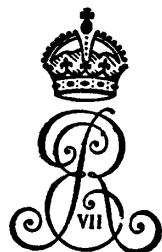


**KING EDWARD'S
HOSPITAL FUND FOR LONDON**



HOSPITAL CATERING ADVISORY SERVICE

MEMORANDUM ON LIGHT DIETS

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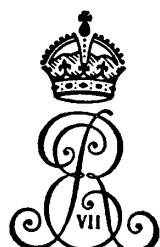
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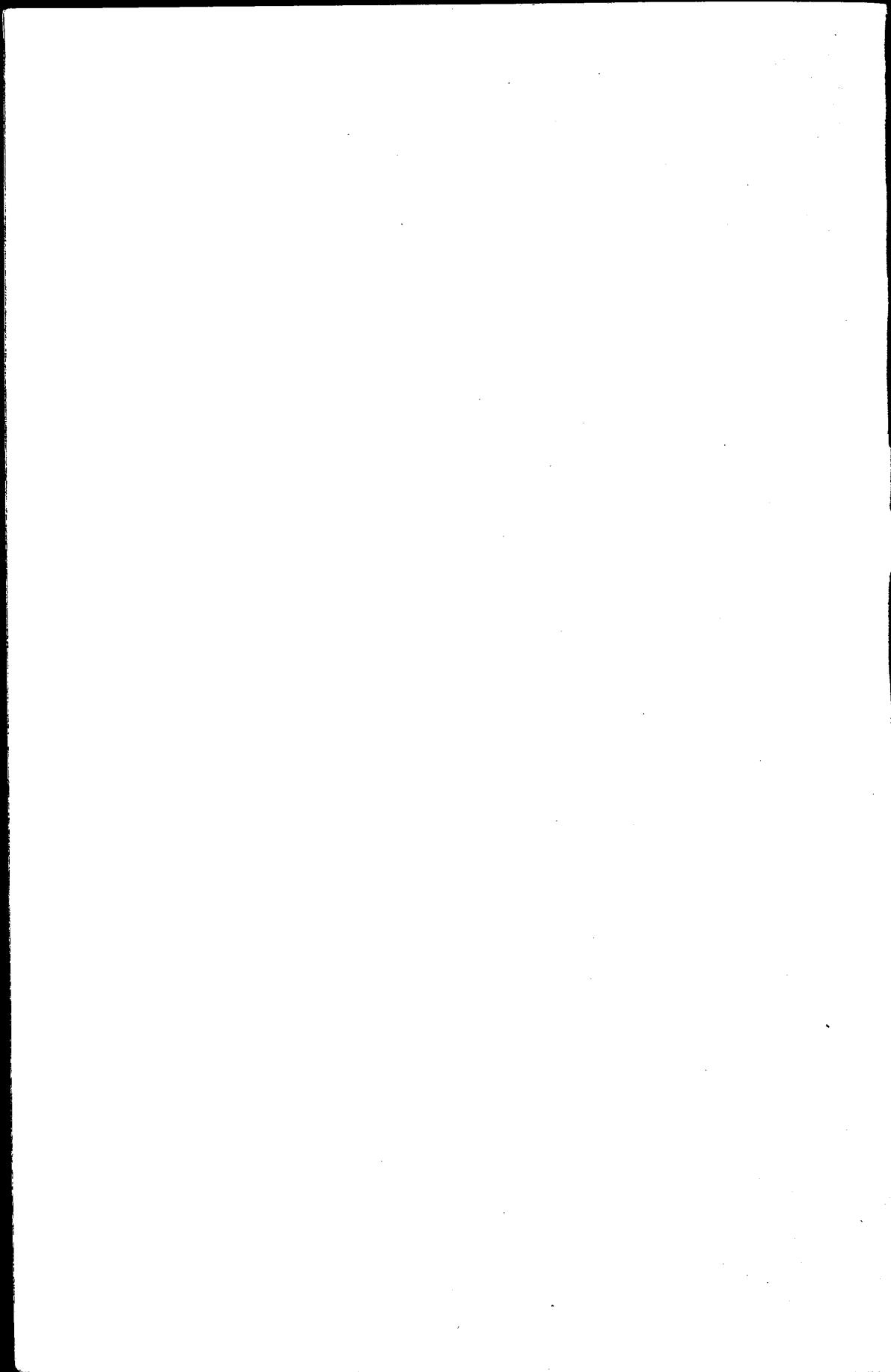
**KING EDWARD'S
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MEMORANDUM ON LIGHT DIETS

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MEMORANDUM ON LIGHT DIETS

Introduction

In all general hospitals light diets form a significant proportion of the total number of diets supplied for patients, yet there is a surprising lack of understanding as to what is meant by a "light diet". In some hospitals it is confused with a gastric diet and is interpreted as a very strict regimen of steamed fish or chicken, mashed or sieved vegetables and milk pudding, whilst in other hospitals a more liberal view is taken and such foods as salads, lean ham or meat and cheese are included.

