25 ml sugar
10 ml vinegar
1 ml ascorbic acid
25 ml salt
25 ml fat or oil
25 ml milk powder
2 kg breadflour or sifted meal (brown meal for brown bread)

WHOLE-WHEAT BREAD

15 ml active dried yeast
1,25 l lukewarm water
25 ml sugar
25 ml salt
10 ml vinegar
1 ml ascorbic acid
25 ml fat or oil
25 ml milk powder
1 kg sifted meal
1 kg unsifted meal

Note:

The vinegar is added to prevent rope in the bread.

A larger quantity of yeast may be used for quick fermentation.

Ascorbic acid is added to strengthen the gluten and thereby to obtain a greater volume.

Bread Dough Following The Sponge Method:

1. Soak the yeast for 10 - 15 min in 250 ml of lukewarm water 40° C (104 ° F) with a little of the sugar added.
2. Measure the flour into a basin. Make a hollow in the centre and add the yeast and the rest of the lukewarm water.
3. Stir in just enough flour to make a slack batter. Beat until smooth. Sprinkle a little flour over. This is the sponge.
4. Cover warmly and leave to ferment for about 15 - 20 min until the sponge is foamy and double in volume.
5. Measure the rest of the ingredients and add to the flour and sponge and mix to a dough that can be kneaded without being sticky. Always mix from the centre towards the side so that the dry flour is gradually mixed into the sponge. If more liquid is required it can be sprinkled over the dry flour and then mixed into the dough.

Note:

Because all flours do not absorb water to the same extent it is sometimes necessary to add more lukewarm water. If the dough becomes too sticky to handle, more flour should be added.

6. Knead the dough by stretching and folding it over and over until it becomes smooth. Do not knead it too much. Dust the hands with a little flour to prevent the dough from sticking to them.
7. Cover the dough warmly and leave to rise to double its size about 1 - 2 h.

If at this stage the dough is not left to rise sufficiently, i.e. to double its size, it will not rise to the desired volume in the pans and the final product will have a coarse texture with thick cell walls and poor volume.

8. When the dough has doubled its size push it down gently. It can then again be covered warmly and left to rise a second time or after the first rising it may be shaped and placed in greased pans. The pans should only be half filled. Press the dough lightly down along the sides of the pan to obtain a well rounded shape.

9. Brush over very lightly with fat or oil, cover warmly and allow to rise to double its size.
10. Bake in a hot oven 200° C - 220° C (400 - 425° F) for 50 - 60 minutes.
11. Brush the top with oil or water while still hot.

Note:

The texture of a loaf will always be better if the dough is allowed to rise a second time.

The dough can be placed directly into the pan after kneading. In this case the loaf will not have as fine a texture as that obtained from dough that is allowed to rise at least once before shaping.

VETKOEK (DOUGHBOYS)

Use well risen white or brown bread dough, pinch off small pieces, and stretch these to a thickness of 15 mm. Fry in hot fat or oil till golden brown.

RAISIN BREAD

110 g raisins
250 ml milk
25 ml butter or margarine
15 ml sugar
5 ml salt
50 ml lukewarm water
10 ml active dried yeast
500 g cake flour

1. Wash and dry the raisins.
2. Boil the milk and add the butter or margarine, sugar and salt. Leave to cool to lukewarm.
3. Soak the yeast in the lukewarm water and add to the milk.
4. Add half of the flour and mix thoroughly to prevent a streaky dough.
5. Add the raisins and more flour to form a soft dough. Cover and leave to rise for 10 min.
6. Knead the dough until smooth and elastic. Cover warmly and leave to rise to double in volume.

7. Push down gently, shape and place in greased tins 200x100x90 mm and leave to rise again for 30 min.
8. Bake at 200° C (400° F) for 45 minutes.

Note

1. Raisins must be washed and thoroughly dried in a cloth before adding to the dough.
2. Brush the baked bread with sugared water, 5 ml sugar dissolved in 10 ml water.

BREADROLLS (+ 30 rolls)

250 ml milk or
~~75 ml powdered milk dissolved in~~
~~250 ml water~~
25 ml sugar
5 ml salt
10 ml active dried yeast
300 ml lukewarm water
500 -
700 g cake flour (4x250-6x250 ml)
25 ml melted butter
1 egg slightly beaten or
~~30 ml egg powder mixed with~~
~~15 ml water~~

1. Heat the milk, add the sugar and salt, mix and leave to cool to luke warm.
2. Soak the yeast in 50 ml lukewarm water.
3. Add the yeast to the milk and the rest of the lukewarm water and 500 ml cake flour. Mix to a smooth paste. Cover warmly and leave to rise ± 15 - 20 minutes.
4. Add the melted butter and egg and mix.
5. Add enough cake flour to form a stiff dough. Knead till smooth and elastic.
6. Leave to rise to double in volume.
7. Push down gently, shape into rolls, place on a greased baking sheet. Leave 15 - 20 minutes to rise.
8. Bake 15 - 20 minutes at 200° C (400° F).
9. Brush with butter while still hot.

Hints

1. Always use lukewarm water. Hot water will inactivate the yeast or even kill it all together.
2. Allow the prepared sponge to ferment until foamy before mixing the dough. This will expedite further fermentation and rising.
3. Always allow the dough to rise till double its size. If fermentation is slow, warmed coverings are required. Be careful however not to keep the dough too warm because too high temperatures during fermentation retard and weaken the yeast. Kneading with warm hands will also bring warmth into dough which has become cold. Let the dough rise a second time before shaping.
4. If the flour is very cold it should be placed in a warmish place e.g. in the kitchen near to the stove, before mixing the dough. Very cold flour will cool down the mixture to such an extent that the yeast will become inactive and fermentation will be very slow.
5. Over rising causes the dough to develop a sour taste. Therefore the dough should be pushed down as soon as it has doubled its volume and rather allowed a second rising, or even a third, if it cannot be shaped and placed in the pans straight away. It should never be allowed to expand to such an extent that the mass collapses due to excess gas development. An overstretched dough will undoubtedly result in a poor loaf.
6. Yeast products continue to rise in the oven for at least 10 min or longer before fermentation is stopped by the heat of the oven. This final expansion of the dough in the oven is called ovenspring. A fine shredding along the sides of the loaf, just below the upper crust is an indication of good ovenspring and proves that the dough was allowed to rise to the desired volume prior to baking. The correct oven temperature for baking bread and other yeast products is 200° C - 220° C (425° F).
7. Turn baked products out of the pans as soon as they are taken from the oven. Brush the top crusts lightly with water or oil, or use sweetened water for sweet products. Allow to cool down well before storing.
8. Always keep bread tins very clean and dry.

BROWN BATTER BREAD

- | | |
|--------------------------|------------------------------|
| 10 ml active dried yeast | 360 g bread flour (750 ml) |
| 15 ml sugar | or |
| 375 ml lukewarm water | sifted meal and |
| 15 ml oil | 240 g unsifted meal (500 ml) |
| 15 ml vinegar | 10 ml salt |

1. Add the yeast and sugar to the lukewarm water and soak for about 5 min.
2. Mix the rest of the ingredients and stir the yeast into it. Beat until well mixed. Do not overbeat.
3. Spoon the batter into two greased loaf pans. Fill each about half full. Cover warmly and leave to rise for about 30 - 40 min till double its size. Do not allow the dough to rise too much or a coarse, crumbly texture will result.
4. Bake at 220° C (425° F) for 50 min.

TOASTED SANDWICHES

1. Cut bread in thin slices leaving the lower crust of each pair uncut. Open up, and spread with some filling:

FILLING

MEAT

- | | | |
|--------------------------------------|---|-------------------------|
| 1 tin of bully beef or savoury mince | } | Mix and spread on bread |
| 15 ml mustart | | |
| 30 ml tomato sauce | | |
| 15 ml vinegar | | |
| salt and pepper to taste | | |
| 50 ml butter or margarine | } | |

CHEESE

- | | | |
|---------------------------|---|-----------------------------|
| 250 ml grated cheese | } | Mix and spread on the bread |
| 30 ml tomato sauce | | |
| 50 ml chopped pickles | | |
| 25 ml bovril | | |
| 50 ml butter or margarine | | |

FISH

- | | | |
|-----------------------------------|---|-----------------------------|
| 1 tin salmon or other tinned fish | } | Mix and spread on the bread |
| 30 ml vinegar | | |
| 50 ml chopped pickles | | |
| salt and pepper to taste | | |
| 50 ml butter or margarine | | |

VEGETABLES

- | | | |
|------------------------------------|---|---|
| 1 tin beans in tomato sauce | } | Mince or mash the beans, mix with the other ingredients and spread between the slices |
| 15 ml mustard | | |
| 4 rashers bacon, fried and chopped | | |
| 50 ml butter or margarine | | |

BATTER FOR TOASTED SANDWICHES

125 ml egg powder	2 ml pepper
125 ml milk powder	5 ml mustard
5 ml salt	250 ml water

1. Mix the ingredients add the water slowly and mix to a paste. Mix until smooth with the rest of the water.
2. Place the prepared sandwiches in a dish or on a plate, pour some of the batter over to just barely coat the bread on all sides.
3. Fry to a golden brown in a little fat or oil. Serve while hot.

FRENCH TOAST

Use the same mixture as for toasted sandwiches but dip single slices of bread without a filling in the mixture. Brown both sides in hot oil. Serve with cheese or apricot jam.

QUICK FLOUR MIXTURES (Foods and Cookery pg. 30 - 42)
Metricated Edition

SCONES

BREAKFAST SCONES

(12 scones)

240 g flour	50 ml milk powder
3 ml salt	25 ml butter, margarine or oil
20 ml baking powder	200 ml water or a little more

1. Mix the dry ingredients well.
2. Use a knife to cut the fat into the flour, or use the finger tips to rub it in.
3. Cut the liquid into the mixture with the knife and mix lightly to a soft dough that can be handled.
4. Place the dough on a clean surface dusted with a little flour.
5. Using a rolling pin or the hands flatten the dough lightly to a thickness of 20 mm, shaping it into a square or a rectangular piece.

6. Cut into 50 mm squares and place these 25 mm apart on a greased baking sheet. Brush over lightly with diluted milk.
7. Bake in a very hot oven 220°C (450°F) for 12 - 15 min.

Note: If oil is used, add it to the water for mixing.

BROWN SCONES

(12 scones)

240 g sifted meal (500 ml) (brown)	50 ml milk powder
3 ml salt	50 ml butter, margarine or oil
20 ml baking powder	200 ml water

1. Mix the dry ingredients well.
2. Use a knife to cut the fat into the flour, or use the finger tips to rub it in.

Note: If oil is used, add it to the water for mixing.

3. Cut the liquid into the mixture with a knife and mix lightly to a soft dough that can be handled.
4. Place the dough on a clean working surface, dusted with a little flour.
5. Flatten the dough lightly to 20 mm thickness, using a rolling pin, or the hands, shaping it into a rectangular piece.
6. Cut into 50 mm squares and space 25 mm apart on a greased baking sheet.
7. Bake in a hot oven, 220°C (425°F) for 12 - 15 min.

CHEESE SCONES

Add 200 ml grated Cheddar cheese and 3 ml mustard to breakfast or brown scones.

TEA SCONES

240 g flour ✓	50 ml milk powder ✓
3 ml salt ✓	30 ml egg powder (optional) ✓
25 ml sugar ✓	50 ml butter, margarine ✓
20 ml baking powder ✓	200 ml water or a little more ✓

1. Mix the dry ingredients well.
2. Use a knife to cut the fat into the flour, or use the finger tips to rub it in.
3. Cut the liquid into the mixture with a knife and mix lightly to a soft dough that can be handled.
4. Place the dough on a clean working surface, dusted with a little flour.

5. Flatten the dough lightly to a thickness of 20 mm shaping it into a rectangular piece.
6. Cut into 40 mm squares and place 40 mm apart on a greased baking sheet.
7. Brush lightly with diluted milk and bake in a hot oven, 220°C (425°F) for 12 - 15 min.

