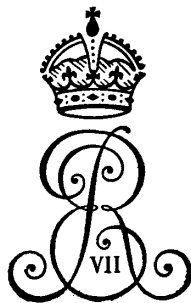
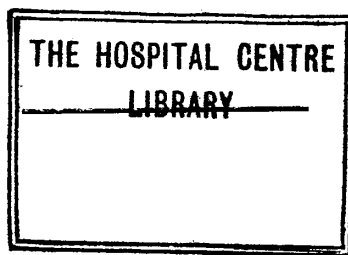


King Edward's Hospital Fund For London



NOTES ON DIETS
FOR
OLD PEOPLE
IN HOMES AND INSTITUTIONS



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King Edward's Hospital Fund For London,
34 King Street, E.C.2

Price 1/-

June, 1958.

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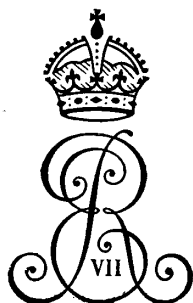
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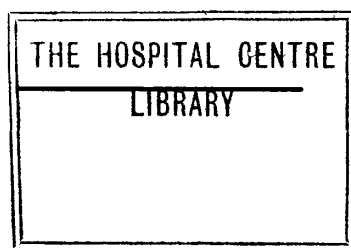
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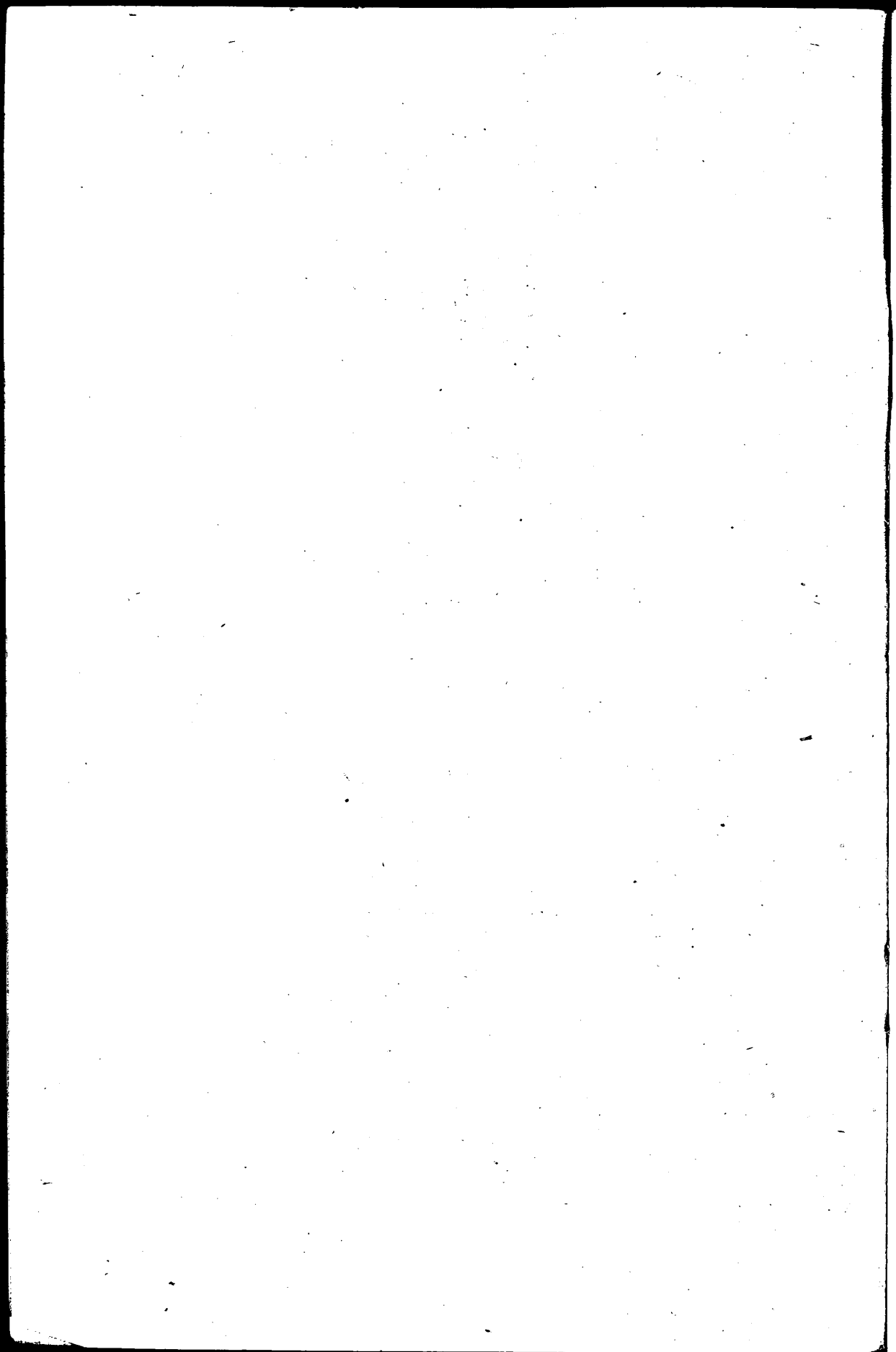
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FOREWORD

As a result of visits by members of the Convalescent Homes Committee to Homes in which a number of elderly people were staying, it became evident that the feeding of these patients presented particular problems. Some of these old people were recovering from illness but others were only suffering from some of the infirmities and frailties normally associated with old age.