Before attempting to lay down any hard and fast rules as to foods which should or should not be included, it will be well to determine what the patient, for whom this diet is prescribed, really needs. Invariably a light diet is prescribed for someone who is too ill to take normal food. In illness both digestion and appetite are impaired and it therefore follows that a light diet should contain easily digested foods, which at the same time appeal to and stimulate appetite. Food should be served to these patients in a form that is easily eaten and easily handled. Fish which needs boning, meat which needs a lot of chewing, fruit pips which get under dentures, all make the effort of eating too great and may lead to the refusal of an otherwise attractive meal. It must be remembered also that serious illness causes depletion of body stores of protein and some vitamins, notably vitamin C. Hence to hasten convalescence foods containing these nutrients must be well represented in the diet.

With these facts in mind, those responsible for the catering should plan menus for light diets with as much, if not more, care than for full diets. A well-planned light diet menu can serve as a basis for convalescent gastric diets and, with a little modification for other special diets (see Memorandum on Special Diets). It is not unusual to find, however, that no separate menu is planned and reliance is placed on daily ward orders for so many portions of fish, chicken or mince and milk pudding or jelly. As these foods are often provided at midday only, breakfast and supper meals for the light diets are a matter for conjecture! As with general diets, light diet menus should provide three main meals daily and two, if not three, between-meal beverages. Poor appetite is likely to limit the quantity of food taken at any one time, therefore small but highly nourishing feeds at frequent intervals should be the rule. Milk, either neat or in flavoured drinks, is the ideal food as it is both highly nutritious and easily digested. It is recommended that at least $1\frac{1}{2}$ pints daily be allowed, of which one pint should be for ward beverages and the remainder for cooking. To ensure an adequate supply of protein the diet should contain, in addition to this milk, an egg or other animal protein food for breakfast and a serving of meat, poultry, offal, cheese, eggs or fish at midday and at supper time. Vitamin C should be included daily in the form of well

cooked vegetables, citrus, summer berry fruits, tomatoes or other vitamin C rich fruit or vegetables. The need for daily inclusion of fruits and vegetables is stressed particularly as it is still customary to serve fish without a second vegetable and to omit fruit because the acid curdles milk or milk pudding taken at the same meal. Milk is curdled in the stomach as a natural part of digestion and hence acid fruit will not have a deleterious effect.

Many of the foods included in the usual light diet, viz., chicken, white fish, vegetables and milk puddings, have a low or comparatively low, fat content and the methods of cooking normally employed do not add fat, e.g., boiling, stewing, steaming. Fat is a very high calorie food and a valuable source of fat soluble vitamins and it should be added to light diets in a digestible and acceptable form. There are some forms of fat which patients with nausea cannot tolerate, most, however, will eat butter on bread, sauces containing margarine or other fat and will enjoy fruit and "cream", the cream being made cheaply from milk and salt-free butter or margarine. Margarine and to some extent dripping, can be used to enrich other foods, notably potatoes, milk puddings, custards and sweet or savoury sauces. Of the sweets containing fat, pastry in any guise is not advisable but light steamed or baked puddings may be served occasionally and make a welcome change from milk pudding. Ice cream is also a valuable food and some of it has a fairly high fat content.

Soup is frequently a stand-by for light diets but, unless the soup is really well made and contains a reasonable quantity of milk and vegetables (see recipes) its food value is negligible. Soup, with the exception previously made, should be regarded as an appetiser rather than a course in itself. Some hospital soups made from bone stock and soup powder are little more than flavoured water.

Although foods which are notoriously indigestible, like fried foods, pickles, curries, pastries and fat meats, i.e., pork or duck, are better omitted from a light diet, the list of forbidden foods should be kept as short as possible. Every omission restricts the choice of foods and hence the variety of the diet. Variety is of great importance when appetite is capricious.

By planning a light diet menu as a complement to the full, a choice of dishes can be offered at each meal, e.g., two main dishes at breakfast, midday and supper and possibly two sweets at midday and supper. The menus should be circulated to the wards and ward sisters advised to order the requisite number of portions of each dish. A choice of dishes greatly assists the nursing staff to cater for patients' individual likes and dislikes and also helps the kitchen in catering for varieties of soft and special diets.

Recipes which follow in the appendix give suggestions for a number of suitable dishes but it must be pointed out that new foods should not be introduced into a patient's dietary without first consulting the medical and nursing staffs.