USED FOR SCONE DOUGH

SCONE DOUGH CRUST

1. Follow the recipe for breakfast scones, but use 50 ml of fat instead of 25 ml.
2. Roll out the dough to a thickness of 5 mm on a working surface, lightly dusted with flour.
3. Cover a meat or a fruit pie with the dough. Prick lightly with a fork and brush over with diluted milk.
4. Bake in a hot oven, 220°C (425°F) for 15 - 20 min.

MEAT ROLLS

1. Follow the recipe for breakfast scones, but increase the fat to 50 ml. Roll the dough into a rectangular piece about 5 mm thick.
Cut into strips about 100 - 150 mm wide or to the required width for a particular filling.
2. For the filling use well seasoned, minced or chopped cooked meat, ham or fish, mixed with potato, onion or other mashed vegetables if desired.
Vienna sausages or tinned sausage may also be used.
3. Dot the dough with chutney, Worcester sauce or prepared mustard, and place some of the filling along the centre of each strip of dough.
4. Moisten the edges with a little water and fold the dough over to encase the filling. Allow the edges to lap for at least 5 - 10 mm. Press down lightly to seal, and prick with a fork to allow the steam to escape during baking.
5. Cut the roll into 80 - 100 mm lengths and place on a greased baking sheet. Brush over with a little diluted milk.
6. Bake in a hot oven, 220°C (425°F), 15 - 20 min for large rolls or 12 - 15 min for small rolls.

PIZZA PIE

1. Follow the recipe for Breakfast Scones. Press the dough lightly to a thickness of 5 mm into a greased dish or pan.
2. Soak 125 ml of dried onion while preparing the dough. Drain and brown in 25 ml of oil.
3. Use the following ingredients for the filling and arrange in layers as given over the prepared dough:
 - browned onion
 - a little tomato sauce or chutney
 - sliced Vienna sausages, ham, or chopped grilled bacon, mashed fish, e.g. snoek, or sardines.
Well seasoned mince may also be used
 - 250 ml grated Cheddar cheese
 - more tomato sauce for the final layer.
 - 5 ml oreganum
4. Mix and beat until smooth:
 - 75 ml egg powder
 - 50 ml milk powder
 - 3 ml salt
 - 1 ml pepper
 - 300 ml water

Pour this mixture over the filling.
Bake in a hot oven, 200°C (400°F) for 30 min.

PANCAKES

- 240 g cake flour (500 ml)
- 5 ml baking powder
- 2 ml salt
- 2 eggs or
- 60 ml egg powder and
- 30 ml water
- 750 ml water
- oil for baking

1. Sift the flour, baking powder and salt.
2. Beat the egg and add some of the water. Beat well.
3. Add the flour and mix to a smooth batter.
4. Add rest of the water and mix well.
5. Heat 10 ml oil in the frying pan.
6. Ladle enough batter into the pan to just cover the bottom of the pan. (± 100 ml for a 150 - 180 mm diameter pan).

7. Brown on both sides.
8. Sprinkle with cinnamon sugar or use any savoury filling.

VETKOEK - DOUGHBOYS

240 g cake flour (500 ml)
20 ml baking powder
5 ml salt
1 egg or
30 ml egg powder and
15 ml water
250 ml water
oil for deep fry

1. Sift the flour, baking powder, and salt.
2. Beat the egg and water and add to the flour.
3. Mix well.
4. Heat the oil.
5. Dip a spoon in the oil and then ladle small amounts of the batter into the hot oil. Fry till golden brown.
(+ 3 - 4 minutes)
6. Drain on crumpled brown paper.

KOEKSISTERS

500 g cake flour (4 x 250 ml)
20 ml baking powder
5 ml salt
50 ml sugar
25 ml butter
2 eggs or
60 ml egg powder
5 ml ground nutmeg
water for mixing
750 ml oil for deep frying

1. Sift the dry ingredients.
2. Rub the butter in with the finger tips.
3. Beat the egg and add to the flour mixture. If egg powder is used add with dry ingredients.
4. Mix with water +(250-350 ml) to a stiff dough for rolling.
5. Roll to + 10 mm thickness and cut in 25 x 75 mm strips. Plait and fry to a golden brown in hot oil.
6. Drain on crumpled paper and drop into cold syrup while still hot.

SYRUP

1 kg sugar (5 x 250 ml)
750 ml water
25 ml golden syrup
5 ml cream of tartar

1. Mix all the ingredients in a saucepan.
2. Heat slowly and stir till sugar is dissolved.
3. Boil 10 minutes.
4. Remove from heat and leave till cold. (Prepare the syrup the day before using).
5. Place container with syrup in iced water to ensure a cold temperature.
6. Drain the koeksisters on a wire rack over a metal tray.

CRUMPETS

Use less liquid (600 ml) for a thicker batter than for pancake. Bake small pan cakes. Serve with butter, syrup, jam or bovril.

BUTTERMILK RUSKS - WHOLE WHEAT (Nutty wheat)

10 ml bicarbonate of soda
15 ml white vinegar
750 ml butter milk or
150 ml powdered milk dissolved in
600 ml water and
50 ml white vinegar
50 ml water
1,25 kg whole wheat (nutty wheat)

or

700 g cake flour and (1,400 ℓ)
800 g whole wheat (1,400 ℓ)
500 g margarine
15 ml baking powder
5 ml salt
250 ml sugar

1. Dissolved the bicarbonate of soda in the 15 ml vinegar and add to the butter milk. If powdered milk is used, the bicarbonate is added to the milk and vinegar mixture.
2. Rub the margarine into the whole wheat, add the baking powder, salt and sugar. Mix well.

3. Add the milk mixture and stir only to mix all ingredients.
4. Shape into balls and place in greased bread tins. (Oil hands while shaping the balls).
5. Bake 45 - 50 minutes at 180°C (375°F).
6. Brake while hot and return to oven for drying (Leave oven door slightly open at 75°C (150°F). ± 6,5 dozen rusks. The dough is shaped in egg size balls.

CAKES

(See Foods and Cookery pg. 179 - 196)
Metricated Edition

QUICK-MIX CAKE

180 g flour	15 ml baking powder
50 ml milk powder	120 ml oil or soft margarine
75 ml egg powder	200 ml water
200 ml sugar	5 ml vanilla essence
2 ml salt	

1. Mix the flour, milk powder, egg powder, sugar, salt and baking powder in a mixing bowl.
2. Make a hollow in the dry ingredients and pour the oil, water and essence into it.
3. Use a wooden spoon to mix it to a smooth batter, about 300 strokes.
4. Turn the batter into 2 greased and lined 200 mm pans and bake in a moderate oven, 180°C (350°F) for 30 min.
5. Leave for 5 minutes then turn the cake out of the pans, remove the paper and allow to cool. Finish the cake with a desired filling and icing.

Variations:

COCONUT FLAVOUR: Use 200 ml boiling water and allow 125 ml coconut to soak in it until cool. Proceed as for standard Quick-Mix cake, adding the coconut in water with the oil and essence.

COFFEE FLAVOUR: Add 5 ml of instant coffee and 5 ml of cinnamon to the dry ingredients or use 15 ml coffee essence as part of the liquid.

CHOCOLATE FLAVOUR: Add 50 ml of cocoa to the dry ingredients, Use 200 ml strong, black, cold coffee instead of the water.

LEMON FLAVOUR: Use 30 ml lime juice as part of the liquid. Flavour with 5 ml lemon essence instead of vanilla.

ICING AND FILLINGS

(See Foods and Cookery pg. 191 - 196)
Metricated Edition

500 ml icing sugar
50 ml butter
5 ml vanilla or lemon essence
15 ml water or a little more

1. Mix the icing sugar, butter and vanilla.
2. Add the water at 5 ml a time and mix to a spreading consistency.
3. Only cover top of cake with the icing. The icing may also be used as a filling.

Variations:

COCOA FLAVOUR: Add 25 ml of cocoa to the icing sugar. Proceed as described.

COFFEE FLAVOUR: Add 5 ml to the icing sugar, or use 15 ml of coffee essence as part of the liquid.

LEMON FLAVOUR: Use 25 ml lime juice instead of water, flavour with lemon essence.

FILLINGS

FRUIT FILLING: Follow the recipe for butter icing and add 125 ml of chopped nuts to the mixture. Blend well. Spread between layers.

CUSTARD FILLING

50 ml sugar	50 ml cold water
50 ml flour	200 ml hot water
20 ml egg powder	2 ml vanilla essence
pinch salt	20 ml butter

1. Mix the dry ingredients in a saucepan, and blend to a paste with the cold water.

2. Add the hot water and mix until smooth. Cook over moderate heat until thickened.
3. Cool, add the flavouring and use as a filling.

Variations:

- CHOCOLATE FLAVOUR: Add 30 ml of cocoa to the dry ingredients.
- COFFEE FLAVOUR: Add 10 ml of instant coffee to the hot water.
- GINGER FLAVOUR: Add 5 ml of ginger and 3 ml of cinnamon to the hot water.

COOKIES

DATE COOKIES

- 250 g dates
25 ml lime juice
25 ml water
5 ml lemon essence
750 ml rice crispies or a little more
coconut or nuts

1. Cut up the dates, add the juice and water and cook the mixture slowly to a thick paste.
2. Leave until lukewarm, then add the essence and stir in the rice crispies.
3. Press into a greased pan to a thickness of about 30 mm. Leave till cold and set.
4. Cut into squares and roll in toasted coconut or chopped nuts.

CRUNCHIES

(60)

- | | |
|------------------|----------------------------|
| 500 ml oatmeal | 3 ml salt |
| 250 ml coconut | 150 ml margarine or butter |
| 250 ml sugar | 50 ml syrup |
| 250 ml flour | 5 ml bicarbonate of soda |
| 25 ml milkpowder | 25 ml water |

1. Mix the oats, coconut and sugar. Sift and add the flour, milkpowder and salt.
2. Melt the margarine, add the syrup and mix.

3. Dissolve the bicarbonate of soda in the water and add to butter and syrup mixture. Add the dry ingredients.
4. Press into a greased baking sheet. Bake in a moderate oven 180°C (380°F) till golden brown. Cut into squares. Allow to cool in the pan, and lift out.

SPICE CAKE

550 ml cake flour	15 ml baking powder
5 ml salt	5 ml ground cinnamon
2 ml cloves	2 ml all spice
300 ml sugar	125 ml margarine or butter
100 ml golden syrup	5 ml vanilla
250 ml milk or	2 eggs or
75 ml milk powder and	60 ml egg powder and
250 ml water	30 ml water

1. Sift dry ingredients into mixing bowl.
2. Add margarine, vanilla, syrup and 200 ml of the milk.
3. Mix well.
4. Add rest of the milk and eggs. Mix thoroughly.
5. Ladle in two greased layer cake tins ± 200 mm diameter x 30 mm deep.
6. Bake 25 - 30 minutes at 180°C (375°F)
7. Leave to cool and layer with apricot jam.
8. The cake may be iced over the top or sprinkled with dry icing sugar.

DATE LOAF

300 g chopped dates ✓ (500 ml)	5 ml bicarbonate of soda ✓
250 ml boiling water ✓	150 g butter (soft) or margarine
2 eggs or 60 ml egg powder and 30 ml water ✓	120 g sugar (150 ml)
5 ml vanilla ✓	240 g breadflour (500 ml)
10 ml baking powder	2 ml salt
100 g chopped nuts ✓	

1. Sprinkle bicarbonate of soda over dates and add the boiling water. Leave to cool.

2. Add the soft butter and mix.
3. Beat the sugar, egg and vanilla well and add to the date mixture.
4. Sift the dry ingredients and add it to the date mixture.
5. Turn into a greased bread tin and bake 1 hour - 1 hour 15 min at 180°C (375°F).

GINGER BREAD

240 g cake flour (500 ml)	10 ml ground ginger
5 ml ground cinnamon	5 ml mixed spice
2 ml salt	5 ml bicarbonate of soda
125 ml golden syrup	120 g butter (125 ml)
125 ml boiling water	100 g sugar (125 ml)
	1 egg or 30 ml egg powder and
	15 ml water

1. Sift flour, spices, salt and bicarbonate of soda into a mixing bowl.
2. Mix butter, syrup and boiling water and stir well to dissolve the sugar.
3. Add to the flour mixture and mix, add the beaten egg mix well.
4. Turn batter in greased breadtin with greased paper to cover only the bottom of the tin.
5. Bake at 180°C (350°F) 50 - 55 minutes.

