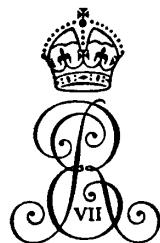


**KING EDWARD'S  
HOSPITAL FUND FOR LONDON**



**HOSPITAL CATERING ADVISORY SERVICE**

**USE OF THE MEAT RATION**

**Kin**

**SECOND EDITION**

**1952**

**HOKG (Kin)**

THE HOSPITAL CENTRE LIBRARY  
24, NUTFORD PLACE LONDON W1H 6AN

ACCESSION NO. CLASS MARK

4042

HOKG

DATE OF RECEIPT

PRICE

30 MAR 1973

DONATION

KM

## USE OF THE MEAT RATION

The rationing of meat makes it essential to utilise the current allocation to the best advantage and to achieve this it may be necessary to re-adapt ideas and forego many of the cuts and types of meat which have been purchased in the past.

Careful planning and selective buying, coupled with correct preparation, cooking and service, are essential. True, most of the cheaper cuts tend to be tougher and contain more fat, but with careful preparation and cooking they can be rendered both appetising and palatable. The extra fat not only provides additional dripping, but when correctly cooked, adds to the nutritional value of the meal.

Less meat means less protein unless other foods rich in protein, such as milk, cheese and fish, are added to the diet. Full use should also be made of the vegetable sources of protein; bread and flour, pulses and soya flour. The vegetable proteins are of a higher "building value" if used in combination with animal proteins and for this reason it is well to eke out the meat ration with bread stuffing, Yorkshire pudding, pulses or dumplings. Yorkshire pudding, dumplings, etc., may be further enriched by the addition of dried milk or soya flour.

This circular is primarily designed to help those responsible for catering to augment the meat allocation, and the suggestions and recipes are given under the following headings:—

- (1) How to purchase the cheaper cuts of meat.
- (2) How to use the cheaper cuts of meat.
- (3) Gravies and Stocks.
- (4) Recipes.

### I. HOW TO PURCHASE CHEAPER CUTS OF MEAT

In order to obtain the maximum amount of meat from the small allocation, special attention should be given to purchase. The cuts of meat supplied are confined to those appearing on the Meat (Maximum Retail Price) Order, and careful discrimination and close co-operation with the supplier is needed when making a selection.

As meat is allocated on a monetary basis, it follows that the quantity of meat obtainable will vary according to the price of the cuts purchased. The purchase of expensive prime cuts, such as rump, fillet steak, wing rib, sirloin of beef, or leg, shoulder, loin or best end of lamb should be avoided wherever possible, as this will result in a smaller quantity of meat being obtained.

The vague practice of placing orders for "roast" or "stewing" should not be adopted; mince meat, as such, should never be ordered.

Meat for stews, pies or braising, should be ordered in cuts, and on delivery, cut up in suitable sizes for the uses for which it is required.

The uses most suitable for cheaper cuts of meat are:—

**BEEF**

Joint	Uses	Best way to Order
Foreribs ... ...	Roasting	Boned
Topside ... ...	Roasting, Braising	Boneless
Thick Flank ...	Roasting, Braising	Boneless
Silverside ... ...	Braising, Pickling, Stewing Steak	Boneless
Top Ribs ... ...	Braising, Pies, Hot Pot	Bone in
Back Ribs ... ...	Braising, Pies, Stewing	Bone in
Brisket ... ...	Braising, Pressed Beef	Bone in
Shoulder Piece ...	Braising, Stewing, Puddings	Boneless
Flat Ribs ... ...	Stewing, Hot Pot	Bone in
Thin Flank ...	Stewing, Pies, Puddings	Bone in
Forequarter Flank ...	Stewing, Pressed Beef	Boneless
Clod or Sticking Piece ... ...	Stewing, Pies, Puddings	Boneless
Leg of Beef or Shin	Stewing, Hot Pot	Boneless

**MUTTON**

Scrag ... ...	Stewing, Braising	Bone in
Breast ... ...	Roasting, Stewing, Braising	Bone in
Whole Neck ...	Roasting, Stewing, Braising	Bone in
Middle Neck ...	Roasting, Stewing, Braising	Bone in

**2. HOW TO USE THE CHEAPER "CUTS"**

**(a) STEWING**

Stewed meat is served under many different names, including brown or white stew, casserole, hot pot and curry. Sometimes the meat is fried before stewing, but this varies with the recipe. Any kind of meat can be used, beef, veal, lamb, mutton, pork, game and offal. Most root vegetables in season are suitable for flavouring.