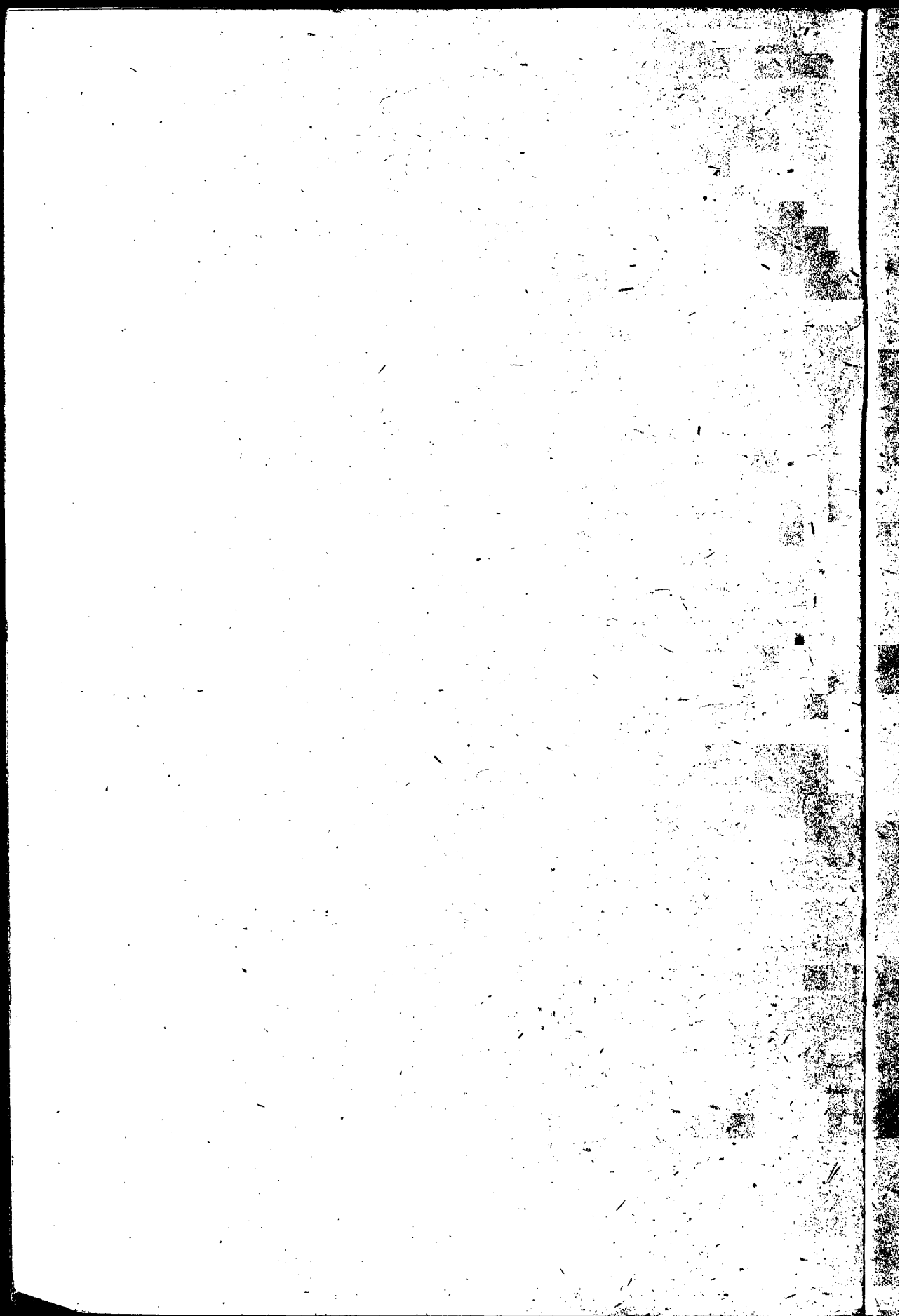
With an ageing population it has become necessary in recent years to provide special care and accommodation for old people and there are now a larger and increasing number of Homes for this purpose. Some are specially for Convalescents while others are permanent Homes for old and frail people who are too old to work and have no homes of their own.

These notes deal with the feeding of old people and it is hoped that it will be found helpful wherever old people are accommodated, whatever the type of Home may be.

HENRY TIDY,

*Chairman, Convalescent Homes Committee,
King Edward's Hospital Fund for London.*

June, 1956.



NOTES ON DIETS FOR OLD PEOPLE IN HOMES AND INSTITUTIONS

During the last fifty years there has been, not only a great increase in the total population of the British Isles, but also a considerable increase in the proportion of men and women who live beyond the age of sixty and sixty-five. It is estimated that the number of these old people will increase still further in the coming years. This means that an increased number of people of advanced age, no longer capable of full work, will have to be helped in future to secure a reasonably comfortable and healthy existence. Throughout the whole period of ageing, much can often be done towards maintaining health and working capacity, by proper attention to feeding. These notes suggest practical ways and means of helping with this important subject.

As people grow older their physical powers decline and when living alone they are less ready or able to look after themselves ; the very effort of purchasing and preparing food often becomes too much for them. Lack of food leads to lessened vigour, and lessened vigour to lessened effort in obtaining food, and so the vicious circle develops until finally the elderly men and women, sick and unable to look after themselves, are admitted to hospitals or other institutions.

Many old people on entering hospital are undoubtedly suffering from malnutrition, brought on by months or even years of inadequate feeding. The diet may have been limited by poverty, or more often by ignorance, as for instance, when old men are left to fend for themselves and have no knowledge of cooking techniques other than boiling an egg, or frying some bacon. Physical disabilities also play a part in limiting the diet. Many old people, even in the days of a "free" health service, are without teeth, and some are so badly crippled with rheumatism that only the simplest preparation and cooking processes can be undertaken.

The proper feeding of the elderly is clearly a matter of importance, although less is known about the specific nutritional needs, associated with old age, than about those connected with childhood and certain forms of illness. "Age" itself is difficult to define, as one person at sixty may be "older" than another at seventy, but the following discussion is concerned with people in whom physical vigour has declined and in whom certain infirmities, mainly attributed to old age, have started to appear.

Habit plays a great part in determining the quantity of food eaten and, in old age, body processes slow down and there is a lessening of physical activity. Calories eaten in excess of requirements cause an increase in weight, which is not to be encouraged because, as the old

saying has it "leanness and longevity go hand in hand." Excess carbohydrate and fat therefore, should not appear in the dietary, and this means avoiding large quantities of fried foods, pastries, chocolates, cakes and biscuits.

There is no evidence, however, that the need for protein foods becomes progressively less as age advances ; on the contrary, there may be a slightly increased need. As a general guide it is recommended that the diet should contain each day at least a pint of milk, and twice, but preferably three times a day, either a serving of meat or fish, cheese or eggs. If, because of poor digestion or actual illness, meat, fish or cheese have to be omitted, the quantity of eggs and milk should be increased.

Milk has a rather special place in the diet because, together with cheese, it is a rich source of calcium and the calcium needs of the elderly, particularly if they are bedridden, may be higher than normal. The old lady who fractures a pelvis or femur when she stands up for the first time in months, is well known to all. Demineralisation of the skeleton is a characteristic of old age and whilst it has yet to be proved that a greater intake of calcium arrests the condition, a liberal supply of milk and cheese may help. These foods also provide an excellent and, in relation to meat and fish, a cheap source of protein.

A diet containing meat or poultry, fish, eggs, liver and other offal, milk and cheese, together with flour, bread, butter or vitaminised margarine, will supply protein and calories and most of the vitamins, but is still likely to be deficient in vitamin C. Vitamin C is contained in fruit and vegetables which also provide vitamin A in the form of carotene. It is well to remember that at sixty or seventy, food habits are set and it is difficult for people of this age to accept "new fangled" ideas about vitamins. Old people may dislike and refuse to eat fruit and vegetables, apart possibly from potatoes. If scurvy is to be avoided a certain minimum quantity of vitamin C is essential and a serving of potato each day would provide this minimum. But the minimum is not necessarily the amount to maintain optimum health and old people should be encouraged to eat well-cooked vegetables—the green leafy ones are the richest in vitamin C—and to eat citrus fruits. Orange or other sweetened fresh fruit juices are sometimes preferred, and may be better tolerated, than the whole fruit.

To cook vegetables correctly, i.e., to retain the maximum nutritional value and at the same time to produce vegetables of a pleasing appearance and good flavour, is difficult to achieve when cooking in bulk. The four general principles to remember and to impress upon cooks are *first* to cook as near to service time as possible, because keeping hot destroys vitamin C and spoils the colour. *Secondly*, to

boil in as small amount of water as possible and to drain thoroughly. It is well to remember that the amount of vitamin C washed out of vegetables during cooking is directly proportional to the quantity of water used. *Thirdly*, to plunge *all* vegetables, both root and green into boiling water or, if the vegetables are to be steamed, to place them in a heated steamer. *Fourthly*, never to use soda or bicarbonate of soda in cooking.

Green vegetables should be used fresh : storage wilts and destroys valuable nutrients.