TART (Foods and Cookery pg. 168 - 178) Metricated Edition

MILKTART

CRUST FOR 2-220 mm pans

240 g flour (500 ml)	125 ml margarine (125 g) or oil
5 ml baking powder	15 ml vinegar
2 ml salt	50 ml cold water
30 ml sugar	

1. Mix the dry ingredients.
2. Use a knife to cut the margarine into the flour or rub it in with the finger tips.
3. Mix to a soft dough with the vinegar and water.

Note: If oil is used, mix it with the vinegar and water and use to mix the dry ingredients to form a soft dough.

4. Roll out the dough to a 5 mm thickness and line the two pans with it. Decorate the edge of the pan using a fork, or pinch between the thumb and forefinger of the left hand, pushing the dough up with a finger of the right hand.

Note: The dough can also be pressed into the pans without rolling it out. Pour the prepared filling in and bake.

MILKTART FILLING

125 ml flour	125 ml cold water
125 ml sugar	375 ml hot water
75 ml egg powder	5 ml cinnamon for dusting
1 ml salt	over the filling

1. Mix the dry ingredients well in a saucepan. Add the cold water and mix to a paste.
2. Stir in the hot water and mix till smooth. Stir over low heat until it just begins to thicken.
3. Pour the hot filling into the lined pans. Dust the filling with cinnamon.
4. Bake 12 - 15 min in a hot oven, 200°C (400°F).

SHORT CRUST PASTRY WITH CUSTARD FILLING

CRUST

1 egg or 30 ml milk powder and 15 ml water	50 ml butter or margarine
25 ml sugar	200 ml cake flour
5 ml baking powder	2 ml salt

1. Mix sugar and butter and add egg.
2. Sift flour, baking powder and salt.
3. Mix with egg and butter mixture.
4. Press into pastry plate and prick with a fork.
5. Bake at 160°C (325°F) 10 minutes.

CUSTARD FILLING

3 eggs or 90 ml egg powder and 45 ml water	50 ml sugar
1 ml salt	5 ml vanilla
500 ml hot milk or 125 ml powdered milk and 500 ml hot water	25 ml custard powder
10 ml butter	

1. Beat together egg, sugar, salt and vanilla.
2. Add some of the hot milk and stir, add custard powder and mix well.
3. Add rest of hot milk and butter.
4. Fill pie crust and bake at 160°C (325°F) 30 - 40 minutes.

PINEAPPLE CONDENSED MILKTART

- | | |
|--|----------------------------------|
| 1 tin condensed milk | 5 ml tartaric acid |
| 1 x 410 g crushed pineapple
drained | 1 tin Nestlé cream stifly beaten |
| 1 pkt tennis biscuits | |

1. Beat condensed milk and tartaric acid untill thick.
2. Add pineapple.
3. Fold in stifly beaten cream.
4. Layer bottom of pie plate or dish with tennis biscuits.
5. Ladle half of filling onto biscuits.
6. Layer with biscuits.
7. Cover with rest of filling. Sprinkle with biscuits crumbs.
8. Refridgerate to set.

ASPARAGUS TART

CRUST

- 250 ml cake flour
75 ml margarine or butter

Mix and press into baking dish.

Filling

- | | |
|--|-------------------------------------|
| 1 tin asparagus cuts
(if using spears cut into
small pieces) | 250 ml grated cheese |
| 2 hard boiled eggs chopped
(optional) | 250 ml milk |
| 20 ml cornflour | 2 ml salt |
| 2 ml mustard powder | pinch pepper and
cayenne pepper |
| | 60 ml egg powder and
30 ml water |

1. Mix all the ingredients and ladle into the crust.
2. Bake at 180°C (375°F) 45 minutes.

APPLE TART

20 ml butter	100 ml sugar
2 eggs or 60 ml egg powder	250 ml cake flour
and 30 ml water	2 ml salt
10 ml baking powder	1 x 410 g tart apple
75 ml milk	

1. Beat the butter, sugar and egg.
2. Sift the flour, baking powder and salt and add to egg mixture, mix and add the milk
3. Pour batter into greased oven dish.
4. Arrange the apple onto the batter
5. Bake at 180°C (350°F) 30 minutes.

SYRUP

175 ml sugar	175 ml milk
5 ml lemon essence	

1. Heat sugar and milk to boiling point. Stir to dissolve sugar.
2. Remove from heat and add lemon essence.
3. Pour hot syrup over hot tart.

SAVOURY TART

250 ml cake flour
75 ml margarine or butter

Mix and press into oven dish.

Filling

250 ml chopped viennas	250 ml grated cheese
250 ml milk	2 ml salt
60 ml egg powder and	pinch pepper and
30 ml milk	cayenne pepper
	20 ml corn flour

1. Mix all the ingredients and pour into oven dish.
2. Bake at 180°C (375°F) 45 minutes.

CHEESE STRAWS

250 ml cake flour	50 ml margarine
2 ml salt	125 ml grated cheese
1 ml pepper	1 egg
5 ml dry mustard	cold water
2 ml cayenne pepper	paprika

1. Set oven at 200°C.
2. Grease a baking sheet.
3. Rub margarine into the flour.
4. Mix with rest of the ingredients to a stiff dough adding a little water.
5. Roll to 10 mm thickness and cut into strips 10 x 50 mm.
6. Sprinkle with paprika.
7. Bake 10 minutes at 200°C (400°F).

MEAT, FISH AND CHICKEN

COOKING OF MEAT

Meat is the item around which most menus are built and it is generally also the most expensive item. It is therefore important to prepare and cook meat correctly.

The method of cooking, the temperature at which meat is cooked and the length of time for which it is cooked are important as they affect the degree of doneness and the palatability of the meat.

COOKING METHODS

The cooking method depends on the kind, quality and particular cut. Tender cuts may be cooked by dry heat methods while tougher cuts require long, slow cooking in moist heat to make them tender.

DRY HEAT METHODS

These are suitable for tender cuts such as leg of mutton or lamb, loin, rump chops, pork and chicken.

1. Roasting with the addition of little or no fat.
The cuts of meat are basted every now and then.

2. Pan-frying - the meat is cut into slices, steaks or chops and fried in shallow or deep fat.

The fat must be heated beforehand.

3. Grilling or broiling in the oven, over glowing coals, in an electric grilling pan or in a heavy, metal pan. One with grooves into which the fat can drain is desirable.

The pan must be very hot before the meat is put into it. Sear the meat for one minute on one side and then turn and sear the other side.

Reduce the heat and continue cooking until done, about 12 - 15 minutes for steaks 20 mm thick. Pour off any fat that collects otherwise the meat will be fried not grilled.

When grilling in the oven the oven should be preheated and the meat placed on the grilling rack of the pan about 100 - 120 mm from the source of heat. Keep the oven door ajar when grilling. The length of time will depend on the thickness of the cut approximately 5 minutes on each side for steak about 20 mm thick

MOIST HEAT METHODS

Moist heat methods are used for the tougher cuts of meat.

The liquid used may be:

Fruit or vegetable juice
Vinegar
Wine
Milk
Meat and vegetable stock
Water

The liquid must be hot when it is added to the meat to retain the meat juices and so that the cooking time is not over long.

1. Pot-roasting requires a saucepan with a heavy bottom and a tight-fitting lid. The meat is first browned on all sides in its own or a little additional fat. Add a small amount of boiling water or stock from time to time, (about 5 cm deep), and simmer until the meat is tender and brown.
2. Braising - Here too the meat is first browned and then boiling water or other liquid is added. The meal is then cooked slowly until tender in a covered saucepan or casserole with a close-fitting lid on the stove or in the oven. The meat is served with the gravy in which it is cooked.

3. Stewing - Simmer small pieces of meat until tender in just enough liquid to cover the meat. The meat is not browned before the time.
4. Boiling - Meat is allowed to cook very slowly until tender. This method is used for cured meats such as ham, corned beef, and also for tongue.

The term boiling is misleading since meat should never be allowed to boil.

5. Pressure cooking is a practical method for tough cuts such as oxtail, tripe, trotters and shin.

Meat for braising, pot-roasting, or stews and briedies can be prepared in a pressure cooker. Pressure cooking causes meat to shrink considerably and should only be used for very tough cuts and when time is a consideration.

COOKING TIMES

Then time will depend on the degree of doneness and the Kind of meat,

<u>Kind of meat</u>	<u>Time per 500 g</u>	<u>Degree of Doneness</u>
Beef	15 - 20 minutes	Rare
	20 - 25 minutes	Medium rare
	30 - 35 minutes	Well done
Mutton	20 - 25 minutes	Medium
	30 - 35 minutes	Well done
Veal	30 - 35 minutes	Well done
Smoked pork	30 - 35 minutes	Well done
Fresh pork	35 - 40 minutes	Very well done
Poultry stuffed	30 - 35 minutes	Well done

OVEN TEMPERATURE

Beef, mutton and pork 160°C
Chicken 160°C - 180°C

GENERAL RULES FOR COOKING

Wipe meat very well. Chicken should be washed under running water.

Do not sprinkle salt on too long before roasting as this will draw out some of the juice.

Always preheat ovens and broilers.

SALT

The amount of salt will depend on the shape and thickness of the meat

For large solid pieces of meat use 2 ml of salt per 500 g meat and 5 ml of salt per 500 g of meat for mince, steaks, chops and stews.

The reason for this is that the salt does not penetrate the solid cuts and they would be much too salty if more salt was used.

FROZEN MEAT AND POULTRY

It is not advisable to cook large cuts of meat or poultry in their frozen form.

Allow the meat to thaw in the refrigerator. Never thaw poultry at room temperature.

To speed thawing it may be held under cold running water in a water-tight bag.

When meat is left to thaw at room temperature there may be excessive "drip" from the outer portion while the inside is still frozen. As more and more juices leak out so the meat becomes dry and unpalatable and valuable nutrients and flavourings are lost.

Meat intended for grilling or pan-frying should also be thawed before cooking.

Mince and meat intended for stews need not be thawed first.

CRUMBED MUTTON OR PORK SHOPS OR BEEF STEAKS

(10 portions)

10	mutton chops	50 ml water or milk
	salt and pepper	dried bread crumbs
	flour	or post toasty crumbs
50 ml	egg powder mixed with	
50 ml	water	
	or	
2	eggs	

1. Slit the fat side of the chop at 25 mm to 30 mm intervals.
2. Sprinkle the meat with salt and pepper and roll in flour.
3. Mix and beat the eggs and milk and dip the chops into this.
4. Now crumb and leave for 30 min in a cool place for the crumbs to dry and cleave to the chops.
5. Fry in oil or fat until cooked and brown on both sides.

PORK CHOPS IN SOUR SAUCE

(10 portions)

10	pork chops	125 ml water
10 ml	salt	2; i.l Worcester-sauce

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(10 portions)

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	salt and pepper	dried bread crumbs
	flour	or post toasty crumbs
50 ml	egg powder mixed with	
50 ml	water	
	or	
2	eggs	

1. Slit the fat side of the chop at 25 mm to 30 mm intervals.
2. Sprinkle the meat with salt and pepper and roll in flour.
3. Mix and beat the eggs and milk and dip the chops into this.
4. Now crumb and leave for 30 min in a cool place for the crumbs to dry and cleave to the chops.
5. Fry in oil or fat until cooked and brown on both sides.

PORK CHOPS IN SOUR SAUCE

(10 portions)

10	pork chops	125 ml water
10 ml	salt	25 ml Worcester-sauce

2 ml pepper	25 ml vinegar
25 ml oil	50 ml brown sugar
50 ml chopped pickles	

1. Slit the fat side of the chop at 25 mm - 30 mm intervals.
2. Rub the salt and pepper into the chops and fry in the oil until cooked and brown.
3. Put the chops into an oven dish and keep warm.
4. Mix the rest of the ingredients and bring to boiling point then pour the mixture over the chops. Heat and serve.