Stewing is considered the most profitable method of cooking. If properly performed, tough meat is rendered tender, and more nourishment is obtained than by any other process.

It must be understood that stewing is not boiling; stewing is a lengthy slow cooking process which renders meat tender. Meat of a fibrous and coarse nature, such as legs, clods or neck of mutton are best issued for stewing.

### (b) BRAISING

Braising can be used for large or small joints, as well as for chops and steaks. Meat, if properly cooked by this method, is always tender and has a rich and distinctive flavour derived from the vegetables with which it is cooked.

Braising can be done either on top of the stove or in the oven. First, fry the meat or quickly colour in a hot oven, together with sliced carrot and onion. Then transfer to a casserole or cooking receptacle; moisten and partly cover with brown stock, season with salt, pepper, herbs and spices, cover with a lid and cook very slowly until the meat is tender.

*Note* : A thin piece of meat requires less time than a thick piece of the same weight.

### (c) BOILING

To boil joints of meat, place in boiling water and allow to boil quickly for ten minutes, then simmer and cook slowly. The lid of the vessel should be kept on, care being taken that the scum rising to the surface of the stock is skimmed off frequently. The time required to cook depends upon the weight and compactness of the joint; as a general rule, fifteen or twenty minutes to the pound will suffice. Serve, garnished with cooked vegetables, e.g. onion, carrot, celery, which have been added to the meat during the last hour of boiling.

### (d) SLOW ROASTING

Ordinary roasting methods are suitable for the following cuts of meat:—

*Beef*.—Rump, sirloin, foreribs, wing ribs.

*Lamb and Mutton*.—Leg, loin and shoulder.

Slow roasting is suitable for the following:—

*Beef*.—Topside, middle ribs.

*Lamb and Mutton*.—Breast, or rolled and stuffed shoulder.

### METHOD

Put the meat in a roasting pan, add a little dripping if the joint is very lean. Cook in a slow to moderate oven 325/350°F. The time needed will depend on the weight and thickness of the meat, but the average is about forty minutes per pound.

### (e) STUFFING

Stuffing will add not only to the total bulk, but also to the nutritive value. It can be cooked in the meat; formed into balls to cook round the joint, or in a separate pan.

Both slow roasting and braising are good ways of cooking a stuffed joint.

RECIPES (THESE RECIPES ARE IN QUANTITIES FOR 50 PERSONS).

(i) FORCEMEAT STUFFING

*Ingredients :*

- 3½lb. Stale Bread, soaked and squeezed.
- 8 oz. Dripping, Suet or Bacon Fat.
- 8 oz. Dried Milk.
- 2 oz. Chopped Parsley.
- ½ oz. Mixed Herbs.
- 1 oz. Salt.
- Pepper.

METHOD

Soak and squeeze the bread; pass through the mincing machine.  
Add the dry ingredients and seasoning, mix together.  
Use as required.

(ii) APPLE AND CELERY STUFFING

*Ingredients :*

- 3 lb. Stale bread, soaked and squeezed.
- ¼ lb. Dried Milk.
- ½ lb. Chopped Onion.
- ½ lb. Chopped Apple.
- 1 lb. Chopped Celery.
- 1 oz. Salt.
- ½ oz. Sage.
- Pepper.

METHOD:

Soak and squeeze the bread; pass through the mincing machine.  
Add the other ingredients and seasoning. Mix together, bind with a  
little milk.

Use as required.

(iii) MINT STUFFING

*Ingredients :*

- 3½lb. Stale bread, soaked and squeezed.
- 8 oz. Dried Milk.
- ½ lb. Chopped Onion.
- ½ oz. Chopped Mint.
- 1 oz. Salt.
- ½ oz. Sugar.
- ¼ pt. Vinegar.
- ½ lb. Bacon Fat or Suet.