MENUS FOR OLDER PEOPLE

When planning menus for old people the usual points concerning the colour of meals, availability and therefore cheapness of foods at certain seasons, must be observed. Perhaps the most important point is *variety*, because many patients in old peoples' homes are there for long periods. It is well, however, not to pursue variety for its own sake, thus bacon and egg are more popular breakfast dishes than fish. Also roast meat and two vegetables followed by fruit pie and custard, constitute a well established habit for a Sunday mid-day meal and to alter this merely for variety might lead to disappointment and dissatisfaction.

Meal times and intervals between Meals

Small meals at frequent intervals should be the rule for old people. Three main meals and two "snacks" usually work out satisfactorily, with an interval of about three hours between meals or snacks. Meal times are of course matters to be arranged to suit the time tables of individual homes but, a satisfactory meal pattern would be :—

Breakfast	at 8.30 a.m. to 9.00 a.m.
Milk Drink	at 11.00 a.m.
Dinner	at 12.30 p.m. or 1.00 p.m.
High tea	at 5.00 p.m. or 5.30 p.m.
Milk Drink	at bedtime.

The importance of a milk drink with or without biscuits or sandwiches at bedtime cannot be over emphasised. The last meal of the day in many homes is served so early (usually because of staff shortages) that the old people are hungry when they go to bed. Hunger and cold are notorious enemies of sleep.

Composition of Meals

It is recommended that each main meal can be planned to include two courses, although it will be found that some old people do not want a cooked dish *and* porridge or cereal for breakfast and many will want only one course for supper. In practice, Matron, or whoever is

responsible for the catering, soon learns the proportion of her patients who will take the full meal and can adjust accordingly the quantities of food allowed for each dish.

Alternatives

It is suggested that when a particular dish is known to be unsuitable for endentulous patients an alternative should be provided. There are few dishes, however, which are entirely unsuitable for the toothless and a continuous diet of mince and slops is to be deprecated. Judicious use of a sharp knife and a little encouragement can do much to keep these patients on a fairly normal and full diet. Experience has shown that, irrespective of there being other sweets on the menu it is advisable to provide a milk pudding both at mid-day and for supper. Not only does it serve for patients unable to eat the savoury course but also for those who dislike pastry or steamed pudding.

Recipes and Meals

Meals and recipes recommended in these notes have all been tested by the travelling cookery instructor of King Edward's Hospital Fund at various old people's homes which have kindly offered facilities for this purpose. The meals were tested for popularity or, what is known in the trade as, "consumer reaction!" All quantities have also been tested.

Old people as individuals have very decided views about their food. On the whole, they like "tasty" things, fried foods and especially chipped potatoes. They dislike, or are afraid to eat, green vegetables, salads and fresh fruit, although they can be persuaded to do so. Milk is frequently disliked but as it is so highly nutritious and easily digested, efforts should be made to disguise it in puddings, sauces, custards, milk drinks, creams and even as ice cream.

The following pages contain suggestions for meals and dishes :—

- Appendix I. Suitable meals for the day (page 7).
- Appendix II. Dishes for these meals (Lists A to G, pages 8 and 9).
- Appendix III. Recipes for these dishes (pages 10 to 29).

APPENDIX I

MEALS FOR THE DAY

<i>Breakfast.</i>	Porridge or Cereal with milk and sugar				
	Cooked dish	(see List A)
	Bread or toast and butter or margarine				
	Marmalade, Honey or other Preserve				
	Tea				
<i>Mid-morning.</i>	Milk or milk drink				
<i>Dinner.</i>	Main dish	(see List B)
	Savoury Sauce or Gravy	(see List C)
	Potatoes				
	Fresh vegetable				
	Sweet or pudding	(see List D)
	Sweet sauce	(see List E)
<i>High tea</i>	Cooked dish	(see List G)
	Bread and butter or margarine				
	<i>or</i>				
	Potatoes				
	Light sweet or milk pudding	(see List D)
	or cake	(see List F)
<i>Bedtime drink</i>	Hot or cold milk				
	<i>or</i>				
	Milk drink				
	Biscuit if required				

APPENDIX II

LIST A—BREAKFAST DISHES

- Bacon or Sausage, fried or grilled with (a) tomato
(b) fried bread
(c) fried potato
(d) baked beans
- Egg, scrambled
boiled
fried
poached
- Cold meat—breakfast sausage
ham
- Fish—fish cake
kedgerie
kipper
herring
smoked haddock
golden fillets

LIST B—MEAT DISHES

- | | |
|------------------------------|--------------------------|
| Boiled beef or mutton | Grilled sausages |
| Boiled chicken | Irish stew |
| Boiled gammon | Meat pasty |
| Braised beef | Roast beef |
| Braised breast of lamb | Roast chicken |
| Brown stew | Roast lamb |
| Casserole of lamb | Roast pork |
| Casserole of liver and bacon | Roast veal |
| Casserole of sheep's hearts | Shepherd's pie |
| Chicken in white sauce | Steak and kidney pudding |
| Cold corned beef | Stuffed loin of lamb |
| Cold ham | Tripe and onions |
| Grilled lamb chops | |

FISH DISHES

- | | |
|------------------------------|-----------------|
| Baked stuffed cutlets of cod | Mock fried fish |
| Curried fish | Steamed fish |
| Fried filleted fish | |

LIST C—SAVOURY SAUCES

- | | |
|------------------------|----------------|
| Foundation white sauce | Onion sauce |
| Anchovy sauce | Parsley sauce |
| Caper sauce | Apple sauce |
| Cheese sauce | Brown gravy |
| Egg sauce | Bread sauce |
| Horse-radish sauce | Mint sauce |
| Mushroom sauce | Tomato sauce |
| Mustard sauce | Salad dressing |

LIST D—SWEETS AND PUDDINGS

Apple meringue pie	Fruit fool
Baked sponge pudding	Fruit pie
Baked chocolate sponge	Ice cream
pudding	Jam tartlets
Baked fruit sponge pudding	Jelly cream
Baked orange sponge pudding	Milk puddings
Bakewell tart	Pear condé
Coffee meringue rice	Pineapple delight
Eve's pudding	Steamed sponge puddings
Fruit flan	Steamed suet puddings

LIST E—SWEET SAUCES

Custard sauce	Lemon sauce
Chocolate sauce	Orange sauce
Jam sauce	Vanilla sauce

LIST F—CAKES AND BISCUITS

Basic sponge cake mixture	Seed buns
Chocolate cakes -	Soft gingerbread
Coconut cakes	Vanilla cakes
Currant cakes	Shortbread biscuits
Rock buns	

LIST G—SUPPER DISHES

MEAT

Cold meat with	Minced ham on toast
(a) Summer salad	Minced liver on toast
(b) Winter salad	Minced meat and spaghetti
(c) Russian salad	Sausage rolls
Grilled sausage and	Sausage and tomato pie
baked beans	Stuffed marrow
Meat rissole	

FISH

Fish pie and tomatoes	Soused herring with salad
Grilled herring and mustard sauce	Tinned fish with salad or
Poached haddock (smoked or fresh)	on toast

EGG AND CHEESE DISHES

Cauliflower or marrow cheese	Egg and cheese flan
Cheese pudding	Egg salad
Cheese, tomato and rice savoury	Poached egg on spinach
Convent egg	

APPENDIX III

LIST A : BREAKFAST DISHES

(Recipes for 30 portions unless otherwise stated)

PORRIDGE

Ingredients :

4 pts. water

1 lb. porridge oats

4 pts. milk

Salt

Method : Place the water and milk in a double saucepan. Add the salt and porridge oats, and bring to boiling point. Stir well until thick and creamy. Allow to cook for 10-15 minutes. Serve with hot or cold milk and sugar or syrup.