LIGHT DIET MENUS

<i>Breakfast</i>	Weak tea. Porridge or cereal with milk and sugar if required. Cooked dish: egg, cold ham, chopped bacon in scrambled egg, lean grilled bacon, fish roe, poached haddock or golden fillets.
<i>Mid-morning</i>	Milk Drink.
<i>Dinner</i>	White fish, poached, boiled, grilled or baked served with appropriate sauce <i>or</i> Ham, liver, chicken, kidney, tongue, veal, lamb, sweet- breads <i>or</i> Cheese or egg dish. Potato and second vegetable—sieved if ordered. Sweet or pudding.
<i>Tea</i>	Weak tea. Bread and butter, seedless jam, honey, syrup, Marmite, etc.
<i>Supper</i>	Plain cake occasionally. Soup and main dish. <i>or</i> Main dish and sweet. (Only a few patients will take three courses.)
<i>Bedtime</i>	Milk drink.

LIGHT DIET RECIPES

(All recipes for 30 unless stated otherwise.)

MAIN DISHES

POACHED EGGS IN POTATO NESTS

$\frac{1}{4}$ lb. margarine	}	Duchesse potato
2 eggs		
8 lbs. potatoes		
Salt		
30 eggs		

Method :

Make required number of nests with duchesse or mashed potatoes. Lightly poach eggs and place one egg in the centre of each nest. (Recipe for duchesse potatoes see page 9.)

POACHED EGG ON SPINACH

30 eggs
4 oz. margarine
12 lbs. spinach
Salt

Method :

Wash the spinach, add salt and cook. Drain and toss in melted margarine or butter. If individual dishes are available put a portion of spinach in each dish and place a lightly poached egg on top. In bulk containers, place portions individually to facilitate service in the wards.

CHEESE CUSTARD

15 eggs

Salt

7 pts. milk

1½ lbs. cheese

Method :

Beat eggs with milk, add salt and finely grated cheese. Put in pie dishes and bake in a slow oven in a tray of water.

EGG IN TOMATO JELLY

15 eggs

2 pts. tomato juice

2 pts. white stock

Salt

2 oz. gelatine

(or according to instructions
on packet)

Method :

Hard boil the eggs and refresh in cold running water. Shell and cut eggs in half. Make jelly with tomato juice, white stock, salt and gelatine. Place half an egg in a small mould and cover with prepared jelly. Cool and allow to set.

MINCED HAM IN BAKED EGG CUSTARD

1½ lbs. cooked gammon

6 pts. milk

12 eggs

Salt

Method :

Beat milk, eggs and salt together. Place a layer of diced cooked ham in the bottom of pie dishes. Pour over egg mixture and bake in a slow oven in a tray of water until set.

EGG MORNAY

30 eggs

½ lb. margarine

3 pts. Mornay sauce

Method :

Grease thirty small pie dishes or egg cocottes with margarine. Break one egg into each dish. Bake in the oven in a tray of water or bain marie until set. Serve the eggs with a coating of Mornay sauce. (For sauce see page 22.)

MACARONI AU GRATIN

2 lbs. Macaroni
Salt
 $1\frac{1}{2}$ lbs. cheese
6 oz. flour
6 oz. margarine
4 pts. milk
Browned breadcrumbs

Method :

Cook macaroni in boiling salted water and refresh in cold water. Make white sauce with flour, margarine and milk. Add salt and finely grated cheese, stir over low heat until cheese has melted. Mix in macaroni, place in pie dishes. Cover with browned breadcrumbs and reheat in the oven.

SPAGHETTI CHEESE

2 lbs. spaghetti
Salt
 $1\frac{1}{2}$ lbs. cheese
6 oz. flour
6 oz. margarine
4 pts. milk

Method :

As for macaroni cheese.

CHEESE AND POTATO BALLS

8 lbs. potatoes
 $1\frac{1}{2}$ lbs. cheese
Salt
Browned breadcrumbs

Method :

Mash potatoes, add beaten eggs, finely grated cheese and salt. Roll into balls, coat each ball with browned breadcrumbs, place on greased trays and bake in the oven.

CAULIFLOWER CHEESE

10 lbs. cauliflowers, trimmed
3 pts. milk
 $4\frac{1}{2}$ oz. margarine }
 $4\frac{1}{2}$ oz. flour } Sauce
8 oz. cheese, grated

Method :

Strip the cauliflowers, wash and cook rapidly in boiling salted water. Drain, arrange on fire-proof dishes. Make cheese sauce and pour over the cauliflower. Garnish with strips of cooked carrot, finely chopped parsley, yolk of hard boiled egg or paprika pepper.

CHEESE PUDDING

1½ lbs. cheese
6 pts. milk
1½ lbs. breadcrumbs
8 eggs
Salt

Method :

Beat eggs with milk and salt. Place breadcrumbs and finely grated cheese in pie dishes, and pour over egg and milk mixture. Place in tray of water and bake in slow oven until set.

SEMOLINA CHEESE

8 pts. milk
1 lb. semolina
1½ lbs. grated cheese
Salt

Method :

Cook the semolina with milk and salt in a double pan. Add grated cheese and stir. Pour into individual dishes or into a collar of potatoes or cooked marrow ring, garnish with very finely chopped parsley or paprika pepper.