METHOD :

Soak and squeeze the bread; pass through the mincing machine.  
Add the onion, fat or suet. Add seasoning, chopped mint and sugar.  
Mix together with the vinegar.

Use as required to stuff lamb or mutton.

(f) CORNED MEAT

For service as cold meat, 2 oz. per head or 6½ lbs. for fifty persons is considered a reasonable quantity.

With the addition of vegetables or pastry, many palatable dishes can be made from corned meat, such as pasties, pies, mince-in-the-hole, meat cakes or fried dishes; recipes for which are as follows:

Recipes (50 Persons).

(i) CORNED MEAT FRITTERS

*Ingredients :*

6½ lbs. Corned Meat	}	Batter
2½ lbs. Flour.		
8 oz. Dried Milk.		
½ pt. Milk.		
1 pt. Water.		
1 oz. Baking Powder.		
Pinch of Sugar.		
½ oz. Salt.		

METHOD :

Chill the meat in the refrigerator, remove from the tins, cut into two-ounce pieces. Coat with batter and fry in hot fat. Remove, drain; serve. Garnish with a sprig of watercress and half a grilled tomato.

(ii) STUFFED POTATOES

*Ingredients :*

4 lbs. Corned Meat.  
4 lbs. Cooked Haricot Beans.  
50 Large Potatoes.  
2 oz. Parsley.

METHOD:

Scrub the potatoes and bake in their jackets in the oven. Cut in half and remove some of the inside. Mince the corned meat and beans, mix with the potato. Season. Add chopped parsley.

Pipe into the potato shells. Re-heat. Serve with gravy and vegetables.

(iii) MEAT AND VEGETABLE FLAN

*Ingredients :*

6 lbs. Corned Meat.  
10 lb. Potatoes.  
4 lb. Cooked Peas.  
Pastry for lining trays.

METHOD:

Cook and mash the potatoes. Dice the meat, mix together. Add peas, seasoning. Line trays with pastry, add the mixture. Cover with pastry. Bake in a moderate oven. Serve with a good meat gravy.

(iv) MEAT CROQUETTES

*Ingredients :*

- 8 lb. Cooked Meat. Beef, Mutton or Corned Meat.
- 1½lbs. Onions.
- 3lb. Cooked Haricot Beans.
- 1 pt. Brown Sauce.
- 2 oz. Parsley.
- 1 oz. Salt.
- Pepper.

METHOD:

Shred the onions and fry in a little fat, without colouring. Pass the meat, beans and onions through the mincer. Add the brown sauce, seasoning, chopped parsley. Mix together. Form into fifty small balls, then mould into cylindrical shapes. Egg and breadcrumb. Fry in hot deep fat for five minutes. Serve.

(v) HAMBURG ROAST

*Ingredients :*

- 6 lbs. Cooked Meat. Beef, Mutton or Corned Beef.
- 1½lb. Cooked Turnips.
- 1½lb. Cooked Carrots.
- 1½lb. Cooked Onions.
- 1 lb. Cooked Cabbage, Beans or Peas.
- 2 lb. Soaked Bread.
- 1 oz. Sage.
- 1 oz. Parsley.
- 1 oz. Salt.
- Pepper.
- ½ lb. Dripping.
- 2 lb. Breadcrumbs.

METHOD:

Mince the meat and vegetables together with the squeezed soaked bread. Add the seasoning, sage and chopped parsley. Mix together. Shape into long rolls, cover with breadcrumbs. Place into trays, cover with melted dripping. Bake in a medium oven for one hour. Cut into one-inch slices and serve together with a good brown sauce.

(vi) COTTAGE PIE

*Ingredients :*

- 4 lb. Cooked Meat. Beef, Mutton or Corned Mutton.
- 1½ lb. Onions.
- 2 oz. Parsley.
- 20 lb. Potatoes.
- 2 qt. Brown Sauce.
- 1 lb. Breadcrumbs.
- 4 oz. Margarine.
- 1 qt. Milk.