PORK SHOPS WITH RAISINS OR APPLES
(10 portions)

10 pork chops	250 ml raisins or apple
15 ml sugar	30 ml flour
25 ml oil	250 ml water
salt and pepper	15 ml Worcester-sauce
	25 ml chutney

1. Cutt off the surplus fat.
2. Slit at 25 mm - 30 mm intervals.
3. Rub the salt, pepper and sugar into both sides of the chops.
4. Fry the chops in the oil until brown on both sides and put them into an oven dish. Top with raisins or apple.
5. Stir the flour into the fat in the pan and brown. Stir in the water and then the Worcester-sauce and chutney. Pour this sauce over the chops. Cover and bake in a medium oven for 1 to 1½ h.

Variations:

1. Add mushroom soup to the water which is poured over the chops.
2. Place canned pineapple rings or slices of apple on top of the chops.

OVEN ROASTED LOIN OF BEEF OR PORK

Time: 25 - 30 minutes per 500 g of beef depending on the doneness of doneness.
35 - 40 minutes per 500 g of pork Pork is always well done

Temperature of oven: 150 - 160°C (300° - 325°F)

Rub the meat with salt and pepper.
Place it bone-side down in a roasting pan.
Roast for the allotted time.
Baste with basting sauce from time to time.

BASTING SAUCE

50 ml oil	50 ml vinegar or wine
25 ml brown sugar, honey, syrup or smooth jam	15 ml salt
1 ml pepper	2 ml mustard (optional)

Mix the ingredients by shaking it well.

Variation:

Lard the meat with strips of bacon, pineapple strips or stones prunes.

YORKSHIRE PUDDING

This is a very nice accompaniment to beef and even pork. Remove the meat from the pan when done and keep it warm. Ladle the following batter into the fat in the roasting pan.

Batter

Large quantity

125 ml egg powder (3 eggs)
200 ml milk powder
360 g flour (750 ml)
10 ml salt
875 ml water

Small quantity

50 ml egg powder or 1 egg
50 ml milk powder
120 g flour (250 ml)
3 ml salt
250 ml water

Add the water to the dry ingredients and mix. If egg is used, add it together with the water to the rest of the ingredients.

Note: It must be a thin batter.

Pour it into the hot fat in the pan and bake for 25 - 30 min in a hot oven 200°C (400°F).

Cut into squares after the Yorkshire pudding is cooked.

Note: The batter can be used as a coating batter. Thin slices of cooked or raw meat are first rolled in flour then dipped into the batter, then fried in oil.

STUFFED LEG OF MUTTON OR PORK OR TOPSIDE

Oven Roast

Shoulder or leg of mutton or pork	salt and pepper
or	flour
2 kg topside	25 ml fat or oil
6 rashers of bacon	Worcester sauce
12 prunes stoned	

1. Lard the meat with strips of bacon sprinkled with worcester sauce and stoned prunes.
2. Sprinkle salt and pepper and flour over the meat.
3. Roast the meat at 150°C - 160°C (300° - 325°F) and baste with basting sauce from time to time.

Note: Time is approximately 25 - 35 minutes per 500 g meat, depending on the degree of doneness, with an overall 25 minutes. The meat need not be stuffed.

POT ROASTED MEAT ROLL

1. Cut the beef into slices 5 - 10 mm thick and 100 - 150 mm square. The slices can be larger or smaller.
2. Beat with a mallet.
3. Sprinkle with salt and pepper and one of the following:
 - (1) Spread a thin layer of chutney over the meat, sprinkle with breadcrumbs, roll up like a swiss roll and tie in a few places.
 - (2) Make a mixture of the following and spread this on the meat, roll and tie:

Small quantity

250 ml soft breadcrumbs
2 ml salt
1 ml pepper
5 ml curry powder (optional)
50 ml egg powder + 50 ml water
50 ml raisins or
sultanas or
chopped prunes
25 ml oil
25 ml vinegar

Large quantity

Double all quantities

COOKING THE BEEF OLIVES

1. Dredge well with flour.
2. Brown in hot oil or fat in a saucepan.
3. Add:
 - 125 ml water
 - 10 ml areganum
 - 10 ml vinegar
 - 2 ml dry mustard

4. Cover and simmer till done (± 30 minutes per 500 g). Add hot water if necessary.

Fricadels

Add one of the following:

750 g minced meat
50 ml chopped onion
(25 ml dehydrated onion
soaked)
15 ml salt
10 ml Worcester sauce
or

200 ml soft breadcrumbs
or
2 slices of bread soaked and
water squeezed out
or

125 ml oats

or
200 ml poast toasties crumbed
125 ml flour
oil or fat for frying

20 ml boiling water
2 ml pepper

1. Mix all the ingredients except the boiling water, flour and oil.
2. Sprinkle the boiling water over.
3. Shape the fricadels (about 50 mm in diameter).
4. Roll them in the flour and brown on both sides in the hot oil or fat.
5. j Keep the fricadels in the pan or saucepan if it is large enough. Cover and allow to cook until done. Alternatively place the fricadels in an oven dish and allow to cook in the oven at a medium temperature until done.

Variations:

1. Curried Fricadels: Add 25 ml curry powder and 25 ml apricot jam.
2. Add 15 ml tomato sauce instead of Worcester sauce.
3. Meat Loaf: Put the fricadel mixture into a loaf pan, dot with margarine and bake for approximately 1 to 1½ h in a medium oven, 160°C (325°F), till cooked.
4. Cottage pie: Prepare a meat loaf and cover with 500 ml mashed potatoes, dot with butter and brown slightly.
5. Scone dough: Cover the loaf with a fairly soft scone dough, Bake for 20 min in a hot oven.

4. Cover and simmer till done (+ 30 minutes per 500 g). Add hot water if necessary.

Fricadels

Add one of the following:

- | | |
|---|--|
| 750 g minced meat | 200 ml soft breadcrumbs |
| 50 ml chopped onion
(25 ml dehydrated onion
soaked) | <u>or</u> |
| 15 ml salt | 2 slices of bread soaked and
water squeezed out |
| 10 ml Worcester sauce | <u>or</u> |
| 20 ml <u>boiling</u> water | 125 ml oats |
| 2 ml pepper | <u>or</u> |
| 125 ml flour | 200 ml poast toasties crumbed
oil for frying |

1. Mix all the ingredients except the boiling water, flour and oil.
2. Sprinkle the boiling water and pepper over
3. Shape the fricadels (about 50 mm in diameter).
4. Roll them in the flour and brown on both sides in the hot oil or fat.
5. Keep the fricadels in the pan or saucepan if it is large enough. Cover and allow to cook until done. Alternatively place the fricadels in an oven dish and allow to cook in the oven at a medium temperature until done.

Variations:

1. Curried Fricadels: Add 25 ml curry powder and 25 ml apricot jam.
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4. Cottage pie: Prepare a meat loaf and cover with 500 ml mashed potatoes, dot with butter and brown slightly.
5. Scone dough: Cover the loaf with a fairly soft scone dough, Bake for 20 min in a hot oven.

HAMBURGERS
(10 portions)

750 g minced meat	10 bread rolls or "vetkoek"
5 ml salt	butter for spreading
1 ml pepper	5 ml mixed mustard
25 ml Worcester sauce	tomato sauce or chutney
1 chopped onion (25 ml dehydrated onion soaked and boiled up with a little salt added to the water.	

1. Mix the meat, salt, pepper and Worcester sauce and shape into flat circular hamburgers about 10 mm thick.
2. Fry the hamburgers on both sides in a pan with a little oil or fat.
3. Heat the rolls slightly in the oven or griller toast them. Cut them in half and butter them. Spread a little mustard onto one side and chutney or tomato sauce onto the other side.
4. Put the cooked hamburger and a few pieces of onion between the two halves. Serve hot.

Note:

1. The hamburgers can be served between two slices of bread or halved vetkoek.
2. Do not handle the meat too much as this may cause it to become too compact and dry.

BOBOTIE (10 portions)

750 g minced meat	1 ml pepper
25 ml oil	25 ml apricot jam or sugar
250 ml soft breadcrumbs	25 ml vinegar
100 ml chopped onion (25 ml dehydrated onion soaked)	50 ml egg powder
125 ml chopped prunes or apricots (optional)	50 ml milk powder
15 ml curry powder	250 ml water
10 ml salt	

1. Mix the mince, crumbs, onion, fruit, curry powder, salt, pepper, jam or sugar, and vinegar. Heat the oil in a saucepan and cook the meat for \pm 15 minutes.
2. Turn the mixture into an ovensh.
3. Mix the egg powder, milk and water and pour over the meat. Using a fork lift the meat slightly to allow the egg mixture to seep through into the mince.
4. Bake at 180°C (350°F) for 45 minutes. Serve with rice and chutney

CURRIED MEAT

(10 portions)

250 ml chopped onion (125 ml dehydrated onion soaked)	25 ml sugar or smooth apricot jam
1,5 kg beef, or mutton cut into cubes	100 ml vinegar
50 ml flour	50 ml chutney
25 ml oil or margarine	125 ml raisins
25 ml curry powder	750 ml water
5 ml salt	
1 ml pepper	

1. Toss the meat in flour and slightly brown the meat and onion in the oil.
2. Sprinkle the curry powder over and fry for a little longer.
3. Add the rest of the ingredients except the flour and simmer until the meat is soft - about 2 to 3 h. Stir every now and then and add a little hot water if necessary.

Note: The meat may be cooked in a medium oven 160°C (325°F) for 2 to 3 h.

4. Thicken the sauce with a little gravy powder or flour mixed to a paste with a little water. Serve with rice.

Variations:

125 ml peas and 125 ml carrots may be added and cooked with the meat or use one tin of carrots and one of peas. Add just before the sauce is thickened.

TOMATO BREDIE WITH DUMPLINGS

(10 portions)

1 chopped onion (75 ml dehydrated onion soaked)	1 ml pepper
1,5 kg mutton breast, cut up	30 ml sugar
50 ml flour	125 ml tomato purée
25 ml oil or margarine	500 ml water
15 salt	

recipe for scone dumplings

1. Brown the onion and meat slightly in the oil.
2. Add the rest of the ingredients and simmer for 2 to 3 h till the meat is tender. Stir now and then and add a little water if necessary. Pour fat off if necessary. The bredie may also be cooked in a medium oven. 160°C (325°F) for approximately 2 to 3 h.

3. Prepare the dumpling mixture and dish spoonfulls into the bredie about 15 min before serving. Cover and leave to simmer for 10 - 15 min or cook in the oven. Do not lift the lid before the 15 min are up.

Variations: One or more of the following vegetables may be used instead of, or with, the tomato: peas, green beans, cabbage, carrots and potatoes.

Note: Dehydrated vegetables should be soaked and added 20 min before serving so that they may cook until tender. The dumplings are added after the vegetables are cooked.

VIENNA SAUSAGES IN BATTER

1. Prepare the batter as for Yorkshire pudding.
2. Roll the vienna sausages in flour, dip into the batter and fry in 25 mm deep oil until brown. Drain.

Note:

1. The sausages may be rolled in flour and packed together in a oven dish. Pour the batter over and bake in a hot oven, 200°C (400°F).
2. Thin, raw slices of meat flavoured with salt and pepper may be rolled in flour, dipped into the batter and fried in the hot oil or fat.

BROWN BREDIE

(20 portions)

2 kg beef cut into cubes	125 ml dehydrated carrots
40 ml flour	125 ml dehydrated peas
2 chopped onions (125 ml dehydrated onion soaked)	250 ml potato cubes
25 ml fat or oil	125 ml red wine (optional)
15 ml salt	1 ml pepper
2 ml thyme (optional)	375 ml boiling water
50 ml vinegar or wine	

1. Dredge the beef cubes with flour.
2. Brown the meat in hot fat or oil.
3. Add salt, pepper, thyme and vinegar and boiling water and simmer for 1h30.

4. Soak the dehydrated vegetables and add them to the meat mixture. Add a little boiling water if necessary. Add the wine. Allow to cook for 30 min till the vegetables are tender.
5. Thicken the sauce with gravy powder and boil until cooked.