FISH KEDGEREE

5 lbs. fillet haddock
1 lb. rice
8 eggs
Salt
4 oz. margarine

Method :

Remove skin and bones from cooked fish and flake. Cook rice for 10 minutes in boiling salted water and refresh in cold running water. Drain. Toss and reheat fish, rice, salt and chopped hard boiled egg in melted margarine. Correct seasoning and serve.

FISH PIE AU GRATIN WITH TOMATO

5 lbs. fillet of cod
5 lbs. potatoes
Salt
¾ pt. white sauce
½ oz. parsley
8 oz. margarine
4 oz. breadcrumbs
1½ lbs. tomatoes

Method :

Flake the cooked fish, removing any skin and bone. Mix with white sauce and finely chopped parsley. Place in pie dishes, cover with mashed potato, brush over with melted margarine and sprinkle with browned breadcrumbs. Decorate with slices of tomato and reheat in the oven.

GRILLED FILLET OF SOLE OR PLAICE

6 lbs. fillet plaice
or
6 lbs. fillet sole
Flour and salt
or
Egg and breadcrumbs
Olive oil or margarine
Serve with parsley butter

Method :

Wash and clean fillets. Coat with egg and white breadcrumbs, sprinkle with melted margarine or olive oil and grill; *or* pass through salted flour, brush with melted margarine or olive oil and grill. Serve with parsley butter. (For parsley butter see page 21.)

POACHED FILLET HADDOCK AND TOMATOES

8 lbs. fillet haddock
 $\frac{3}{4}$ pt. milk
Salt
Parsley sprigs
3 lbs. tomatoes

Method :

Wash and cut fillets into portions. Half cover with milk and water, add salt and parsley sprigs. Cover with grease-proof paper and bake in the oven. Garnish with half a grilled tomato per portion.

SOFT ROES ON TOAST

5½ lbs. herring roes
Flour
Margarine
Salt
30 slices buttered toast

Method :

Clean and wash roes and coat with salted flour, brush with margarine and grill. Serve on buttered toast. Alternatively, the roes can be lightly poached in a little milk.

DUCHESS POTATOES

8 lbs. potatoes
2 eggs.
Salt
4 oz. margarine

Method :

Cook and sieve or rice potatoes. Place in a saucepan with melted margarine, beat in eggs over a low heat. Pipe as required.

BAKED FILLET HADDOCK IN BREADCRUMBS

8 lbs. fillet haddock
Margarine
White breadcrumbs
2 eggs
Salt
Milk

Method :

Wash fillets and cut into portions. Pass through milk and egg mixture and coat in crumbs. Place in greased baking tins. Brush with melted margarine. Bake in the oven.

POACHED FILLET TURBOT

6 lbs. fillet turbot
Salt
2 pts. milk

Method :

Wash and cut fillets into portions, poach in salted milk. Garnish each portion with sprig of parsley or lemon slices.

FILLET OF HADDOCK MORNAY

6 lbs. fillet haddock
Salt
2 pts. milk
 $\frac{1}{2}$ lb. margarine
2 pts. Mornay sauce

Method :

Wash and skin the filleted fish, and cut into 3-oz. strips. Lay the prepared fish on a clean board, skinned side uppermost. Make a few shallow incisions on the back of the fish with a knife. Roll up into rounds and place in greased dishes. Partly cover with milk. Season. Cover with grease-proof paper. Bake in the oven, strain off liquor and use with milk to make Mornay sauce. Coat fish with sauce and re-heat. (For Mornay sauce see page 22.)

BRAISED GAMMON (FRESH)

5 lbs. gammon (boneless)
1 large carrot
1 large onion
Bayleaf
2 pts. brown sauce

Method :

Wash gammon, tie firmly, cover with water, add whole carrot, onion and bayleaf and simmer in a covered pan for approximately two hours, or according to weight. Skin and serve slices of ham in brown sauce. (For brown sauce see page 21.)

BRAISED LAMBS' TONGUES

15 lambs' tongues
½ gal. brown sauce

Method :

Wash tongues and trim. Boil for 45 minutes or until skin can be easily removed. Slice thinly and serve in brown sauce. (For brown sauce see page 21.)

BRAISED LAMB CUTLETS

30 lamb cutlets
1 large carrot
2 leeks
Celery salt
Parsley
4 oz. dripping
8 oz. flour
Salt
1 gallon stock

Method :

Wipe cutlets and trim off excess fat. Place in greased baking tins with diced vegetables and colour in a hot oven. Cover with brown sauce, add chopped parsley and celery salt. Cover with lid or greased paper and bake until meat is tender. Remove cutlets from tins and serve with strained sauce.

MINCED MUTTON IN CREAM SAUCE

5 lbs. leg of mutton (boiled)
1 lb. carrots
1 lb. onions
Faggot
Salt
1 pt. stock
1 pt. milk
3 oz. margarine
3 oz. flour

{ Sauce

Method :

Wipe meat and trim. Cover with stock or water, add vegetables, salt and faggot. Simmer in covered pan until cooked, skimming fat from surface occasionally during cooking. Mince meat and blend into a cream sauce made from margarine, flour, milk and strained stock.