BREAKFAST CEREAL

Ingredients :

$\frac{1}{2}$ - $\frac{3}{4}$ oz. breakfast cereal per portion

Serve with hot or cold milk and sugar.

BACON

Allow 1 rasher of bacon per portion (approximately 1 oz.)

SAUSAGE

Allow, for breakfast, 1 sausage per portion (8 sausages to 1 lb.)

EGG

Allow 1 per portion or 8 eggs for 10 portions, scrambled.

COLD MEAT

Allow 1-1 $\frac{1}{2}$ oz. cooked meat per portion.

FISH CAKE

Ingredients :

1 $\frac{1}{2}$ lbs. cooked filleted fish

Chopped parsley

2 $\frac{1}{2}$ lbs. cooked potato

Seasoning

2 eggs

Brown breadcrumbs and egg for coating. Fat for frying.

Method : Flake the fish removing any bone and skin, add the creamed potatoes, chopped parsley and seasoning. Bind together with the beaten eggs. Shape into cakes, coat with egg and breadcrumbs and fry in hot fat.

KEDGEREE

Ingredients :

1 $\frac{1}{2}$ lbs. cooked smoked haddock

Parsley

$\frac{3}{4}$ lb. rice

Seasoning

4 hard boiled eggs

Method : Flake the fish, removing the skin and bones. Wash the rice and cook in boiling salted water. When soft, strain well, add the fish, chopped parsley, chopped eggs and seasoning. Place in a pie dish or double saucepan and reheat. Serve hot, garnished with parsley sprigs.

SMOKED HADDOCK

Ingredients :

8 lbs. haddock (raw weight)

Method : Wash, cut into portions and poach in milk and water. Serve with a knob of margarine on each portion.

LIST B : MAIN DISHES

(Recipes for 30 portions unless otherwise stated)

BRAISED BEEF OR BREAST OF LAMB

Ingredients :

6-7 lbs. brisket of beef	4 pts. stock
or 12 lbs. breast of lamb	4 ozs. dripping
2 lbs. carrots	Bouquet garni
1 lb. onions	Seasoning

Method : Prepare and cut the meat into thick portions of equal size and fry until brown. Remove from the pan and fry the vegetables until lightly brown. Add the stock and seasoning and bouquet garni. Bring to boiling point. Arrange the meat on the vegetables. Cover with tightly fitting lid and simmer gently for 2-3 hours until tender, or cook in a covered pan in the oven. Remove bouquet garni before serving.

BROWN STEW

Ingredients :

6 lbs. stewing steak	4 ozs. dripping
1 lb. onions	4 ozs. flour
1 lb. carrots	Seasoning
5 pts. stock	

Method : Dice the meat and fry until brown, remove from pan. Lightly fry chopped onions ; add the flour and brown. Add stock and seasoning. Bring to boiling point ; add the meat and remainder of sliced vegetables. Cover the pan and simmer for 2-3 hours.

CASSEROLE OF LAMB OR LIVER AND BACON OR HEARTS

Ingredients :

12 lbs. best end of neck of mutton
or

5 lbs. liver and 2 lbs. bacon and 2 large onions

or

6 lbs. lambs hearts

$\frac{1}{2}$ pt. tomato purée

4 pts. stock

4 ozs. flour

4 ozs. dripping

Seasoning

Method : Prepare the meat and cut into portions. Fry in the fat, remove from the pan. Fry the chopped onions, add the flour and allow to brown. Add the stock, tomato purée and seasoning. Bring to boiling point, place in a casserole or roasting tin with the meat, cover and cook in a moderate oven until tender. Hearts may take from 4-5 hours, lamb 2-3 hours and liver $\frac{3}{4}$ -1 hour.

CHICKEN IN WHITE SAUCE

Ingredients :

4 boiling fowls

2 large onions

$\frac{1}{4}$ lb. mushrooms (optional)

Bouquet garni

White Sauce :

2 pts. liquor in which fowls were cooked

2 pts. milk

6 ozs. margarine

6 ozs. flour

Seasoning

Method : Boil the fowls until cooked with prepared onion and mushrooms, add bouquet garni and seasoning. When cooked remove meat from the bone ; make a roux sauce with the margarine, flour, strained stock, etc., and reheat. Serve, garnished with chopped parsley and, if liked, bacon rolls.

GRILLED LAMB CHOPS OR GRILLED SAUSAGES

Allow 30 medium-sized lamb chops

or

6 lbs. sausages

Dripping for basting

IRISH STEW

Ingredients :

14 lbs. neck of mutton

2 lbs. carrots

1 lb. turnips

6 pts. stock

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

Seasoning

Method : Prepare the meat and cut in pieces. Place in a saucepan with the stock, add the vegetables, seasoning and pearl barley. Simmer gently for 2 $\frac{1}{2}$ hours. Skim off excess fat and serve very hot.

MEAT PASTY

Ingredients :

Pastry :

2 lbs. flour

Filling :

4 lbs. minced lean beef (raw)

$\frac{1}{2}$ lb. margarine	1 onion
$\frac{1}{2}$ lb. dripping or cooking fat	$\frac{1}{2}$ pt. stock
Salt	Seasoning
Water to mix	

Method : Line flat tins with short pastry. Mince the onion and mix with the meat. Add the stock and seasoning. Fill cases and cover with pastry. Brush over with egg wash and bake in a moderate oven. Also may be made into individual patties.

ROAST BEEF

(a) Sirloin	6-7 lbs.	Boned and Rolled
(b) Ribs	6-7 lbs.	„ „
(c) Topside	6-7 lbs.	„ „
(d) Thick Flank	6-7 lbs.	„ „

ROAST LAMB

(a) Leg	(with bone)	10 lbs.
(b) Shoulder	(„)	10 lbs.
(c) Loin (boned and rolled)		6-7 lbs.

ROAST CHICKEN

4 birds 4-5 lbs. each

ROAST PORK

(a) Legs	10 lbs.	With bone
(b) Spare Rib	10-11 lbs.	„
(c) Loin	10 lbs.	

ROAST VEAL

(a) Leg	10-12 lbs.	With bone
(b) Shoulders	10-12 lbs.	„

STUFFED LOIN OF LAMB

Ingredients :

12 lbs. of lamb (with bone)

Stuffing :

1 $\frac{1}{2}$ lbs. breadcrumbs	$\frac{1}{2}$ oz. dried herbs
8 ozs. suet	Seasoning
2 eggs	

Method : Prepare and bone the meat, mix the breadcrumbs and chopped suet, herbs and seasoning together, add the beaten egg. Stuff the meat ; roll up and tie tightly. Place in a baking tin and roast in hot fat in the oven.

TRIPE AND ONIONS

Ingredients :

6 lbs. of tripe
1 lb. onions

White Sauce :

2 pts. stock
2 pts. milk
6 ozs. margarine
6 ozs. flour
Seasoning

Method : Cut tripe into small pieces and place in a saucepan with the sliced onions and seasoning. Cover with the liquid, simmer gently until cooked. Make a roux sauce with the margarine, flour and liquor in which tripe was cooked.