CHICKEN OR TURKEY

STUFFED CHICKEN OR TURKEY

RICE STUFFING

Sufficient for a 1,5 - 2 kg bird for a 4 - 6 kg turkey

75 ml dried onion, soaked, drained	125 ml dried onion, soaked
25 ml oil	200 ml oil
200 ml cooked rice (125 ml raw rice)	500 ml cooked rice (200 ml raw rice)
200 ml breadcrumbs	375 ml bread crumbs
200 ml seedless raisins or saltanas	300 ml seedless raisins or sultanas
5 ml salt	10 ml salt
1 ml pepper	2 ml pepper
1 ml ginger	10 ml thyme
1 ml thyme	3 ml ginger

1. Drain and fry the onion in a little of the oil.
2. Remove it from the heat, add the rest of the oil and the other ingredients and mix thoroughly.
3. Cut away the oil can from the pope's nose and sprinkle a dressed chicken or turkey inside and out with 15 ml of vinegar and season a chicken with 10 ml of salt; use 15 ml of salt for a turkey.
4. Fill the body cavity and crop with a stuffing. Do not over stuff because the stuffing expands during the cooking.
5. Sew up the openings with needle and thread, or secure with skewers and lace with string. Tie up where necessary.
6. The crop cavity is filled through the neck opening.
7. Fold the neck skin back neatly, and secure with a skewer.
8. Lift and twist the wings to lie flat across the back.
9. Brush the whole bird with oil and place it in a casserole. Cover with the lid.
10. Place it in a moderate oven, 180°C - 160°C (350°F - 325°F) and allow to cook for the required time, calculated according to the mass of the bird.
11. Baste the bird while cooking at intervals.

12. Test with a fork or a skewer for tenderness. Remove the lid when the meat is tender, and allow to brown uncovered, basting at intervals.

Note: To calculate the time required for cooking

CHICKEN

1,5 - 2 kg 35 - 40 min per 500 g (mass without stuffing).
Allow a further 40 min for a stuffed bird.

TURKEY

3 - 5 kg 30 - 35 min per 500 g (mass without stuffing).
Allow a further 30 min for a stuffed turkey.

13. Thicken the gravy with a little flour mixed to a paste with some water.

BASIC BREAD STUFFING

sufficient for a 1,5 - 2 kg bird: for a 4 - 5 kg turkey:

375 ml soft bread crumbs	1 ½ soft bread crumbs
50 ml oil	250 ml oil
75 ml dehydrated onion, soaked	125 ml dried onion soaked
5 ml salt	15 ml salt
1 ml pepper	5 ml pepper
5 ml thyme	15 ml thyme
chopped liver and/or minced giblets	chopped liver and/or minced giblets
125 ml seedless raisins	250 ml seedless raisins

Mix all the ingredients and stuff the bird.

Note:

Additional ingredients which may be added.

125 ml cut up prunes	250 ml for large quantity
125 ml mince or tinned meat ham or bacon	250 ml for large quantity
125 ml sweetcorn	1 tin for large quantity

Note:

1,5 - 2 kg stuffed chicken is sufficient for 6 portions.

STEWED CHICKEN

(6 portions)

- 1,5 kg chicken
- 50 ml oil
- 5 ml salt
- 1 ml pepper
- 5 ml curry powder
- 5 ml thyme (optional)
- 250 ml white wine, sherry, or hot water

1. Cut up the dressed chicken, and brown it slightly in the oil in a saucepan.
2. Add the other ingredients, cover and allow to simmer until the meat feels tender when tested with a fork. It can also be cooked in a moderate oven 160° - 180°C (325 - 350°F). Cooking time approximately 2 - 3 h.
3. Thicken the gravy with a little flour.

Variation: Add a packet or a tin of mushroom soup, celery soup or any other vegetable soup.

CHICKEN PIE

Large quantity

- 3 pkts chicken thighs
- 1 pkt breast
- 125 ml oil
- 15 ml salt
- 1 ml pepper
- 10 ml thyme
- 50 ml dehydrated onion soaked and drained
- 375 ml water
- 2 pkts or tinned mushroom sauce

Small quantity

- 1 pkt thighs
- 1 pkt breast
- 10 ml oil
- 5 ml salt
- 1 ml pepper
- 5 ml thyme
- 25 ml dehydrated onion soaked and drained
- 250 ml water
- 1 pkt or tinned mushroom soup

1. Remove any pinfeathers if necessary and brown 5 minutes in hot oil.
2. Add rest of ingredients except the soup and simmer until tender.
3. Remove the bone, ladle meat into an oven dish and add soup mixture (using only half the amount of water indicated on the soup packet)
4. Cover with crust.

BATTER FOR THE CRUST

Small quantity

250 ml flour
5 ml baking powder
2 ml salt
25 ml milk powder
15 ml egg powder
25 ml margarine or oil
125 ml water

Large quantity

375 ml flour
15 ml baking powder
7 ml salt
50 ml milk powder
50 ml egg powder
75 ml margarine or oil
375 ml water

1. Mix the dry ingredients well.
2. Cut or rub the margarine into the dry ingredients.
3. Mix to a medium batter with the water.

Note: If oil is used, stir it into the water and use for mixing the batter.

4. Place spoonfuls of batter on the hot pie and allow it to spread to cover the pie. The batter must not be too slack.
5. Bake in a hot oven 200 - 220°C (400° - 425°F) for 25 min until the crust is well browned.

DEHYDRATED MEAT

BEEF CURRY

Place contents of bag into 2 ℓ of cold water. Stir to mix and bring to the boil.

Simmer for 40 min or place in an oven at 160°C (300°F) for 40 min. Stir occasionally. Add 250 ml hot water if necessary.

Makes: 3,08 kg or 22 x 140 g portions
Net Mass 665 g
(Beef cubes 275 g, 110 cubes)

SAVOURY MINCE

Place contents of bag into 2 ℓ of cold water. Stir to mix and bring to the boil.

Simmer for 30 min or place in an oven at 160°C (300°F) for 30 min. Stir occasionally.

Makes: 2,160 kg or 18 x 120 g portions
Net Mass 430 g

BEEF CASSEROLE

Place contents of bag into 2 l of cold water. Stir to mix and bring to the boil.

Simmer for 40 min or place in an oven at 160°C (300°F) for 40 min. Stir occasionally. Add 250 ml water if necessary.

Makes: 2,240 kg or 16 x 140 g portions
Net Mass 465 g
(Beef cubes 180 g, 72 cubes)

COOKING OF FISH

FOODS AND COOKERY PAGE 70 - 78. METRICATED EDITION CLEANING OF FISH AND COOKING METHODS

STUFFING ETC. PP 107, SAUCES PP. 111

FRIED FISH I

1. Sprinkle prepared fish with salt.
2. Dredge each piece with flour, dip into beaten egg (50 ml egg powder in 50 ml water) roll again in flour or dried bread crumbs.
3. Brown the fish on both sides in deep or shallow fat or oil.
Cooking time approximately 7 - 10 min.

FRIED FISH II

1. Dredge fish with flour and dip into batter. Brown on both sides in deep fat or oil.

BATTER

250 ml flour	50 ml egg powder
3 ml salt	25 ml milk powder
3 ml baking powder	250 ml water

Mix the dry ingredients with the water to a medium thin batter.

Note:

Too thin batter will run off while too thick batter will result in a doughy crust.

OVEN BAKED FISH

1. Salt and pepper fish fillets.
2. Roll in flour or dried crumbs.
3. Spread 25 ml margarine or oil in a baking dish. Arrange fish fillets in a single layer. Dot with margarine or oil.
4. Bake 15 - 25 min according to thickness of fillets, in a warm oven 200°C (400°F).

Note: When fish is cooked it flakes easily when pricked with a fork.

FISH IN CHEESE SAUCE

1,5 kg fresh fish cut into portions
salt and pepper

SAUCE

250 ml white sauce
250 ml grated cheddar cheese
1 ml thyme or nutmeg
2 ml dry mustard
125 ml dried breadcrumbs
25 ml melted margarine or oil

1. Arrange fish portions in an oven dish and sprinkle with salt and pepper.
2. Make a white sauce and add the grated cheese, thyme or nutmeg and mustard. Mix and pour over the fish.
3. Mix the breadcrumbs with the melted margarine or oil and sprinkle onto the white sauce.

Variations:

1. Use any variation of a white sauce.
2. Add 125 ml soaked dehydrated onion.
3. Prepare a packet of mushroom- or vegetable soup and use instead of white sauce.
4. Add cooked dehydrated or tinned vegetables. Use the liquid of the cooked vegetables thickened with flour as a white sauce.

MOCK CRAYFISH

500 g cooked fish or tinned fish	15 ml Worcester sauce
300 ml mayonnaise	100 ml chopped gherkins
150 ml tomato sauce	salt and pepper

1. Flake the fish or drain and flake the tinned fish.
2. Mix all the ingredients for the sauce and pour over the fish. Toss lightly using two forks.

DISHES MADE FROM TINNED FISH AND MEAT

Note: See meat recipes for fish bobotie.

FISH CAKES

(10 portions)

125 ml egg powder	50 ml dehydrated onion soaked
125 ml water	50 ml tomato puree or tomato sauce
1 kg tin of fish	25 ml worcester sauce
500 ml cooked, mashed potato (250 ml instant potato mixed with 500 ml boiling water	1 ml pepper
250 breadcrumbs	2 ml salt
	oil for frying

1. Mix the egg powder with the water until smooth.
2. Add the rest of the ingredients.
3. Shape the cakes and fry in the hot oil in a pan or dot with fat or pour a little oil onto each cake and bake in a baking dish at 200°C (400°F).

Serve with tomato sauce.

KEDGEREE

(10 portions)

500 ml rice	125 ml egg powder
1 ℓ boiling water	125 ml water
10 ml salt	125 ml chopped pickles
125 ml dehydrated onion, soaked	1 kg tinned fish
25 ml oil	salt and pepper to taste

1. Boil the rice in the water. Add salt to taste.
2. Fry the onion in the oil or fat till brown.
3. Mix and beat the egg powder with the water and stir it into the fried onion then stir and cook as for scrambled eggs, till the mixture is firm.

4. Stir in the pickles, fish and cooked rice.

Serve hot.

MEAT AND SPAGHETTI

(10 portions)

250 g spaghetti	1 kg cooked, minced or tinned meat
5 ml salt	
50 ml tomato sauce	250 ml grated cheese
75 ml dehydrated onion, soaked and drained	
30 ml oil or margarine	
1 ml pepper	
1 ml grated nutmeg	

1. Put spaghetti and salt into deep boiling water in a large saucepan and cook until soft yet firm (15 min).
2. Stir the tomato sauce into the drained, cooked spaghetti.
3. Fry the onion in the oil until brown.
4. Stir in the pepper, nutmeg and meat.
5. Place alternate layers of spaghetti, meat, and cheese into a baking dish, ending with a layer of cheese.
6. Bake in a hot oven, 200°C (400°F), till slightly brown.

Note: Post Toasty crumbs may be sprinkled over the top. Dot with margarine or butter and bake until brown.

SPAGHETTI BOLOGNAISE

2 tins minced meat	50 ml tomato puree <u>or</u> tomato powder mixed with 50 ml water
50 ml dehydrated onion soaked	
125 ml dehydrated carrots soaked	
50 ml oil or fat	2 ml salt
1 packet soup eg. celery or mushroom prepared as directed on package	1 ml pepper
	25 ml Worcester sauce or vinegar
	1 packet spaghetti
	20 ml salt
	2 l water
	500 ml grated cheese

1. Drain and sauté the onion in the fat or oil.
2. Add the meat and cook gently in the saucepan with the lid on.
3. Boil the carrots until almost done, add to the meat.
4. Add the packet soup, water and tomato. Flavour with salt and pepper and Worcester sauce. Cook for 30 min.
5. Boil the spaghetti in the 2 l water until tender but still firm. Drain and dish up.
6. Spoon the meat over the spaghetti. Sprinkle with cheese and serve.

MEAT PATTIES

3 eggs
2 tins canned meat
500 ml mashed potato
1 chopped onion
250 ml left over cooked vegetables
salt and pepper to taste
oil for frying

1. Beat eggs.
2. Add rest of ingredients and mix thoroughly.
3. Shape into patties and fry in hot oil or place patties in an oven dish, dot with butter and bake in hot oven 200°C (400°F) until brown.
4. Serve with tomato sauce.