STEWED MIDDLE NECK OF VEAL (WHITE)

8 lbs. middle neck veal
4 oz. margarine
4 oz. flour
1 lb. leeks

1 lb. carrots
½ pt. milk
Celery salt
1 faggot
Parsley

Method :

Wash veal and trim. Cover with water or stock, add leeks, carrots, celery salt, faggot and parsley. Stew until tender, remove from bones, chop or dice meat, strain the stock and use with milk, margarine and flour to make four pints white sauce. Re-heat and garnish with finely chopped parsley.

STEWED TRIPE

8 lbs. tripe
2 lbs. onions
6 oz. margarine
6 oz. flour
2 pts. milk
2 pts. stock
Salt

} Sauce

Method :

Wash and cut tripe into 2 inch squares, add water and stew with whole onions for an hour. Remove onions. Make sauce with margarine, flour, milk and stock in which the tripe was cooked. Serve with fingers or triangles of toast.

BRAISED LIVER (CALS' OR LAMBS')

5-6 lbs. liver
Seasoned flour
Dripping
Stock, onion, carrot, celery salt

Method :

Wash and cut liver in thin slices and pass through seasoned flour. Place in greased baking tins and brown in the oven. Add whole onion, carrot, stock and celery salt. Cover with greased paper or fitted lid. When cooked, strain sauce, re-heat and pour over the cooked liver.

BRAISED SHOULDER OF VEAL

6 lbs. shoulder veal (boneless)
1 lb. carrot
1 lb. onion
Flour
Dripping
1 faggot
3 pts. stock
Salt
Parsley

Method :

Prepare and slice vegetables. Wipe veal and place vegetables, flour and meat in hot fat in baking tins to brown in the oven. Add stock, faggot and seasoning. Finish cooking either in the oven or on top of stove in a pan with tightly-fitting lid. Serve meat with strained sauce, garnished with finely chopped parsley.

STEWED SWEETBREADS

5 lbs. sweetbreads

2 pts. stock

1 pt. milk

3 oz. flour

3 oz. margarine

Bayleaf

Lemon rind

Salt

Parsley

Method :

Wash sweetbreads and soak. Place in pan, cover with water and bring to the boil. Discard this water and add stock, milk, salt, lemon rind and parsley. Simmer until cooked. Thicken stock with white roux. Strain sauce, re-heat and correct seasoning, serve with sweetbreads.

CHICKEN CREAM

7 lbs. chicken (drawn)

8 oz. white breadcrumbs

2 pts. white sauce

Salt

Method :

Mince cooked chicken, add breadcrumbs and salt. Mix into cream sauce made with milk, strained chicken stock and white roux. Re-heat and serve.

CHOPPED HAM AND SPAGHETTI

4 lbs. gammon, cooked

1½ lbs. spaghetti

Margarine

Salt

Method :

Boil spaghetti in salted water and refresh in cold water. Toss and re-heat in melted margarine with chopped boiled lean gammon.

CHICKEN KEDGEREE

6½ lbs. chicken (drawn)

1 lb. rice

4 oz. margarine

8 eggs

Salt

Method :

Chop cooked chicken. Boil rice, refresh and drain. Toss chicken, rice and chopped hard boiled eggs in melted margarine to re-heat. Season and serve.

CREAMED HAM IN POTATO NESTS

4 lbs. gammon, cooked	
1 pt. white sauce (page 20)	
8 lbs. potatoes	} Duchesse potato
2 eggs	
4 oz. margarine	
Salt	

Method :

Mince or finely dice cooked gammon and mix with white sauce. Re-heat and serve portion in border of duchesse potatoes.

MINCED BEEF IN TOMATO CASES

8 lbs. tomatoes	
4½ lbs. chuck steak	
½ pt. brown sauce	} Chopped parsley
½ lb. breadcrumbs	
Salt	
Chopped parsley	

Method :

Stew chuck steak until tender, mince and mix with brown sauce, breadcrumbs, seasoning and chopped parsley. Halve tomatoes, remove seeds and fill cases with minced beef. Re-heat and serve. Minced lean lamb may be used in place of beef.

MINCED MUTTON IN BROWN SAUCE

5 lbs. leg of mutton	
1 lb. carrots	
1 lb. onions	} Boil mutton in water with whole carrots and onions. When tender make brown sauce with strained stock, dripping and flour. Mince mutton, add to brown sauce, season and re-heat. (For brown sauce recipe see page 21.)
3 oz. dripping	
3 oz. flour	
3 pts. stock	
Salt	

Method :

Boil mutton in water with whole carrots and onions. When tender make brown sauce with strained stock, dripping and flour. Mince mutton, add to brown sauce, season and re-heat. (For brown sauce recipe see page 21.)