SHEPHERD'S PIE

Ingredients :

3 lbs. cooked meat	1 onion
3 lbs. cooked potatoes	Worcester sauce
2 pts. thick gravy	Seasoning

Method : Mince the cooked meat and onion together. Add the gravy and season well. Place in greased pie dishes. Cream the potatoes with milk, margarine and seasoning, pile or pipe on the meat. Brush over with melted margarine, bake in the oven.

STEAK AND KIDNEY PUDDING

Ingredients :

Suet Pastry :

2 lbs. flour	4½ lbs. stewing steak
¾ lb. suet	½ lb. kidney
2 teaspoons baking powder	Stock
Salt	Seasoning

Method : Prepare and dice the meat including kidney. Add stock and seasoning. Line the pudding basins with pastry. Fill with meat and cover with pastry. Steam for 4-5 hours. Very large puddings will require longer.

FISH DISHES

BAKED STUFFED CUTLETS

Ingredients :

10 lbs. cod cutlets

Stuffing :

1 lb. breadcrumbs	4 ozs. suet
2 eggs	Grated rind of one lemon
1 oz. chopped parsley	Seasoning

Method : Wash and trim the fish and place on a greased baking tray. Mix the breadcrumbs, parsley, lemon and finely chopped suet together. Bind with beaten eggs. Arrange a portion of stuffing on each cutlet, dot with margarine and bake in a moderate oven for 15-20 minutes.

CURRIED FISH

Ingredients :

8 lbs. filleted fish	1 lb. rice
<i>Curry Sauce :</i>	
3 pts. stock	1 onion
2 ozs. dripping	2 cooking apples
2 ozs. flour	1 oz. desiccated coconut
Juice of a lemon	2 ozs. sultanas
2 ozs. curry powder	Salt
$\frac{1}{2}$ pt. tomato purée	

Method : Prepare and chop the onion and apples and fry in dripping. Add flour and curry powder and fry lightly. Add the stock, together with tomato purée, coconut, sultanas and salt, and simmer for at least 30 minutes. Add the cooked flaked fish and lemon juice, reheat. Serve with boiled rice and sweet chutney.

MOCK FRIED FISH

Ingredients :

8-9 lbs. filleted cod or haddock
Egg and breadcrumbs for coating

Method : Prepare the fish and cut into portions. Coat with beaten egg and breadcrumbs. Place on greased baking trays with a knob of margarine on each and bake in a moderate oven for 15-20 minutes. Serve with savoury sauce—see List C.

LIST C : SAVOURY SAUCES

(Recipes for 30 portions unless otherwise stated)

FOUNDATION WHITE SAUCE

Ingredients :

3 pts. milk	3 ozs. margarine
3 oz. flour	Salt and pepper

Method : Melt margarine, add flour, stir and cook for 3 minutes. Add cold milk and bring to the boil, stirring until thickened. Allow to cook for 5 minutes, add seasoning.

ANCHOVY SAUCE

To foundation sauce add :—
3 tablespoons of anchovy essence
Juice of half a lemon

CAPER SAUCE

To foundation sauce add :—
3 tablespoons chopped capers and a little caper vinegar
Serve with boiled mutton

CHEESE SAUCE

To foundation sauce add :—

4 ozs. grated cheese
1 tablespoon mustard

Suitable to serve as a pouring sauce with white fish, vegetables such as onions, cauliflower, marrow, etc.

EGG SAUCE

To foundation sauce add :—

3 hard boiled eggs, chopped
Suitable to serve with fish

HORSE-RADISH SAUCE

To 1 pt. of foundation sauce add :—

4-6 ozs. grated horse-radish
2 tablespoons lemon juice or vinegar
Suitable to serve with roast beef

MUSHROOM SAUCE

To foundation sauce add :—

10 ozs. finely chopped mushrooms or mushroom stalks
Allow to simmer gently in minimum amount of water until cooked.
Add to the sauce, including liquor in which mushrooms were cooked.
Suitable to serve with white fish

MUSTARD SAUCE

To 2 pts. of foundation sauce add :—

2 tablespoons mustard 1 dessertspoon sugar
3 tablespoons vinegar
Suitable for herrings and steamed or fried fish.

ONION SAUCE

To foundation sauce add :—

2 lbs. onions, chopped and boiled until soft.

N.B.—1 pint onion liquor should be used to make the white sauce in place of 1 pint milk. Suitable for serving with roast leg of lamb.

PARSLEY SAUCE

To foundation sauce add :—

4 tablespoons chopped parsley
Suitable to serve with white or fried fish, boiled ham or gammon and useful to garnish vegetables such as marrow or cauliflower, broad beans or haricot beans.

APPLE SAUCE

Ingredients :

3 lbs. apples	Lemon rind
3 ozs. sugar	Water
3 ozs. margarine	

Method : Peel and core the apples, cook with very little water, add the sugar, margarine, and lemon juice if liked ; when cooked sieve the apple.

Serve with roast pork, or pork sausages.

BROWN GRAVY

Ingredients :

3 pts. stock : well flavoured.	3 ozs. flour
3 ozs. dripping	Seasoning

Method : Melt the dripping, add the flour, stir and allow to brown, add stock and seasoning. Bring to the boil stirring well. Allow to simmer for 10 minutes to cook the flour. Add browning if necessary.

BREAD SAUCE

Ingredients :

$\frac{3}{4}$ lb. breadcrumbs	1 pt. water
2 large onions	2 ozs. margarine
6 cloves	Seasoning
2 pts. milk	

Method : Peel the onions, leave whole, spike with cloves. Bring the milk to boiling point. Remove from heat, add breadcrumbs and season. Place in a covered dish in a cool oven for 30-40 minutes. Remove onions before serving. Serve with poultry.

MINT SAUCE

Ingredients :

1 pt. vinegar	2 ozs. sugar
$\frac{1}{2}$ pt. water	6 ozs. mint

Method : Wash the mint and remove stalks ; chop finely with the sugar. Add boiling water and salt, when cold add vinegar.

TOMATO SAUCE

Ingredients :

1 pt. tomato purée	2 ozs. sugar, or to taste
2 pts. white stock	Salt and pepper
3 ozs. cornflour	

Method : Blend the cornflour with a little of the liquid. Boil the remainder, thicken with cornflour and season. Add colouring if necessary.

SALAD DRESSING

Ingredients :

$\frac{1}{2}$ pt. milk	1 oz. cornflour
$\frac{1}{4}$ pt. water	1 egg
$\frac{1}{4}$ pt. vinegar	3 dessertspoons salad oil
$\frac{1}{2}$ tablespoon mustard	Salt and pepper
1 oz. sugar	

Method : Blend the mustard, sugar and cornflour with a little of the water. Place the milk and water in a double saucepan and bring to the boil, add the thickening and vinegar, beat well and cook. Season to taste. Allow to cool 15 minutes, then add beaten egg and salad oil, stirring well.

LIST D : SWEETS AND PUDDINGS

(Recipes for 30 portions unless otherwise stated)

APPLE MERINGUE PIE

Ingredients :

Pastry :

$1\frac{1}{2}$ lbs. flour
6 ozs. margarine
6 ozs. lard or cooking fat
Water to mix

Filling :

6 lbs. cooking apples
1 lb. sugar

Meringue :

8 egg whites
8 ozs. sugar

Method : Line the flan tins with short pastry. Prick and bake in a moderate oven until cooked, do not allow to brown.