**METHOD:**

Finely shred the onions and fry without colouring in a little fat. Add the minced meat; "sweat" together. Remove the fat. Moisten with brown sauce. Add parsley and seasoning, bring to the boil. Simmer until cooked. Place into dishes, cover with mashed potatoes. This may be piped on the surface with a forcing bag. Paint with melted margarine and milk. Sprinkle with breadcrumbs. Bake in the oven, or colour under a griller.

### 3. GRAVIES AND STOCKS

Meals will never prove popular unless well flavoured; it is important that a new dish be accompanied by a good sauce or gravy, the basis of which is a good rich stock.

**RECIPES (50 Persons):**

(i) STOCK

*Ingredients :*

- 7 lb. Chopped Bones. Beef or Mutton.
- 4 gallons of Water.
- 2 lb. Onions.
- 2 lb. Carrots.
- 1 lb. Celery Trimmings.
- 1 lb. Green of Leek.
- 1 oz. Salt.
- Sprig of Thyme.
- 6 Cloves.
- 12 Peppercorns.
- 3 Bay Leaves.

**METHOD:**

Cover the bones with fifteen quarts of cold water, bring to the boil, skim and wipe clean the inside of the pan, add one quart of water, boil again and remove fat, add salt and allow to simmer for two hours; add vegetables. When cooked, strain, reboil; place in a cool part of the kitchen, raised on pieces of wood to allow air to circulate round. Reboil daily. Reserve the cooked vegetables for soups, salads, garnishes, etc.

(ii) MEAT STOCK

*Ingredients :*

- 7 lb. Bones.
- 1 lb. Carrots.
- 1 lb. Onions.
- 4 gallons Stock.

METHOD:

Break the bones and place in a saucepan, cover with a lid and allow to "sweat" on a slow heat, to extract meat essence. Allow to colour slowly, add the vegetables cut into slices, and colour, cover with stock. Simmer for four hours, skim and strain off. Reserve for thick gravy.

(iii) THICKENED GRAVY

Take one gallon of meat stock, bring to the boil, thicken with four ounces of cornflour, diluted with a little water. Add two ounces of tomato puree, boil for twenty minutes, remove the scum that arises, correct the seasoning, colour a light brown with a little browning. Strain.

(iv) TOMATO SAUCE (one gallon)

*Ingredients :*

- ½ lb. Bacon Trimmings.
- ½ lb. Onions.
- ½ lb. Carrots.
- 7 pts. Stock.
- 1 lb. Tomato Puree.
- 10 oz. Flour.
- 12 Peppercorns.
- 4 Cloves.
- 2 Bay Leaves.
- 4 oz. Dripping.

Dice the bacon, onions and carrots; fry the bacon, add the vegetables and fry until a golden colour, add the flour, and cook until a sandy texture. Add the tomato puree and stock, bring to the boil, stirring with a wooden spoon. Add the herbs, etc., cover with a lid and simmer for one hour. Skim, pass through a fine strainer with pressure. Re-boil, skim, correct seasoning and use as required. The consistency of the sauce should be thick enough to coat the back of a spoon.

(v) GRAVY FOR ROAST JOINTS

When joints are being roasted, certain meat juices escape, and mix with the melted fat.

Remove the joint, drain off the surplus fat, and heat the contents of the tray to a temperature which will evaporate the moisture and leave behind a substance resembling meat extract. Care should be taken not to let it burn. Add sufficient stock to make the gravy. Season and strain.

Approximate requirements for fifty people is three quarters of a gallon.

#### 4. MEAT DISHES

Recipes (50 Persons).

##### (1) BEEF AND TOMATO HOT POT

*Ingredients :*

- 8 lb. Prepared Beef.
- 15 lb. Potatoes.
- 2 lb. Onions.
- 3 lb. Tomatoes.
- 2 oz. Salt.
- $\frac{1}{2}$  oz. Pepper.