STEWED VEAL

5 lbs. veal (boneless)	
1 lb. carrots	
1 lb. onions	} 1½ pts. stock
1½ pts. stock	
1 lb. streaky bacon	

1½ pts. milk
Salt
Parsley and herbs
4 oz. margarine
4 oz. flour } Roux

Method :

Wash and cut veal into small pieces, add finely diced streaky bacon. Add whole carrots, onions and salt, cover with stock. Add parsley sprigs and herbs tied in a muslin bag. Simmer until meat is tender, then remove vegetables and herbs. Add milk, re-heat and thicken with white roux. Correct seasoning and serve.

STEWED VEAL CUTLET IN BROWN SAUCE

30 x 4-oz. veal cutlets
4 pts. brown sauce
(thinned with 2 pints stock)

Method :

Wash and trim cutlets, arrange in baking tins, cover with brown sauce and cook in moderate oven for 1½ hours or until tender. (For brown sauce recipe see page 21.)

STUFFED VEGETABLE MARROW

10 lbs. vegetable marrow
3 lbs. leg of mutton
See minced mutton in brown sauce for directions: page 14

Method :

Peel marrow and cut in rings about 2 inches thick. Remove pith and seeds. Parboil in salted water. Place on greased trays and fill each ring with minced mutton, garnish with slices of tomato and finish cooking in the oven.

FILLET OF BEEF JULIENNE

4 lbs. fillet of beef
½ lb. margarine
½ lb. flour
2 oz. tomato puree
2 pts. stock
Salt

Method :

Shred the beef into thin strips (approximately 2" x $\frac{1}{4}$ "). Dust with salted flour. Cook slightly in melted margarine. Add stock and tomato puree. Bring to the boil and simmer for 20 minutes. Correct the seasoning. Serve.

STEWED LAMBS' KIDNEYS

4 lbs. lambs' kidneys
1 pt. brown sauce
 $\frac{1}{4}$ lb. margarine

Method :

Skin the kidneys and remove the hard core. Halve and cut into 1" pieces. Cook in a little margarine to brown. Add brown sauce and stew for 20 minutes. Correct the seasoning and serve. Can be served in border of freshly cooked duchesse or mashed potatoes.

SWEETS AND PUDDINGS

CARAMEL CUSTARD

5 pts. milk
6 oz. sugar
15 eggs
9 oz. sugar
2 - 3 tbsp. water } Caramel

Method :

Beat the eggs and sugar together. Make caramel with sugar and water. Coat bottom of dish with caramel and pour custard mixture into the dishes. Bake until set in the oven in a bain marie.

MILK PUDDING

$\frac{3}{4}$ lb. ground rice or
semolina or sago or rice
1 gallon milk
 $\frac{3}{4}$ lb. sugar
4 oz. margarine
Lemon peel from 4 lemons or
other suitable flavouring, e.g.,
nutmeg, cocoa, vanilla, etc.

Method :

Clean cereal and mix with milk, sugar and flavouring. Cook, preferably in a double pan, stirring occasionally to prevent lumping. Rice, sago or tapioca pudding may also be baked. Place cereal in pie dishes, cover the grains with water and cook for a short time in the oven. Then add milk, sugar and flavouring, stir and complete the cooking.

BLANCMANGE

$\frac{3}{4}$ lb. cornflour
8 pts. milk
 $\frac{3}{4}$ lb. sugar
4 oz. margarine
Flavouring

Method :

Blend cornflour with some of the milk. Heat the remainder with sugar and margarine in a double pan. Add blended cornflour, whisk until mixture thickens. Cook for two or three minutes, add flavouring and pour into damped moulds or basins.

FRUIT FOOL

4 lbs. gooseberries	
or plums	
or damsons	
or blackcurrants	
or apples	
or rhubarb	
1 lb. sugar to sweeten	
4 pts. milk	
1 lb. sugar	Custard
$\frac{1}{2}$ lb. custard powder	
1 tin evaporated milk	

Method :

Cook fruit with sugar and sieve. Make thick custard with milk, sugar and custard powder. Mix sieved fruit and custard together and when cold, whisk in the evaporated milk.

TRIFLE

2 lbs. sponge cake	
4 pts. pineapple or other fruit syrup	
Quantity gelatine according to pkt.	
4 pts. sweetened custard	

Method :

Make jelly with fruit syrup and gelatine. Pour over sponge cakes in dishes and when jelly is firm, cover with custard. Decorate with chopped coloured jelly or pieces of suitable fruit, e.g., canned peaches, stewed or canned pears.

LEMON MERINGUE RICE

12 oz. rice	
8 oz. sugar	
7 pts. milk	
5 eggs	
5 oz. castor sugar	
Rind and juice of 3 lemons	

Method :

Place washed rice, sugar, milk and lemon rind in a double pan and cook until thick and creamy. Remove the lemon rind, add beaten egg yolks and lemon juice. Place in greased pie dishes and top with meringue made with egg whites and castor sugar. Place in a slow oven until meringue is crisp.