To make filling : Cook the apples until soft, with very little water. Add sugar and then sieve. When cold fill the flan cases. Make the meringue and pile on top. Place in a moderate oven until meringues are crisp.

BAKED SPONGE PUDDING

Ingredients :

2 lbs. flour	2 teaspoons baking powder
1 lb. sugar	4 eggs
1 lb. margarine	Milk and water to mix

Method : Cream the fat and sugar, beat in the eggs one at a time. Sieve the flour and baking powder together, add to the mixture. Mix to a soft consistency with milk and water.

This may be used as a basic mixture and served in a variety of ways, as for example :—

- (a) *Chocolate sponge pudding.* Add 3 ozs. cocoa and 2 teaspoons vanilla essence. With strong flavoured cocoa, less is needed.

- (b) *Dried Fruit.* Add 1 lb. mixed dried fruit.
- (c) *Eve's Pudding.* 6 lbs. cooking apples and 1 lb. sugar. Slice the fruit into greased pie dishes. Add sugar and a little water. Spread with the sponge mixture. Bake in a moderate oven.
- (d) *Orange Pudding.* Add the grated rind and juice of 1 large or 2 medium oranges.

BAKEWELL TART

Ingredients :

Pastry :

1½ lbs. flour
6 ozs. margarine
6 ozs. cooking fat or lard
Water to mix

Filling :

$\frac{3}{4}$ lb. flour
 $\frac{3}{4}$ lb. ground rice
1 teaspoon baking powder
 $\frac{1}{2}$ lb. margarine
 $\frac{3}{4}$ lb. sugar
3 eggs
Almond essence
1 lb. jam

Method : Line the tins with short pastry, spread thinly with jam. To make the filling: Cream the margarine and sugar. Beat in the eggs one at a time and add almond essence. Sift the flour, baking powder and ground rice together, add to the mixture. Mix to a stiff consistency adding a little water if necessary. Half fill the pastry cases and bake in a moderate oven. When cooked sprinkle with castor sugar.

COFFEE MERINGUE RICE

Ingredients :

6 pts. milk	8 eggs
12 ozs. rice	$\frac{1}{2}$ lb. sugar for meringue
8 ozs. sugar	Coffee essence

Method : Wash the rice and place in a double saucepan with the milk and sugar. Cook until thick and creamy. Separate the yolks and whites of eggs. Stir the beaten yolks into the rice pudding and flavour with coffee essence to taste. Pour into pie dishes. Make the meringue and pile on top. Place in a moderate oven until crisp.

FRUIT FLAN

Ingredients :

Pastry :

1½ lbs. flour
6 ozs. margarine
6 ozs. cooking fat or lard
Water to mix

Glaze :

2 ozs. arrowroot
 $\frac{1}{2}$ lb. sugar
Colouring

Filling :

3 x 2½'s tins fruit

or

4-6 lbs. fresh fruit, stewed with ½ lb. sugar

Method : Line flan tins with short pastry, prick and bake in a moderate oven. Allow to cool. Drain the fruit and slice or halve if necessary. Arrange in flan cases.

To make glaze : Use the fruit juice, make up to 1½ pints with water ; add the sugar and bring to the boil. Thicken with arrowroot. Pour over each flan to glaze the fruit, when cold pipe with "cream."

FRUIT FOOL

Ingredients :

2 pts. fruit purée (sweetened)

3 pts. thick custard (sweetened)

1 tin evaporated milk

Method : Mix the cold custard and fruit purée together, whip the evaporated milk until thick and stir in. Add colouring if desired.

FRUIT PIE

Ingredients :

Pastry :

1½ lbs. flour

6 ozs. margarine

6 ozs. cooking fat or lard

Water to mix

Filling :

8-10 lbs. fruit, depending on kind

1½ lbs. sugar

Method : Wash and prepare the fruit, place in pie-dishes with sugar and water. Make short pastry, roll out and cover the fruit, decorate the pastry. Bake in a moderate oven until the fruit and crust are cooked.

ICE CREAM

To serve with fruit allow 10 portions per "Family Brick."

To serve with sauce allow 8 portions per "Family Brick."

JAM TARTLETS

Ingredients :

Pastry :

1½ lbs. flour

6 ozs. margarine

6 ozs. cooking fat or lard

Water to mix

Jam

Method : Line tins with short crust pastry, spread with jam, and bake in a moderate oven.

JELLY CREAM

Ingredients :

6 pts. thick sweetened custard	1 pt. water
2 x 1 pt. packets of jelly	1 tin evaporated milk

Method : Dissolve the jellies in 1 pint of boiling water. Allow to cool, add to the cold custard. When quite cold whisk in evaporated milk. Pile into individual sundae glasses and allow to set. Pipe with cream and decorate with glacé cherries.

PEAR CONDÉ

Ingredients :

6 pts. milk	15 pears, cooked with $\frac{1}{2}$ lb.
12 ozs. rice	sugar
9 ozs. sugar	1 oz. arrowroot

Method : Wash the rice and place in a double pan with the milk and sugar. Cook slowly for 2-3 hours until thick and creamy. Cool, place in glass dishes (preferably individual dishes). Peel the pears, cut in halves and remove cores carefully. Place in a saucepan or casserole with sugar and water ; cook slowly until soft. Drain the fruit and arrange on the cold rice. Thicken 1 pint of fruit juice with the arrowroot, add colouring and glaze each pear. When quite cold pipe with "cream".

MILK PUDDINGS

Ingredients :

8 pts. milk	12 ozs. cereal
8 ozs. sugar	

Suitable flavouring—lemon rind, vanilla, nutmeg, chocolate, etc. Sultanas or raisins may also be added in the proportion of 2 oz. : 1 pint.

PINEAPPLE DELIGHT

Ingredients :

2 x 2 $\frac{1}{2}$'s tins crushed pineapple
2 tins evaporated milk
3 x 1 pt. packets lemon jelly
1 $\frac{1}{2}$ pts. water

Method : Dissolve the jellies in boiling water. Stir and allow to cool, add the pineapple. When set, whisk in evaporated milk. Pile into individual sundae glasses and decorate with glacé cherries.

STEAMED SPONGE PUDDING

Ingredients :

2 lbs. flour	2 teaspoons baking powder
1 lb. sugar	4 eggs
1 lb. margarine	Milk and water to mix.

Method : Cream the fat and sugar, beat in the eggs one at a time. Sieve the flour and add to the mixture, mix to a soft consistency with milk and water. Divide into greased basins and steam for 1-1½ hours. Serve with syrup, jam or chocolate sauce. (See List E.)

VARIATIONS

(a) *Apricot Sponge* : Wash ½ lb. dried apricots and cook gently until soft. Drain well and reserve the liquid for sauce. Grease the pudding basins and decorate with apricots, placing the skin side next to the basin. Fill with the mixture taking care not to disarrange the fruit. Cover and steam for 1-1½ hours.

(b) *Castle Pudding* : Half fill greased individual dariole moulds with the mixture. Steam for ¾ hour. Turn out and serve with jam, syrup, lemon or custard sauce.

(c) *Lemon Pudding* : Add the grated rind of 2 lemons, serve with lemon sauce (see List E.)

