

Mock Goose and More

Wartime recipes designed to make the most of rationed foods

MEAT AND FISH

Sausage Pancakes

Ingredients

1lb small sausages

4oz flour

½ pint milk

½ oz custard powder

Salt and pepper

Mix together the custard powder and the flour then mix with some of the milk to a smooth batter.

Beat well for five minutes, stir in the rest of the milk.

Season with salt and pepper and leave to one side.

Fry the sausages, remove from pan and keep hot.

Pour off some of the fat and save, leaving enough in the pan to fry the first pancake.

Brown the pancake lightly on both sides and roll up with the sausage inside.

Keep warm.

Add some of the saved fat to the frying pan and add more batter for a second pancake.

Continue until all the batter is gone.

Serve very hot with fried tomatoes.

Sausage and Sultana Casserole

Ingredients

1lb sausages
1 large onion
2oz sultanas
1 sour apple
Pinch of mixed herbs
Stock
Salt

Chop up and fry the onion.
Fry the sausages.
Cover with stock.
Add sultanas, herbs, salt.
Place in oven and cook slowly for 35-40 minutes.

Fish Paste

Cooking time 25 minutes
Quantity 4 helpings

Ingredients

3 oz cooked fresh-salted cod
2 oz mashed potatoes
1 oz softened margarine
2 teaspoons Worcestershire sauce pepper

Flake the fish finely with a fork or put through the mincer and beat into the potato until the mixture is smooth and creamy.
Then beat in the margarine and Worcestershire sauce and a little pepper.
Use for sandwiches

VEGETABLES AND CHEESE

Pea Puree Pancakes

Ingredients

1 lb peas (fresh, dried or tinned)
half a teaspoon sugar
dab of margarine
1 dessertspoon chopped mint
salt and pepper
pancakes or fried croutons
2 oz grated cheese

Cook the peas until tender. Add a little sugar to the water as this brings out the flavour of the peas.

Drain and mash the peas and then mix in the margarine, mint and seasoning.

When you've made the pancakes spread the puree between the two as though for a sandwich and serve with grated cheese.

Alternatively you could serve the puree very hot in bowls like a soup adding croutons.

The croutons are made by cutting bread into cubes and frying in very hot fat

Cheese Pudding

Cooking time 30 mins

Quantity 4 helpings

Ingredients

Half a pint milk or household milk
2 eggs (2 level tblspns of dried egg mixed with 4 tablespoons water)
4 oz grated cheese
1 breakfastcup breadcrumbs
salt and pepper
quarter teaspoon dried mustard.

Add the milk to the egg mixture and stir in the other ingredients.

Pour into a greased dish and cook for about 30 minutes in a moderately hot oven until brown and set.

Vegetable Roll with Potato Pastry

Ingredients for pastry

4oz mashed and sieved potato
½ teaspoon of salt
8oz plain flour
3oz fat
2 tablespoons of baking powder

Sieve dry ingredients together.
Rub fat into flour and gently mix in potato.
Add just enough water to make a fairly dry dough.
Knead well.

Ingredients for filling

1½ cups of any mixed boiled vegetables, diced
1 pint thick gravy
Salt and pepper
A little chopped parsley

Take ½ lb of potato pastry and roll out on a floured board.
Moisten the vegetable mixture with a little of the gravy.
Spread vegetables on to pastry leaving 1 inch all the way round.
Season to taste with salt and pepper.
Roll up and seal well at the edges so that gravy cannot seep out.
Place on a well greased baking tin with the seal underneath.
Brush with milk.
Bake in a moderately hot oven for 35-45 minutes.

Woolton Pie

This recipe was created by the Chef of the Savoy hotel and named after Lord Woolton, head of the Ministry Of Food.

Ingredients

1lb diced potatoes
1lb cauliflower
1lb diced carrots
1lb diced swede
3 spring onions
1 teaspoon vegetable extract
1 tablespoon oatmeal
A little chopped parsley

Cook everything together with just enough water to cover, stirring often to prevent it sticking to the pan. Let the mixture cool. Spoon into a pie dish, sprinkle with chopped parsley. Cover with a crust of potatoes or wholemeal pastry. Bake in a moderate oven until golden brown. Serve hot with gravy.

Mock Goose

Cooking time 1 hour
Quantity 4 helpings

Ingredients

1 and a half lb Potatoes
2 large cooking apples
4 oz cheese
half a teaspoon dried sage
salt and pepper
three quarters of a pint vegetable stock
1 tablespoon flour

Scrub and slice potatoes thinly, slice apples, grate cheese. Grease a fireproof dish, place a layer of potatoes on it, cover with apples and a little sage, season lightly and sprinkle with cheese, repeat layers leaving potatoes and cheese to cover. Pour in half a pint of the stock and cook in a moderate oven for 45 minutes.

Blend flour with remainder of the stock, pour into dish and cook for another quarter hour.

Serve as a main dish with a green vegetable.

CAKES, PUDDINGS AND SWEETS

Health Bread

Ingredients

1½ lb self-raising flour
1 teacup sugar
1 breakfast cup syrup
1 egg
1 breakfast cup of raisins with stones removed.
1 breakfast cup of milk.
Pinch of salt.

Mix together the sugar, flour, salt and raisins.

Beat the egg and add it to the milk and syrup.

Mix all the ingredients together. Bake in two well greased loaf tins in a moderate oven for approx. 1½ hours.

Slice thinly after a couple of days and serve with butter or margarine.

Will keep for a month in a tin.

Honey Cakes

Ingredients

1 teaspoon sugar
2½ ounces margarine
2 teaspoons honey
6oz self raising flour
1 level teaspoon cinnamon

Beat sugar and margarine until a soft cream consistency.

Sieve flour and cinnamon then add to mixture.

Mix with a wooden spoon until it binds together, then knead with your fingers until you have a soft dough.

Break off a piece of the dough and roll it between your floured palms into a ball.

Place on to a lightly greased baking tray.

Flatten slightly.

Repeat until you have used up all the dough, when you should have about sixteen delicious honey cakes.

Beetroot Pudding

Cooking time 35/40 minutes

Quantity 4 helpings

Ingredients

6 oz wheatmeal flour

half a teaspoon of baking powder

1 oz sugar

4 oz finely grated raw beetroot

½ oz of margarine

Just the job to make your sugar ration go further! First mix flour and baking powder, rub in the margarine, then add sugar and grated beetroot.

Now mix all the ingredients to a soft cake consistency with 3 or 4 tablespoons of milk.

Add a few drops of flavouring essence if you have it.

Turn the mixture into a greased pie dish or tin and bake in a moderate oven for 35 minutes.

This pudding tastes equally good hot or cold.

Sugarless Apple Dessert

Ingredients

Cooking apples

Condensed milk

Orange juice

Nuts or grated chocolate

Grate raw cooking apple.

Whip together with the condensed milk.

Add a little orange juice.

Arrange in dishes with nuts or grated chocolate on top.

Carrot Fudge

Ingredients

Carrots

Gelatine

Orange essence

Finely grate carrots and cook four tablespoons-full in just enough water to cover for 10 minutes.

Add flavouring with orange essence, grated orange rind or orange squash.

Melt a leaf of gelatine and add gelatine to mixture.

Cook quickly for a few minutes stirring all the time.

Spoon into a flat dish.

Cut into cubes when set.