QUEEN OF PUDDINGS

7 pts. milk
8 oz. margarine
1 $\frac{3}{4}$ lbs. breadcrumbs
10 oz. sugar
8 eggs
8 oz. castor sugar
 $\frac{1}{2}$ lb. seedless jam
Juice of 1 lemon

Method :

Heat margarine and sugar with the milk. Add breadcrumbs, beaten yolks of egg and lemon juice. Stir, allow to stand for $\frac{1}{2}$ hour. Place in pie dishes and bake in a moderate oven until set, spread top with seedless jam. Make meringue with white of eggs and castor sugar. Place on top of pudding and cook in a cool oven until crisp.

EVE'S PUDDING

1 lb. margarine
1 lb. sugar
8 eggs
 $\frac{1}{2}$ oz. baking powder
1 $\frac{1}{2}$ lbs. flour
8 lbs. apples
2 lbs. sugar

Method :

Place thinly sliced apples in pie dishes and add sugar. Cover with sponge mixture and bake. Dust with icing sugar and serve.

BREAD AND BUTTER PUDDING

3 lbs. bread
1 lb. margarine
 $\frac{3}{4}$ lb. sugar
5 pts. milk
5 eggs
 $\frac{1}{2}$ lb. currants
 $\frac{1}{2}$ lb. sultanas

Method :

Remove crusts from sliced bread. Spread slices with margarine. Fill pie dishes with alternate layers of bread and cleaned fruit, finishing with a layer of bread. Beat milk, sugar and eggs together, pour over bread and fruit (allow to stand for $\frac{1}{2}$ hour). Sprinkle with a little sugar and bake in a bain marie in moderate oven until set.

BAKED OR STEAMED SPONGE PUDDING MIXTURE

1 lb. margarine
1 lb. sugar
8 eggs
 $\frac{1}{2}$ oz. baking powder
 $1\frac{1}{2}$ lbs. flour

Method :

Cream margarine and sugar, add beaten eggs. Sift together baking powder and flour and fold into the mixture. Mix to a soft consistency. Place in greased dishes and bake in the oven or steam in greased covered basins.

SAUCES

Sweet

CHOCOLATE SAUCE

3 pts. milk
1 oz. cocoa
3 oz. cornflour
 $\frac{1}{2}$ lb. syrup
Vanilla essence

Method :

Heat the milk, add syrup and vanilla essence. Blend cocoa and cornflour with a little milk. Add to the heated milk and stir well. Cook for a few minutes after the mixture thickens.

JAM SAUCE

2 lbs. jam
 $1\frac{1}{2}$ oz. cornflour
 $1\frac{1}{2}$ pts. water
Colouring

Method :

Boil water and thicken with blended cornflour, cook for a few minutes. Add jam, stir well, and strain. Correct colour if necessary.

LEMON SAUCE

2 pts. water
3 lemons
2 oz. custard powder
8 oz. sugar

Method :

Wash and thinly peel lemons. Simmer peel with sugar in water for half an hour. Remove peel and thicken water with blended custard powder. Stir in the lemon juice.

MARMALADE SAUCE

2 lbs. marmalade
1½ pts. water
1½ oz. cornflour
Colouring

Method :

As for jam sauce but substitute marmalade.

COFFEE SAUCE WITH ICE CREAM

2 tbsp. coffee essence
or according to taste
6 oz. sugar
3 pts. milk
3 oz. cornflour

Method :

Heat milk with sugar. Thicken with blended cornflour. Add coffee essence to taste.

Savoury

SUPREME

3 oz. margarine
3 oz. flour
3 pts. chicken stock
2 egg yolks
Salt

Method :

Make a roux with the margarine and flour. Add stock and salt. Bring to the boil and simmer for 20 minutes. Add beaten yolks of two eggs before serving.

WHITE SAUCE

3 oz. margarine
3 oz. flour
3 pts. milk
Salt.

Method :

Make roux with margarine and flour. Add milk and salt, cook over slow heat until sauce is thick and smooth.

AURORA

3 oz. margarine
3 oz. flour
1½ pts. milk
1½ pts. chicken stock
Salt
1 oz. tomato puree

Method :

Make a roux with the margarine and flour. Add hot milk, chicken stock and salt. Stir, bring to the boil, add tomato puree, simmer for 20 minutes. Correct the seasoning and serve.

PARSLEY SAUCE

3 pts. white sauce
1 oz. chopped parsley

Method :

As for white sauce with the addition of chopped parsley.

ANCHOVY SAUCE

3 pts. white sauce
1 tbsp. anchovy essence

Method :

As for white sauce with the addition of essence of anchovy.

BREAD SAUCE

2 pts. milk
1 cloved onion
Salt
 $\frac{1}{2}$ lb. white breadcrumbs
1 oz. margarine

Method :

Heat the milk, salt and onion together in a double saucepan. Remove cloved onion, add breadcrumbs and margarine and re-heat slowly.