VIENNAS AND SAVOURY SAUCE

125 ml dehydrated onion soaked	250 ml milk (from milk powder)
25 ml oil or margarine	250 ml water
10 ml prepared mustard	salt and pepper
500 g viennas	125 ml grated cheese
1 pkt tomato soup	125 ml post toastie crumbs (optional)

1. Drain and sauté onion in hot oil add the mustard.
2. Add the viennas and heat.
3. Mix the soup, milk and water, add salt and pepper and cook till thickened.
4. Pour sauce onto viennas in a serving dish.
5. Mix grated cheese and crumbs and top viennas.
6. Bake till light brown 180°C (375°F).

VEGETABLES AND PASTA

DEHYDRATED VEGETABLES

Portions - 20 - 30 g per person per meal.

PREPARATION

Cover the dehydrated vegetables with water and leave to soak for $\frac{1}{2}$ h.
Cook the vegetables in the water in which they were soaked.
Flavour with salt, pepper and margarine or butter or serve with a sauce. See white sauce and its variations, also vinegar. dressing.

CANNED VEGETABLES

Canned vegetables are cooked and are heated in the liquid in which they were preserved.
Drain and use the liquid for soups or sauces.
Flavour as mentioned above.

POTATOES IN BRINE

Soak the potatoes in fresh water for $\frac{1}{2}$ h and boil in the usual way .

BAKED MASH POTATO

500 ml potato powder	10 ml milk powder and
500 ml boiling water	40 ml cold water
5 ml salt	5 ml baking powder
20 ml butter	5 ml grated nutmeg
30 ml egg powder and	
15 ml water	

1. Stir potato powder into boiling water add salt.
2. Add the butter.
3. Mix egg and milk add to the potato and mix.
4. Add baking powder and turn mixture into greased baking dish.
5. Sprinkle with grated nutmeg.
6. Bake at 180°C (350°F) for 20 minutes.

POTATO FRITTERS

(6 portions)

50 ml egg powder	500 ml mashed, cooked potatoes
25 ml milk powder	30 ml flour
50 ml water	125 ml grated cheese
salt and pepper	oil for frying crushed post toasties (optional)

1. Mix and beat the egg powder, milk powder, salt and pepper together.
2. Add this mixture to the potatoes then stir in the rest of the ingredients.
3. The mixture should not be too slack. Add more flour if necessary.
4. Fry spoonfuls in the hot oil in a pan until brown on both sides.

Note:

1. The fritters may be rolled in crushed post toasties and then fried.
2. Dehydrated onion soaked and cooked may be added.
3. Minced cooked meat or fish may be added. Flavour with a little Worcester sauce.

STEWED CARROTS

(10 portions)

50 ml dehydrated onion, soaked
25 ml oil or margarine
250 ml dehydrated carrots
250 ml dehydrated potatoes
5 ml salt
1 ml pepper

1. Soak the vegetables in very little water.
2. Drain the onions and fry until slightly brown in the oil.
3. Add the carrots, potatoes and the water in which the vegetables were soaked and cook until tender. Add more water if necessary.
4. Flavour with salt and pepper as soon as they are tender and the water almost boiled away.

GLAZED CARROTS

Cook 250 ml dehydrated carrots in the water in which they were soaked until tender but still firm.

Add 25 ml golden syrup or sugar and 25 ml margarine to the cooked carrots. Stir lightly and cook until glazed and slightly brown.

CARROTS AND PEAS

Soak 125 ml carrots and 125 ml peas separately. Cook the carrots for 30 min then add the peas and cook until tender. Flavour with salt, pepper, a little sugar and butter.

SWEET PEAS

Thicken the liquid in which the peas were cooked with cornflour and add a little sugar.

BEANS AND CHUTNEY

Cook 250 ml dehydrated sliced beans until almost tender. Add salt and pepper, 15 ml margarine and 10 ml chutney and finish cooking.

STEWED BEANS

500 ml soaked, sliced beans
250 ml potato cubes (or more)
50 ml onion (optional)
pieces of mutton and bone (optional)
salt and pepper
25 ml margarine

1. Put all the ingredients except the salt and pepper and margarine in a saucepan and add water to partly cover the vegetables.
2. Simmer till the beans are tender and the water boiled away.
3. Flavour with salt, pepper and margarine and serve.

Variations:

CURRIED BEANS

After the beans have cooked for a little while add 15 ml curry powder, 15 ml vinegar, 15 ml sugar. Cook until tender.

ONION AND TOMATO

250 ml dehydrated onion, soaked
25 ml oil
500 ml tomato puree
salt and pepper
15 ml sugar

1. Drain and fry the onion in the oil until slightly brown.
2. Add the tomato, salt, pepper and sugar. Cook and serve with potatoes, meat or fish cakes or over scrambled eggs on toast.

FRIED ONIONS

Sprinkle dehydrated cooked onion with a little salt and flour. Fry in hot oil until brown.

CREAMED CABBAGE OR CAULIFLOWER (6 portions)

250 ml dehydrated cabbage
125 ml medium white sauce
125 ml grated cheese
25 ml butter or margarine
post toasties crumbs

1. Soak and cook the cabbage in very little water until cooked.
2. Stir in the white sauce and cheese.
3. Turn into a casserole, sprinkle with crumbs and dot with butter.
4. Bake in a hot oven until thoroughly hot and slightly brown.

Variation:

Use white sauce flavoured with curry or tomato sauce or boiled vinegar dressing.

VINEGAR DRESSING

60 ml egg powder plus 30 ml water	2 ml salt
15 ml cornflour	1 ml pepper
50 ml sugar	50 ml vinegar
3 ml mustard	

1. Beat the eggs or mix the egg powder and water and add the rest of the ingredients.
2. Cook the mixture in a double boiler beating it every now and then.

Note:

Serve the vinegar dressing with cooked vegetables, potatoes, fish dishes or meat patties.

CANNED VEGETABLES

Sweetcorn fritters

250 ml flour	50 ml milk powder
10 ml baking powder	125 ml water
5 ml sugar	15 ml oil
2 ml salt	1 tin sweetcorn
50 ml powdered egg	

1. Mix the dry ingredients.
2. Add the water gradually and mix until smooth. Add the oil and the sweetcorn.
3. Fry spoonfuls in hot oil.
4. Serve with grated cheese, tomato sauce or savoury mince.

MEALIE CASSEROLE

(6 portions)

250 ml medium white sauce	250 ml grated cheese
1 tin mealies (cream style)	75 ml egg powder plus 50 ml lukewarm water
2 ml salt	

1 ml pepper
50 ml crumbs, post toasties o
bread crumbs
25 ml margarine

1. Mix all the ingredients.
2. Turn into a casserole and sprinkle with crumbs.
3. Bake in a medium 180°C (350°F) oven till set and slightly brown.

WHITE SAUCE, MACARONI, SPAGHETTI
AND RICE

White sauce

125 ml milk powder
50 ml flour
3 ml salt
1 ml pepper
125 ml cold water
350 ml boiling water
25 ml margarine

crumbs
oil or melted margarine

1. Put the dry ingredients and margarine into a saucepan and mix to a smooth paste with the 125 ml of cold water.
2. Stir in the boiling water and cook and stir over medium heat until thick and smooth, about 3 min.

MACARONI AND CHEESE

(8 portions)

250 g macaroni
5 ml salt
1 l boiling water
10 ml oil

50 ml dehydrated onion soaked
500 ml grated Cheddar cheese
125 ml bread or post toasty crumbs
25 ml oil or melted margarine

1. Cook the macaroni in boiling water with salt added until tender but still firm. About 15 min. Drain.
2. Fry onion in hot oil.
3. Mix macaroni and onion.
4. Layer macaroni and cheese in a baking dish.
5. Add white sauce and sprinkle crumbs, mixed with oil or margarine.
6. Bake at 180°C (350°F) for 20 minutes.

Variations:

1. Mix a packet of tomato soup with 375 ml water, cook until thick and pour this over the macaroni and cheese instead of the white sauce.
2. First stir a tin of minced meat into the macaroni and cheese then pour over the white sauce.
3. Place strips of bacon on top of the layer of crumbs before baking.

MACARONI WITH EGG AND CHEESE
(8 portions)

125 g macaroni	125 ml egg powder
5 ml salt	125 ml milk powder
1 l water	2 ml salt
500 ml grated cheese	1 ml pepper
500 ml soft bread crumbs	3 ml mustard
	500 ml water
	25 ml oil or melted margarine

1. Turn the cooked, drained macaroni into a casserole and mix in the cheese and bread crumbs.
2. Mix together the egg and milk powder, salt, pepper and mustard. Stir in the water slowly and mix until smooth.
3. Pour this mixture over the macaroni.
4. Bake for approximately 40 min in a medium oven 180°C (350°F), till set and brown. Use a knife to test whether the mixture is cooked. It should come away clean.

SPAGHETTI AND TOMATO SAUCE

250 ml spaghetti	25 ml Worcester sauce
5 ml salt	25 ml sugar
1 l water	2 ml salt
75 ml dehydrated onion, soaked and drained, cooked until almost tender	1 ml pepper
25 ml margarine or oil	
250 ml tomato puree	
200 ml warm water, or less if the puree is very thin	

1. Boil spaghetti in salted water.
2. Fry the onions in the margarine until brown.

3. Add the other ingredients and heat up.
4. Pour the tomato sauce over the spaghetti.

Variations:

1. Add a tin of minced meat to the tomato sauce and pour over the spaghetti.
2. Sprinkle 250 ml grated cheese over the spaghetti. Then pour the sauce over.

RICE (BASIC RECIPE)

6 portions

250 ml rice
5 ml salt
500 ml boiling water
10 ml margarine

1. Put the rice and salt into the boiling water in a casserole or saucepan, and add the margarine.
2. Cover and cook slowly for $\frac{3}{4}$ - 1 h or cook it in the oven for 1 to $1\frac{1}{2}$ h at 160°C (325°F).
Dish it up with a fork to keep it light and fluffy.

RAISIN RICE

After the rice has cooked for $\frac{1}{2}$ h stir in 25 ml sugar and 250 ml seedless raisins using a fork with which to stir. Continue cooking until the rice is light and fluffy.

YELLOW RICE

Add 5 ml tumeric to the water for boiling the rice.

SAVOURY RICE

1. The quantities are the same as those for rice cooked in the oven but replace 250 ml of water 250 ml chicken or meat stock.
2. First fry 125 ml of soaked, dehydrated onion in 25 ml oil or margarine until brown.
Stir in the rice and then add the hot liquid.
3. 5 ml curry powder, 10 ml sugar and 15 ml vinegar may also be added.

RICE SALAD

250 ml raw rice when cooked gives 750 ml cooked rice.

Allow 750 ml rice to cool, then add the following:

125 ml cut up prunes
125 ml cut up dates
125 ml cut up soaked, dried peaches or $\frac{1}{2}$ tin canned quinces
125 ml chopped nuts (optional)
250 ml mayonnaise
125 ml chutney

1. Using a fork mix the rice and fruit.
2. Mix the mayonnaise and chutney and stir it into the rice mixture.

Variations:

Use canned peaches instead of quinces.

Add 100 ml chopped pickles.

RECONSTITUTION OF MILK AND EGG POWDER

MILK POWDER

100 g milk powder = 250 ml milk powder

To 1 part milk powder add 4 parts water when mixing smaller quantities.

- Add the milk powder to a portion of the water and mix until smooth. Add the rest of the water - cold water if cold milk is required and boiling water if hot milk is required.
- Milk powder is added to the dry ingredients in powdered form and then mixed according to the prescribed method for a particular recipe (for example baked products).

EGG YOLK POWDER

30 ml egg powder plus 15 ml water = 1 egg yolk

- Where possible sift the egg powder before measuring it and do not press it into the measuring cup.
- Add portion of the water to the egg powder and mix until smooth. Add the rest of the water and mix thoroughly.
- Should lumps form the mixture may be poured through a strainer to remove the lumps.

- Egg powder may be added to the dry ingredients and then mixed according to the prescribed method for a particular recipe, for example, baked products.

Allow the reconstituted egg powder to stand for about $\frac{1}{2}$ - 1 h if it is to be used for omelet.