STEAMED SUET PUDDINGS

Ingredients :

1½ lbs. flour	1 lb. sugar
½ lb. breadcrumbs	2 teaspoons baking powder
¾ lb. suet	Milk and water to mix

Method : Mix all ingredients together, mix with milk and water to a soft consistency. Divide into greased pudding basins. Cover and steam for 2-3 hours. Serve with syrup or jam sauce (see List E.)

VARIATIONS

(a) *Sultana Pudding*—add 1 lb. sultanas.

(b) *Mixed Fruit Pudding*—add ½ lb. sultanas
½ lb. currants
4 ozs. mixed peel
3 ozs. black treacle

(c) *Raisin Pudding*—add 1 lb. raisins, stoned and chopped

(d) *Date Pudding*—add 1 lb. dates, stoned and chopped

(e) *Ginger Pudding*—add 1 oz. ground ginger
3 ozs. black treacle

LIST E : SWEET SAUCES

(Recipes for 30 portions unless otherwise stated)

CUSTARD SAUCE

Ingredients :

4 pts. milk	4 ozs. sugar
4 ozs. custard powder	

Method : Place the milk and sugar in a double saucepan and bring to boiling-point. Add blended custard powder stirring until the sauce thickens. Allow to cook for 10-15 minutes.

VANILLA SAUCE

Ingredients :

4 pts. milk	4 ozs. sugar
4 ozs. cornflour	Vanilla essence

Method : Place the milk and sugar in a double saucepan and bring to boiling-point. Add the blended cornflour and flavour with vanilla essence.

CHOCOLATE SAUCE

Using the vanilla sauce recipe, omit 1 oz. of cornflour and add 2 ozs. cocoa.

NOTE

2-3 ozs. margarine may be added to custard, vanilla and chocolate sauce to improve the nutritive value and flavour.

JAM SAUCE

Ingredients :

1 lb. jam	1 oz. cornflour
1 pt. water	2 ozs. sugar

Method : Place the jam, sugar and water in a saucepan, bring to the boil, thicken with cornflour and add colouring. Strain if necessary and serve hot.

N.B.—For marmalade sauce—use marmalade instead of jam. Syrup sauce, use syrup instead of jam.

LEMON SAUCE

Ingredients :

1½ lbs. lump sugar or syrup	Juice of 4 lemons
1½ pts. water	Pinch of salt
2 ozs. cornflour or arrowroot	

Method : Boil sugar, water and sliced peel together for 5 minutes or until syrupy. Remove peel and add the thickening, salt and lemon juice, boil until clear.

ORANGE SAUCE

Use orange in place of lemon.

LIST F : CAKES AND BISCUITS

(Recipes for 30 portions unless otherwise stated)

BASIC SPONGE CAKE MIXTURE

Ingredients :

1 lb. flour	4-6 eggs
10 ozs. margarine	1 teaspoon baking powder
10 ozs. sugar	Milk and water

Method : Cream the fat and sugar together, add the beaten egg a little at a time, beating well between each addition. Sieve the flour and stir lightly into the cake mixture. Mix to a soft consistency with milk and water if necessary. Bake in greased tins or cake cups, in a moderate oven for 20-30 minutes, depending on size of baking tins.

Variations for sponge mixture

(a) Chocolate cakes—omit 2 ozs. flour and add 2 ozs. cocoa and vanilla essence.

(b) Coconut cakes—add 6 ozs. desiccated coconut.

(c) Currant cakes—add 6 ozs. currants.

(d) Seed buns—add 2 teaspoons caraway seeds.

(e) Vanilla cakes—add 1 teaspoon vanilla essence—pipe with “cream” (when cooked).

ROCK BUNS

Ingredients :

1 lb. flour	1 teaspoon mixed spice
8 ozs. margarine	1 teaspoon salt
6 ozs. sugar	2 teaspoons baking powder
2 eggs	Milk and water to mix
6 ozs. mixed dried fruit	

Method : Sieve the flour, salt, baking powder and spice, add the sugar, rub in the fat. Add the dried fruit and mix well. Stir in the beaten eggs and just sufficient liquid to make a stiff mixture. Place in rough heaps on a greased baking sheet. Bake in a quick oven for 15-20 minutes.

SOFT GINGERBREAD

Ingredients :

1 lb flour	1 lb. syrup
2 teaspoons bicarbonate of soda	$\frac{1}{2}$ lb. margarine
2 teaspoons ground ginger	6 ozs. sugar
1 teaspoon allspice	$\frac{1}{2}$ pt. milk

Method : Place the sieved flour, bicarbonate and spices in a mixing bowl, add the sugar. Melt the margarine and syrup together in a saucepan, add the milk and warm. (Do not allow to boil.) Add the dry ingredients and mix thoroughly. Pour into a square tin lined with grease paper. Cook in a moderate oven 30-40 minutes. Cool thoroughly before removing the paper.

SHORTBREAD BISCUITS

Ingredients :

1 lb. flour	$\frac{1}{2}$ lb. sugar
$\frac{1}{2}$ lb. margarine	2 eggs

Method : Cream margarine and sugar. Add beaten eggs and stir in sieved flour. Roll out $\frac{1}{4}$ -inch thick and cut into shapes. Place on a greased tray and bake in a slow oven till crisp.

Variations

Coconut—Add $\frac{1}{4}$ lb. desiccated coconut.

Cherry—Add $\frac{3}{4}$ lb. finely chopped glacé cherries.

Currant—Add 3 ozs. currants.

Chocolate—Add 2 ozs. cocoa, 1 teaspoon vanilla essence and 2 ozs. sugar.

LIST G : SUPPER DISHES

(Recipes for 30 portions unless otherwise stated)

GRILLED SAUSAGES AND BAKED BEANS

5 lbs. sausages (8 to 1 lb.)

4 x 16 ozs. baked beans (tins)

MEAT RISSOLES

Ingredients :

2 lbs. cooked meat

1 onion

2 lbs. cooked potatoes

3 eggs

Seasoning

Egg and browned bread crumbs
for coating.

Fat for frying

Method : Mince the cooked meat and onion, mash the potatoes and add to meat and onion mixture. Season, add the beaten eggs and mix well. Divide into 30 portions, shape, coat with egg and breadcrumbs. Fry in hot fat, serve with fresh vegetables.

MINCED HAM ON TOAST

Ingredients :

30 slices of bread

2 lbs. cooked ham (lean)

White Sauce :

2 pts. milk

3 ozs. margarine

3 ozs. flour

Seasoning

1 lb. tomatoes

Method : Mince the ham and mix with white sauce. Place in a double saucepan to keep warm. Toast the bread, remove crusts, arrange a portion of the mixture on each. Garnish with slices of tomato and parsley sprigs.

MINCED LIVER ON TOAST

Ingredients :

30 slices of bread

3 lbs. raw liver

2 pts. stock

3 ozs. flour

3 ozs. dripping

1½ small onions

Method : Fry the liver until cooked, mince or chop finely. Remove pieces of hard skin or gristle. Slice the onions and fry in dripping ; add the flour and allow to brown : add the stock and cook until thick. Mix liver with the sauce and season. Toast the bread, arrange a portion of the reheated mixture on each slice. Serve very hot.

MINCED BEEF AND SPAGHETTI

Ingredients :

4 lbs. minced beef (raw)	2 ozs. flour
2 pts. stock	1 medium onion
2 ozs. dripping	Seasoning
1 lb. spaghetti	

Method : Fry the minced beef and chopped onion in a saucepan until brown. Add the flour and mix well. Add stock, bring to boiling-point stirring until thickened, season. Allow to simmer gently until the meat is cooked, about 20-30 minutes. Cook spaghetti in boiling water, drain and serve with meat.