PARSLEY " BUTTER "

1 lb. margarine
1 oz. chopped parsley
Juice of 1 lemon

Method :

Blend the ingredients together without warming. Roll into cylindrical shape. Chill. Cut into slices and serve.

BROWN SAUCE

1 medium carrot
1 medium onion
Bacon trimmings
3 oz. dripping
3 oz. flour
2 oz. tomato puree
Faggot
3 pts. stock
Salt
Brown colour

Method :

Slice vegetables and cook with bacon trimmings in hot dripping until brown. Add flour, tomato puree, faggot, stock and seasoning. Bring to the boil and cook for approximately 1 hour. Strain, correct seasoning, adding brown colouring if necessary. Re-heat and serve.

EGG SAUCE

3 oz. margarine
3 oz. flour
3 pts. milk
Salt
3 hard boiled eggs

Method :

As for white sauce with the addition of three chopped hard boiled eggs.

TOMATO SAUCE

3 oz. margarine
3 oz. flour
1 pt. milk
2 pts. stock
2 oz. tomato puree
Salt
Clove
1 large onion
1 large carrot
Bacon trimmings

Method :

Slice vegetables and cook in fat with bacon trimmings without colouring. Add flour, salt, clove, tomato puree and stock. Bring to the boil and simmer for 45 mins. Sieve, re-heat and serve.

MORNAY

3 oz. margarine
3 oz. flour
3 pts. milk
Salt
3 oz. grated cheese

Method :

As for white sauce with the addition of three ounces of grated cheese.

SOUPS

CREAM OF BARLEY

$\frac{1}{4}$ lb. margarine
 $\frac{1}{4}$ lb. flour
6 pts. stock

2 lb. onions

Salt

Sprigs of mint

$\frac{1}{2}$ lb. barley

4 pts. milk

Method :

Make a white roux with margarine and flour. Add the stock, onion and salt, and bring to the boil. Rain in the cleaned barley, add the mint and cook for approximately one hour. Pass through a fine sieve. Add the milk, correct the seasoning. Re-heat.

CREAM OF CHICKEN

$\frac{1}{2}$ lb. margarine

$\frac{1}{2}$ lb. flour

7 pts. chicken stock

2 lbs. onions

Salt

Parsley sprig

3 pts. milk

Method :

Make a white roux with the margarine and flour. Add the stock, sliced onion, salt and parsley. Bring to the boil and simmer for 20 minutes. Pass the soup through a conical strainer. Add milk, correct the seasoning and re-heat.

A little finely diced chicken may be added and served as a garnish.

CREAM OF ASPARAGUS

$\frac{1}{2}$ lb. margarine

$\frac{1}{2}$ lb. flour

6 pts. white stock

Salt

1 lb. tin asparagus tips

4 pts. milk

Method :

Make a white roux with the margarine and flour. Add stock, salt and asparagus. Bring to the boil and simmer for 20 minutes. Pass the soup through a conical strainer. Add milk, correct the seasoning and re-heat.

CREAM OF CELERY

$\frac{1}{2}$ lb. margarine

$\frac{1}{2}$ lb. flour

6 pts. white stock

2 lbs. celery

Salt (celery)

4 pts. milk

Method :

Make a white roux with the margarine and flour. Add stock, salt and celery. Bring to the boil and simmer for 45 minutes. Pass through a sieve. Add milk, correct the seasoning and re-heat.

CREAM OF CAULIFLOWER

$\frac{1}{2}$ lb. margarine
 $\frac{1}{2}$ lb. flour
6 pts. white stock
Salt
1 lb. cauliflower sprigs
4 pts. milk

Method :

Make a roux with the margarine and flour. Add stock, salt and cauliflower. Bring to the boil and simmer for 45 minutes. Pass through a conical strainer. Add milk, correct the seasoning and re-heat.

CREAM OF PEA

$\frac{1}{4}$ lb. margarine
 $\frac{1}{4}$ lb. flour
6 pts. stock
Salt
2 lb. tin garden peas
 $\frac{1}{2}$ lb. onion—chopped
4 pts. milk
Sprig of mint

Method :

Make a roux with the margarine and flour. Add stock, salt, onion and peas. Bring to the boil, add the mint and simmer for 20 minutes. Remove mint. Pass through a strainer. Add milk, correct the seasoning and re-heat.

CREAM OF TOMATO

$\frac{1}{2}$ lb. margarine
 $\frac{1}{4}$ lb. flour
6 pts. stock
Salt
1 lb. carrots
1 lb. onions
2 oz. tomato puree
Bacon trimmings
4 pts. milk

Method :

Cook sliced vegetables with bacon trimmings in hot fat without colouring. Add flour, salt, tomato puree and stock. Bring to the boil, simmer for half an hour. Sieve, add milk, correct the seasoning and re-heat.



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