Custard

125 ml milk powder
25 ml custard powder
25 ml sugar
pinch of salt
125 ml water
375 ml boiling water
5 ml vanilla essence

1. Mix the dry ingredients in a saucepan and mix to a smooth paste with the cold water.
2. Add the boiling water gradually and stir until smooth.
3. Boil for 3 min stirring all the time.
4. Add vanilla and serve hot or cold.

OMELET USING POWDERED EGG YOLK

(1 large or 2 medium portions)

20 g powdered egg yolk (62,5 ml)
15 ml cake flour
25 ml milk powder
1 ml salt
pinch of pepper
2 ml baking powder
150 ml water, slightly lukewarm oil in which to fry

1. Mix the dry ingredients and stir into the water. Beat until smooth. Allow the mixture to stand for 5 min or longer.
2. Heat a little oil in a frying pan.
3. Pour in just sufficient of the mixture to completely cover the bottom of the pan.
4. Heat over medium heat until the omelet is brown underneath and still slightly creamy on top.
5. Carefully fold it in half or roll it up and slide it into a heated plate.

FILLINGS FOR OMELET

Meat: Cooked, chopped or minced beef, pork fish or chicken flavoured with a brown sauce or white sauce.

Place the mixture on the omelet before folding or rolling it up

Vegetables:

Cooked mushrooms, asparagus, peas, potato, onion etc., mixed with a little white sauce, salad dressing or mayonnaise.

Macaroni or spaghetti in tomato sauce.

Beans in tomato sauce.

Fried bacon cut into pieces with grated cheese.

SCRAMBLED EGG USING POWDERED EGG YOLK

2 - 3 Portions)

40 g powdered egg yolk (120 ml)
25 ml cake flour
50 ml milk powder
3 ml salt; pinch of pepper
300 ml water, lukewarm; oil for frying

1. Measure and mix the dry ingredients and stir into the water. Beat until smooth. Leave for 5 - 10 min to soak.
2. Fry in a little oil in a frying pan over moderate heat. Stir slightly as the mixture becomes firm.

Note:

Scrambled eggs may be cooked in a moderate oven. Stir the mixture as soon as it becomes firm.

Variations:

1. Fry cut up bacon in a pan first and then add the egg mixture.
2. Cut Vienna sausages or any other cooked meat into the egg mixture while it is frying.
3. Fry onion slices until brown, then add the egg mixture and stir slightly while frying.

PUDDINGS

HOT PUDDINGS

JAM ROLL

1. Roll out tea scone dough in a rectangular shape, 10 mm thick.
2. Spread with a layer of apricot jam and sprinkle 125 ml of two or more of the following over: chopped nuts, sultanas, citrus peel, dates, raisins.
3. Roll like a jelly roll, and place in a backing dish.
4. Prepare and pour the following syrup over:

250 ml sugar
500 ml water
5 ml citric acid
 or
 50 ml lime juice
1 ml salt
3 ml ginger
25 ml golden syrup

Mix and allow to come to the boil.

Pour the hot syrup over the roll.

Bake in a moderately hot oven 190°C (375°F) for 45 min.
or in a saucepan on top of the stove for ±30 min.

Variation

Cut the roll in slices, 20 mm thick, place with the cut side down in a baking dish. Pour the hot syrup over and bake in a moderately hot oven, 190°C (375°F) for 25 min. Serve with a custard.

CINNAMON DUMPLINGS

(6 - 8 portions)

500 ml flour	50 ml butter or oil
20 ml baking powder	70 ml water
50 ml egg powder	125 ml cinnamon sugar
1 ml salt	10 ml butter

1. Mix and sift the dry ingredients.
1. Cut the butter in using two knives or a pastry cutter. The mixture should have the appearance of coarse mealie meal.
3. Mix to a fairly firm batter with the water.
4. Pour water 10 mm deep in a saucepan with a tightly fitting lid and bring to the boil.
5. Dip a teaspoon into the boiling water and drop teaspoonfuls of the batter into the boiling water. Do not overcrowd them.
6. Cover and cook slowly for approximately 8 to 10 min.

1. Roll out tea scone dough in a rectangular shape, 10 mm thick.
2. Spread with a layer of apricot jam and sprinkle 125 ml of two or more of the following over: chopped nuts, sultanas, citrus peel, dates, raisins.
3. Roll like a jelly roll, and place in a backing dish.
4. Prepare and pour the following syrup over:

250 ml sugar
500 ml water
5 ml citric acid
or
50 ml lime juice
1 ml salt
3 ml ginger
25 ml golden syrup

Mix and allow to come to the boil.
Pour the hot syrup over the roll.
Bake in a moderately hot oven 190°C (375°F) for 45 min.

or

Cut the roll in slices, 20 mm thick, place with the cut side down in a baking dish. Pour the hot syrup over and bake in a moderately hot oven, 190°C (375°F) for 25 min. Serve with a custard.

CINNAMON DUMPLINGS

(6 - 8 portions)

500 ml flour	50 ml butter or oil
20 ml baking powder	70 ml water
50 ml egg powder	125 ml cinnamon sugar
1 ml salt	10 ml butter

1. Mix and sift the dry ingredients.
1. Cut the butter in using two knives or a pastry cutter. The mixture should have the appearance of coarse mealie meal.
3. Mix to a fairly firm batter with the water.
4. Pour water 10 mm deep in a saucepan with a tightly fitting lid and bring to the boil.
5. Dip a teaspoon into the boiling water and drop teaspoonfuls of the batter into the boiling water. Do not overcrowd them.
6. Cover and cook slowly for approximately 8 to 10 min.

7. Sprinkle a layer of cinnamon sugar into a hot serving dish and lift out the dumplings onto the cinnamon sugar. Sprinkle a little cinnamon sugar over the dumplings and dot with butter.
8. Add more water to the saucepan and repeat the process. Sprinkle cinnamon sugar over and between each layer of dumplings finishing with a layer of cinnamon sugar.
9. Supplement the water in the saucepan with 250 ml water, add 25 ml of the batter and 25 ml cinnamon sugar. Mix and cook.
10. Serve the hot sauce over the dumplings.

TIPSY PUDDING

(8 portions)

5 ml bicarbonate of soda	400 ml cake flour
250 ml boiling water	10 ml baking powder
250 ml chopped dates	1 ml salt
30 ml butter or oil	50 ml chopped nuts
175 ml sugar	
50 ml egg powder	

1. Dissolve the bicarbonate of soda in the hot water and pour over the dates. Allow to cool.
2. Mix the butter or oil and sugar and stir into the date mixture.
3. Mix the dry ingredients and combine the mixtures. Lastly add the nuts.
4. Turn the mixture into a greased baking dish to a depth of 25 mm.
5. Bake in a moderately hot oven (375°F), for 25 - 30 min.
6. Pour the following syrup over and serve while hot.

SYRUP

150 ml sugar	1 ml salt
75 ml water	25 ml brandy or wine
1 ml butter	
5 ml vanilla essence	

1. Mix and boil all the ingredients except the brandy for 3 min.
2. Remove from the heat, add the brandy and pour the syrup over the hot pudding.

PUDDING SAUCES

FROTHY MILK (TO REPLACE CREAM)

125 ml milk powder	25 ml sugar
125 ml water	5 ml vanilla essence
pinch of salt	
5 ml citric acid	

1. Mix and beat together the milk powder, water, salt and citric acid.
2. Beat in the sugar and essence.

Serve with puddings or canned fruit.

Spiced Sauce

750 ml water	50 ml cornflour or custard powder
250 ml sugar	125 ml cold water
5 ml cinnamon	50 ml margarine or butter
1 ml ground cloves	50 ml wine (optional)
1 ml salt	

Boil the water, sugar, flavouring and salt for 5 min. Thicken with cornflour mixed to a paste with a little cold water. Stir continually until cooked. Add the butter and wine and serve.

CUSTARD

250 ml milk powder	125 ml cold water
125 ml sugar	750 ml hot water
75 ml custard powder	5 ml vanilla
pinch of salt	

1. Mix the dry ingredients in a saucepan, add the cold water and mix to a smooth paste.
2. Stir in the hot water and cook over low heat while stirring, until the mixture thickens. Cool, and add the vanilla. Serve hot or cold.

COLD PUDDINGS

FRUIT JELLY

30 ml gelatine soaked in	1 tin of fruit in syrup or 500 ml
50 ml cold water	stewed fruit, chilled
250 ml boiling water	125 ml sugar
5 ml citric acid	pinch of salt

1. Melt the soaked gelatine in the boiling water.
2. Stir in the sugar, acid, salt and ice water. Leave until it begins to set.
3. Stir in the cold fruit chunks or pieces and allow to set.

WHIP PUDDING

1 pkt jelly
1 tin evaporated milk chilled
410 g tin canned fruit

1. Prepare the jelly according to package instructions but substitute part of water with fruit juice.
2. Leave to partially set.
3. Beat evaporated milk till stiff.
4. Whip the jelly.
5. Chop the fruit.
6. Add the fruit to the jelly and fold milk in.
7. Leave to set.

Brown Pudding

Syrup

- 750 ml sugar
- 1,5 l water
- 25 ml butter or margarine
- 5 ml ground ginger
- 2 ml tartaric acid

Mix ingredients in a saucepan and boil. Meanwhile mix the following:

Pudding

- 50 ml butter or margarine
- 50 ml golden syrup
- 15 ml bicarbonate of soda
- 250 ml milk or
- 75 ml milk powder and
- 250 ml water
- 750 ml cake flour
- 5 ml salt
- 10 ml ground ginger

1. Melt butter and syrup.
2. Dissolve bicarbonate of soda in milk and add to butter mixture.
3. Sieve dry ingredients and mix to a soft dough with milk mixture.
4. Ladle spoonfuls into boiling syrup and boil on low heat for 45 minutes.
5. If necessary, custard may be served.

Upside-down-pudding

175 ml brown sugar
25 ml butter or margarine
1 tin pine-apple rings
100 ml butter
125 ml white sugar
60 ml egg powder and
30 ml water
500 ml cake flour
10 ml baking powder
2 ml salt
125 ml milk (30 ml milk powder and 125 ml water)
or
125 ml pine-apple juice

1. Mix butter and brown sugar to a paste.
2. Spread onto bottom and sides of a square or tube pan.
3. Arrange pine-apple rings onto sugar mixture on bottom of cake tin.
4. Cream butter and sugar and add egg.
5. Sieve dry ingredients and fold into egg mixture.
6. Add milk or pine-apple juice to mix a soft batter.
7. Pour batter onto pine-apple rings.
8. Bake at 180°C (350°F) for 35 minutes and turn out immediately when baked. Leave to cool slightly.
9. Serve with custard or sauce.

Sauce

20 ml custard powder	125 ml pine-apple juice
100 ml sugar	25 ml lemon juice
125 ml boiling water	10 ml butter

1. Mix custard powder and sugar.
2. Add boiling water and boil 5 minutes. Cool and add butter
3. Add fruit juice.

Sago Pudding

200 ml sago
750 ml water and
200 ml milk powder
125 ml sugar
 2 ml almond or vanilla essence
60 ml egg powder
25 ml water
50 ml apricot jam
100 ml coconut

1. Wash sago.
2. Mix water and milk powder and add sago and sugar.
3. Stir over low heat till milk boils and sago is transparent.
4. Add flavouring and egg powder mixed with 25 ml water. Boil another 5 minutes.
5. Turn into a greased oven dish, dot with apricot jam.
6. Sprinkle with coconut.
7. Bake 25-30 minutes at 180°C (350°F).

Baked Caramel Custard

120 ml egg powder
60 ml water
125 ml milk powder
500 ml water
25 ml sugar
2 ml salt
5 ml vanilla

1. Mix egg powder and water to a smooth paste in mixing bowl.
2. Mix milk powder and water and heat to fairly hot.
3. Add milk to egg paste and mix thoroughly.
4. Add rest of ingredients and mix.
5. Pour into greased oven dish.
6. Put oven dish into pan with hot water and bake 45 minutes at 180°C (375°F). Serve hot.

Crepe Suzette-mandarin

Use pancake recipe small quantity.