SAUSAGE ROLLS

Ingredients :

3 lbs. sausages or sausage meat

Pastry :

2 lbs. flour	Salt
$\frac{1}{2}$ lb. margarine	Water to mix
$\frac{1}{2}$ lb. lard	

Method : Remove the skins from the sausages and roll into lengths. Make and roll out the pastry. Put on sausage, roll in pastry and cut into 4-inch lengths. Score and brush with egg wash. Place on greased baking trays and bake in a moderate oven, until golden brown. Serve hot with gravy and vegetables or cold with salad.

SAUSAGE AND TOMATO PIE

Ingredients :

5 lbs. sausages
3 lbs. tomatoes or 2 x 2 $\frac{1}{2}$'s tins
3 lbs. cooked well seasoned potatoes
Dripping

Method : Cook the sausages, cut into pieces. Place layers of sliced tomato and cooked sausages in greased pie dishes. Cover with cooked potato. Brush with melted dripping or margarine and brown in the oven. Serve hot with fresh vegetables and gravy.

STUFFED MARROW RINGS

Ingredients :

6 lbs. marrow	Seasoning
4 lbs. lean minced beef (raw)	Dried herbs (optional)
2 eggs	1 lb. rice
1 onion	

Method : Remove the skin from the marrow and cut in rings approximately 1-inch wide. Remove pith and pips. Season the beef adding minced or finely chopped onion, and bind with the beaten eggs. Melt dripping in baking tins. Arrange the marrow rings in

tins, filling the centre of each ring with meat mixture. Bake in a moderate oven, basting with dripping. Garnish with slices of grilled tomato and parsley sprigs. Serve with boiled rice.

FISH DISHES

FISH PIE

Ingredients :

3 lbs. cooked fish
3 lbs. cooked potatoes
2 pts. parsley or anchovy sauce (see List E)
Seasoning

Method : Flake the fish removing any skin and bone carefully. Mix with the sauce and a little creamed potato. Place in greased pie dishes, pile or pipe the creamed potato on top. Brush over with melted margarine. Brown in a moderate oven. Serve with grilled tomatoes or other suitable vegetables.

SOUSED HERRINGS

Ingredients :

30 herrings	1 large onion
1 pt. water	3 Bay leaves
1 pt. vinegar	12 Peppercorns

Method : Remove the heads and tails, scale and clean the fish. Bone and roll, arrange in fire-proof dishes (not metal). Scatter the peppercorns and bay leaves over the fish and add the sliced onions. Mix water and vinegar together and pour over. Cover and cook in a slow oven for 45 minutes. Serve cold with salad.

EGG AND CHEESE DISHES

CHEESE PUDDING

Ingredients :

1½ lbs. breadcrumbs	5 pts. milk
1 lb. cheese	Seasoning
8 eggs	

Method : Beat the egg and milk together, add cheese, salt and breadcrumbs, mix. Place in greased pie dishes and bake in a moderate oven until set. Serve with grilled tomatoes or fresh or canned green beans or peas or carrot strips.

CHEESE, TOMATO AND RICE SAVOURY

Ingredients :

12 ozs. rice	1 lb. cheese
4 pts. water	3 lbs. tomatoes or 2 x 2½'s (tins)
1 pt. milk	Seasoning

Method : Place the washed rice, milk and water in a double saucepan. Add salt and cook until thick. Skin the tomatoes, place in a saucepan and cook with very little water. Sieve and add to the cooked rice, add the grated cheese and seasoning. Serve hot garnished with slices of tomato.

CONVENT EGGS

Ingredients :
30 eggs

Cheese sauce :
4 pts. milk
1 lb. cheese (grated)
8 ozs. margarine
8 ozs. flour
Salt, pepper, mustard

Method : Hard boil the eggs and cut in half. Arrange in dishes and coat with cheese sauce. Garnish with grilled tomatoes, green beans or other suitable vegetable.

EGG AND CHEESE FLAN

Ingredients :
Pastry :
1½ lbs. flour
6 ozs. margarine
6 ozs. cooking fat or lard
Salt
Water to mix

Filling :
3 pts. milk
6 eggs
½ lb. cheese
Seasoning

Method : Line the flan tins with short crust pastry. Beat eggs and milk together, add grated cheese and seasoning. Mix well, pour into the flan cases and place in a moderate oven until the filling is set and the pastry cooked. Serve with hot vegetables such as garden peas, runner beans, marrow, etc., or cold with salad.

EGG SALAD

Allow 30 hard boiled eggs. Cut in half and arrange on individual plates with salad vegetables as available, e.g., watercress, lettuce, tomatoes, endive.

POACHED EGG ON SPINACH

Ingredients :
30 eggs
12 lbs. spinach

2 oz. margarine
Salt

Method : Prepare the spinach and wash carefully. Melt a knob of margarine in a saucepan, add the spinach and salt. Cook with the lid on the saucepan. Poach the eggs. Drain the spinach well. Portion on to plates, placing one egg on each portion.

SUGGESTIONS FOR COLD MEAT AND SALAD

Pressed beef	}	Allow 1½-2 ozs. per portion.
Calves head brawn		
Ham or shoulder bacon		
Corned beef		
Meat set in aspic jelly		

CAULIFLOWER OR MARROW CHEESE

Ingredients :

10 lbs. cauliflower

or

8 lbs. marrow

Cheese Sauce :

4 pts. milk

1 lb. cheese

8 ozs. margarine

8 ozs. flour

Salt, pepper, mustard

Method : Prepare and cook the vegetables in boiling salted water, when cooked drain and place in pie dishes in the oven to keep hot. Make cheese sauce, pour over the vegetables. Serve garnished with slices of grilled tomato or paprika pepper.



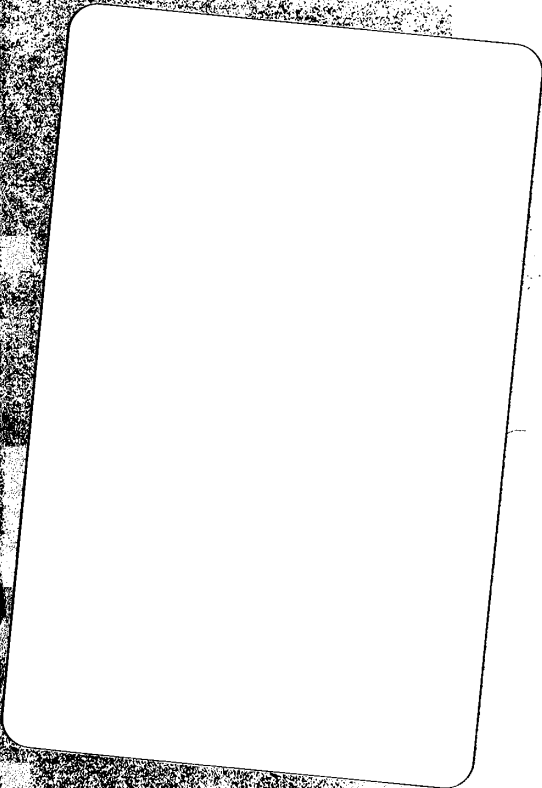
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