Cut the meat into one-inch pieces, season with salt and pepper. Shred the onions and slice the potatoes  $\frac{1}{4}$  in. thick, grease the baking tins, place a layer of potatoes and onions in the bottom, add the meat, and a layer of tomatoes. Fill up with potatoes and onions arranged in layers. Half fill with well seasoned stock, bring to the boil, place in a moderate oven. Cook slowly. Press down the potatoes occasionally with a slice. When cooked, skim off excessive fat. Serve.

##### (2) LANCASHIRE HOT POT

*Ingredients :*

- 12½ lbs. Stewing Mutton.
- 1 lb. Dried Beans or Peas.
- 2 lb. Onions or Leeks.
- 4 lbs. Carrots.
- 2 lb. Turnips.
- 15 lb. Potatoes.
- 1 lb. Barley.
- 1 gallon Stock.
- Seasoning.

##### METHOD:

Soak the beans overnight. Cook. Cut up the meat. Prepare and slice the vegetables. Arrange the meat and vegetables in baking trays. Season, add the cooked beans. Sprinkle with barley. Slice the prepared potatoes, arrange on the top. Cover with stock. Bake in a moderate oven for three hours.

### (3) IRISH STEW

#### *Ingredients :*

- 12½lb. Stewing Mutton.
- 4 lbs. Onions.
- 4 lb. Carrots.
- 4 lb. Turnips.
- 2 lb. Celery.
- 10 lb. Prepared Potatoes.
- 2 oz. Salt.
- Pepper.
- 2 oz. Chopped Parsley.

#### **METHOD :**

Cut the meat into suitably sized pieces, place in a saucepan, cover with water and bring to the boil and skim. Cut the carrots, onions, turnips and celery into  $\frac{1}{4}$ in. dice, add to the stew. Season. Bring to the boil, simmer. After the stew has been cooking for one hour, add the potatoes cut into the size of small potatoes. Remove the fat that rises to the surface and keep for clarification. When the stew is ready for serving, correct the seasoning, and add the chopped parsley.

### (4) BROWN STEW

#### *Ingredients :*

- 8 lb. Beef.
- ½ lb. Tomato Puree.
- 2 lb. Flour.
- 2 lb. Carrots.
- 2 lb. Onions.
- 1 lb. Dripping.
- 1 oz. Salt.
- Thyme, Bay Leaf.
- Pepper.
- ½ gallon of Stock.

#### **METHOD :**

Cut the meat into one-inch pieces and slice the vegetables. Heat the dripping in the saucepan and fry off the meat and vegetables. Add the flour and tomato puree, moisten with stock, add seasoning and herbs. Boil, reduce to a simmering temperature. Cook until tender. Correct the seasoning. Serve.

### (5) BROWN MUTTON STEW (Navarin)

#### *Ingredients :*

- 12½lb. Stewing Mutton.

#### **METHOD :**

As for Brown Stew.

(6) BRAZILIAN STEW

*Ingredients :*

- 8 lb. Stewing Beef.
- ½ pt. Vinegar.
- 2 lb. Carrots.
- 2 lb. Onions or Leeks.
- 1 lb. Turnips.
- ½ gallon Water.
- Seasoning.

**METHOD :**

Cut the meat into one-inch pieces. Dip in vinegar, and place in a pan or casserole. Add the sliced vegetables and water. Season. Cover with a lid, bring to the boil, cook in a slow oven for at least three hours. Serve with a border of pease pudding, or puree of haricot beans.

(7) HARICOT MUTTON

*Ingredients :*

- 12½ lb. Mutton (neck or scrag).
- 2 lb. Carrots.
- 2 lb. Onions.
- 3 lb. Haricot Beans.
- 1 lb. Flour.
- ½ gallon of Stock.
- ½ lb. Tomato Puree.
- 2 oz. Salt.
- Pepper.

Soak the haricot beans overnight. Cut the meat into suitably sized portions and fry together with the diced carrots and onions. Transfer to a saucepan and dredge with flour, add the tomato puree. Moisten with stock and bring to the boil. Skim. Season and simmer until the meat is tender. Remove the fat that rises to the surface. Correct the seasoning. Serve. The beans may either be cooked separately, or together with the stew.