1 tin mandarin

Sauce

125 ml sugar

25 ml cornflour

300 ml boiling water

25 ml butter

5 ml vanilla

25 ml brandy

1. Mix sugar and cornflour in saucepan, add boiling water gradually and stir till smooth. Add butter.
2. Stir over low heat till thick + 3 minutes. Leave to cool and add flavouring.
3. Bake pancakes. Arrange a few mandarin slices on half of pancake, fold over. Fold again to give a quarter round. Spoon a little hot sauce over.

Sago Pudding

200 ml sago
750 ml water and
200 ml milk powder
125 ml sugar
2 ml almond or vanilla essence
60 ml egg powder
25 ml water
50 ml apricot jam
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60 ml water ✓
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25 ml sugar
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5. Pour into greased oven dish.
6. Put oven dish into pan with hot water and bake 45 minutes at 180°C (375°F). Serve hot.

Crepe Suzette-mandarin

Use pancake recipe small quantity.

1 tin mandarin

Sauce

125 ml sugar

25 ml cornflour

300 ml boiling water

25 ml butter

5 ml vanilla

25 ml brandy

1. Mix sugar and cornflour in saucepan, add boiling water gradually and stir till smooth. Add butter.
2. Stir over low heat till thick \pm 3 minutes. Leave to cool and add flavouring.
3. Bake pancakes. Arrange a few mandarin slices on half of pancake, fold over. Fold again to give a quarter round. Spoon a little hot sauce over.

DOUGHNUTS (36)

300 g cake flour (625 ml)
 20 ml baking powder
 2 ml nutmeg or
 nutmeg and cloves mixed
 5 ml salt
 2 eggs, beaten (optional) or (60 ml eggpowder + 30 ml water)
 140 g sugar (175 ml)
 50 g melted butter (25 ml)
 250 ml milk or milk and water mixed (70 ml milkpowder +
 250 ml water). Use 325 ml if no egg was used

1. Sift the dry ingredients together, mix the egg, sugar, butter and just enough milk to the mixture to form a dough stiff enough to roll out.
2. Place the dough on a board dusted with flour; knead lightly and roll out 10 mm thick.
3. Cut with a doughnut cutter or a cookie cutter. Allow to stand for 10 to 15 minutes before frying.
4. Heat the fat or oil to 170°C. A cube of bread takes 60 seconds to brown in the oil at this temperature.
5. Fry 3 or 4 doughnuts at a time until brown all over.
6. Remove with a perforated spoon and drain on absorbent paper.
7. While still hot, roll in castor or granulated sugar, or place 2 or 3 doughnuts together in a paper bag with sugar and shake lightly to coat.

VARIATIONS

Sour milk doughnuts

Use sour cream instead of milk and reduce the butter to 25 ml. Use only 15 ml baking powder and 2 ml bicarbonate of soda, sifting them together with the dry ingredients.

Chocolate doughnuts

Sift 40 g (100 ml) cocoa together with the dry ingredients. Decorate the cooked doughnuts with chocolate glaze (see "Icings and Fillings for Cakes").

Lemon doughnuts

Add 25 ml lemon juice and 5 ml grated lemon rind. Grated nutmeg may be omitted.

CRUMPETS
(20 crumpets)

240 g cake flour (500 ml)
 20 ml baking powder
 2 ml salt
 20 ml sugar
 2 eggs or (60 ml egg powder + 30 ml water)
 350 ml milk or a mixture of milk and water (30 ml milk powder + 300 ml water)
 25 ml melted butter or oil

1. Sift the dry ingredients together.
2. Beat the eggs, add the milk, butter and dry ingredients. Mix until smooth. The batter should be the consistency of thick cream.
3. Drop spoonfuls on to a hot, lightly greased hot plate or frying pan. The plate need be greased only once.
4. Turn the crumpets over with an egg lifter as soon as bubbles form on the surface and they are set; allow the other side to brown.
5. Serve with butter and syrup, honey, or meat extract.

VARIATIONS

1. Separate the eggs and fold the mixture into the stiffly beaten egg white.
2. Use sifted meal, and increase the quantity of baking powder to 12,5 ml.
3. Use buttermilk or sour milk for the liquid. Reduce the baking powder to 5 ml and add 5 ml bicarbonate of soda.

SWISS ROLL

120 g cake flour (250 ml)
 10 ml baking powder
 pinch of salt
 4 eggs or (120 ml egg powder + 50 ml water)
 12.5 ml lemon juice
 25 ml water
 100 g fine granulated sugar (200 ml)

1. Sift together the flour, baking powder and salt.
2. Beat the eggs until light and foamy, then beat in the lemon juice and water. Add the sugar gradually and beat to dissolve.
3. Sift the dry ingredients in thin layers over the egg mixture and fold in lightly with a spatula. Repeat until all the dry ingredients have been used.
4. Pour the batter along the length of a 220 mm x 350 mm pan lined with greased butter paper. Press down the paper and hold the pan at an angle so that the batter will spread evenly. Level lightly if necessary. The batter should be 5 mm thick, so that when baked the cake will not be more than 12 mm thick.
5. Bake in a hot oven (200°C) for 10 to 12 minutes. Then turn out on to a slightly damp cloth, and pull the paper off carefully. Cut off the crisp edges to facilitate rolling.
6. Spread a thin layer of selai or firm apricot jam over the cake. Roll up and wrap in the cloth. Leave for a minute or two, and then remove the cloth and allow to cool on a cooling tray.

Note

The cake may also be rolled without a filling. Cover with a layer of butter paper and roll up. Unroll and, before serving, fill with ice-cream or buttering.

VARIATION

Chocolate roll

Substitute cocoa for 50 ml flour, and use strong, black coffee instead of water. Roll up the cake with butter paper, and, when cool, fill with flavoured whipped, cream.

TRIFLE
(6 to 8 portions)

- 1 small sponge cake, cut in strips or Swiss Roll
 or
 1 packet sponge fingers
- 50 ml wine
- 100 ml apricot jam
- 20 g chopped walnuts (50 ml)
- 750 ml hot custard
- 125 ml cream
- 8 glacé cherries, halved
- 8 walnuts, halved
- angelica
 or
 pieces of preserved ginger

1. Arrange a layer of sponge strips or fingers in a pudding bowl.
2. Sprinkle with wine, dot with apricot jam, then sprinkle with chopped nuts and cover with custard.
3. Repeat the layers. The top layer of sponge cake should be well covered with custard.
4. Allow to cool. Decorate with whipped cream, cherries, walnuts, and pieces of angelica or ginger preserve.

Note

Strawberry, youngberry, raspberry or mulberry jam may be used instead of apricot jam.

BEER BREAD

500 g self raising flour
500 g cake ^{or} flour (1 000 ml) and
40 ml baking powder
5 ml salt
1 large tin beer
250 ml grated cheddar cheese
5 ml garlic powder

1. Mix the dry ingredients and the cheese.
2. Add the beer and mix to a soft dough.
3. Ladle into a greased bread tin.
4. Bake 30-35 minutes at 180°C (375°F)
5. Leave to cool 5 minutes and then turn out.
6. Cut and serve with spiced butter.

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DRIED FRUIT ROLL

Dough:

Use half the tea scone recipe

Filling:

50 ml apricot jam
100 ml raisins, washed and dried
75 ml lemon peel
50 ml chopped nuts

1. Mix the scone dough and roll out to 5 mm thickness
2. Spread with apricot jam
3. Sprinkle fruit and nuts over leaving a boarder of 20 mm all round
4. Roll as for a Swiss roll and slightly press ends to close
5. Bake on a greased baking sheet for 15-20 minutes at 200°C (400°F)
6. Cool on cooling rack.

CHERRY LOAF

230 g (250 ml) butter
250 g fine granulated sugar (312,5 ml)
250 g castor ^{or}sugar
5 eggs or 150 ml egg powder and
75 ml water
5 ml lemon essence
250 g cake flour (520 ml)
1 ml salt
5 ml baking powder when using egg powder
100 ml quartered cherries
50 ml lemon peel (optional)

1. Cream butter and add sugar gradually. Beat thoroughly.
2. Add eggs and beat thoroughly.
3. Sift flour salt and baking powder and add gradually to butter mixture.
Add the cherries and mix.
4. Ladle into greased bread tin with papered bottom.
5. Bake 1 hour at 180°C (375°F)
6. Cool slightly and turn out.

CHEDDAR PENNIES

125 g (375 ml) grated cheddar cheese
150 ml cake flour
70 ml butter or margarine
2 ml dry mustard
dash cayenne pepper

1. Mix the flour, cheese, mustard and cayenne
2. Rub butter in
3. Roll into 250 mm balls
4. Put onto ungreased baking sheet 500 mm apart
5. Bake 12-15 minutes at 180°C (350°F)

SHORT CRUST FRUIT TART

Crust

120 g cake flour (250 ml)
 1 ml salt
 90 g butter or margarine (100 ml)
 10 ml sugar
 40 ml iced water
 5 ml white vinegar

1. Sift flour and salt
2. Rub butter or margarine in
3. Dissolve sugar in the water and add the vinegar
4. Sprinkle enough water to moisten dry ingredients. Mix with a fork. Form into a ball. Do not knead.
5. Cool 10-15 minutes in fridge
6. Roll out or grate into pie dish. Press down and prick.
7. Bake 15 minutes or till golden brown at 200°C (400°F). Leave to cool. Add filling

Filling

5 ml gelatine
 1 tin (485 g) canned peach slices
 25 ml custard powder

1. Soak gelatine in 20 ml cold water
2. Drain peaches and reserve liquid. Mix custard powder with a little liquid
3. Heat liquid and add custard. Stir until thickened and smooth
4. Add soaked gelatine and stir to dissolve
5. Remove from heat and add peaches
6. Leave to cool
7. Ladle into baked crust and refrigerate till set.

BRAIZED STEAKS

Topside steaks cut into portions

Salt and pepper

Oil

50 to 100 ml dehydrated onion soaked

1 bouillon cube dissolved in

175 ml boiling water

1 bay leaf

all spice, Whole (Pimento)

1. Heat oil in a sauce pan
2. Brown in heated oil, sprinkle with salt and pepper
3. Remove from pan and keep warm
4. Sauté the soaked onion
5. Add meat, bouillon, bay leave and all spice
6. Bring to the boil, reduce ~~the~~ heat and simmer untill tender
(± 1 hour)
7. Thicken the gravy if necessary.

PANCAKE WITH FISH FILLING

Recipe for pancakes
Make pancakes and keep warm

Filling

25 ml butter
25 ml cake flour
2 ml salt
1 ml pepper
dash cayenne pepper
250 ml milk or 60 ml milk powder and
250 ml water
1 tin tuna drained and flaked
250 ml grated cheddar cheese

1. Heat butter in sauce pan and add dry ingredients. Mix into a paste
2. Add the milk and stir
3. Reduce the heat stirring till thickened and cooked
4. Remove from heat add cheese and fish mix well
5. Spoon onto each pancake roll and serve.

Alternative serving idea:

Make medium white sauce. Place rolled panocakes in a fireproof dish, pour over sauce, sprinkle with cheese and bake in oven for 1 hour.

SAVOURY MEAT ROLL

Dough:

Breakfast scone dough

Filling

500 ml cooked deft over meat chopped
20 ml chutney
25 ml dehydrated onion, soaked and sautéd
salt and pepper to taste
1 small tin mushrooms (± 150 g)

1. Roll scone dough to 10 mm thickness
2. Mix ingredients for filling and spread over dough leaving a 20 mm margin all round
3. Roll as for Swiss roll. Press edge to seal
4. Bake on a greased baking sheet at 200°C (400°F) 15 - 20 minutes

CHOCOLATE SAUCE

250 ml sugar
37,5 ml cocoa
pinch of salt
10 ml butter
300 ml boiling water
25 ml custard powder mixed with
25 ml cold water
5 ml vanilla

1. Put all the ingredients except the custard powder and vanilla in a sauce pan
2. Heat and stir to dissolve the sugar. Bring to the boil and remove from heat
3. Add custard powder and vanilla mix and boil 3 - 5 minutes
4. Cut the cake into cubes. Dip into sauce and roll in coconut
5. Cool on cooling rack.