(8) CURRIED BEEF OR MUTTON

*Ingredients :*

- 8 lbs. Stewing Beef or Mutton.
- 2 lb. Onions.
- ½ lb. Tomato Puree.
- 1 lb. Flour.
- 2 oz. Dried Coco-nut.
- 4 oz. Apples (peeled and chopped).
- 8 oz. Curry Powder.
- 1 oz. Salt.
- 4 oz. Dripping.
- ½ gallon of Stock.

**METHOD :**

Dice the meat and remove excessive fat and gristle. Finely dice the onions. Fry off the meat and, when coloured, add the onions and "sweat" with the meat. Add the flour and curry powder and cook for five minutes. Moisten with stock. Add the chopped apple, coco-nut and seasoning. Bring to the boil, then simmer until the meat is tender. This dish may be cooked either on top of the stove or in the oven, in a dish covered with a lid.

**(9) BRAISED STUFFED SKIRT**

*Ingredients :*

8 lb. Beef Skirt.  
1 lb. Carrots.  
1 lb. Onions.  
½ gallon of Stock.  
4 oz. Flour.  
Forcemeat Stuffing.  
2 oz. Salt.

**METHOD :**

Trim the meat of the thin transparent skin, and beat flat with the broad blade of the chopper. Place the stuffing in the centre, and roll up, tying with string into rounds. Slice the carrots and onions and place in the bottom of the tray with the meat on top. Colour in a hot oven. Dredge with flour, moisten with stock, season and bring to the boil. Cook in the oven until tender. When cooked, remove from the tray. Slice. Serve with the strained gravy.

**(10) BRAISED STUFFED MUTTON**

*Ingredients :*

15lbs. Mutton (Boned Breast).  
1 lb. Carrots.  
1 lb. Onions.  
½ gallon Stock.  
2 oz. Cornflour.  
1 oz. Dripping.  
2 oz. Tomato Puree.  
1 oz. Salt.  
4 lb. Forcemeat Stuffing.

**METHOD :**

Place the flattened breasts of mutton on the table (fat downwards) and cover with a layer of stuffing. Roll up and tie with string.

Slice the carrots and onions and place in a baking tray with the meat, season. Cover with the dripping and colour in the oven. Add the stock and tomato puree, boil and return to the oven. Cook until tender. When cooked remove the joint, slice. Serve with the gravy, thickened with the diluted cornflour.

(11) BRAISED BEEF

*Ingredients :*

8 lb. Beef.  
2 lb. Onions.  
2 lb. Carrots.  
2 qt. Stock.  
½ lb. Dripping.  
2 oz. Cornflour.  
2 oz. Salt.  
2 oz. Tomato Puree.  
Sprig of Thyme.  
2 Cloves.

**METHOD:**

Slice the vegetables and place in a tray with the meat. Cover with the dripping and colour in the oven. Moisten with stock. Add tomato puree and seasoning. Bring to the boil, simmer until cooked. This can either be cooked on the top of the stove, or in the oven in a saucepan covered with a lid.

~~Moisten with stock. Add tomato puree and seasoning. Bring to the boil, simmer until cooked. This can either be cooked on the top of the stove, or in the oven in a saucepan covered with a lid.~~

When cooked, remove the joint, boil the stock, thicken with diluted cornflour. Strain. Correct the seasoning. Serve.

(12) MINCED BEEF

*Ingredients :*

10lbs. Minced Beef.  
2 lb. Onions.

**METHOD:**

Finely chop the onions, fry; add the minced beef and allow to "sweat" slowly on the top of the stove. Allow the meat to heat through. Strain off excessive fat (and clarify for dripping). Season and add brown sauce.

(13) MINCE AND VEGETABLE TOAD

*Ingredients :*

6 lb. Minced Beef.  
6 lb. Cooked Vegetables.  
Seasoning.  
Yorkshire Pudding Batter.

**METHOD:**

Mince the strained cooked vegetables, mix with the meat, season and form into round balls or cakes. Add a little dripping to the trays in which they are to be cooked, heat. Pour the batter into the trays and add the meat cakes. Bake in a hot oven.

(14) HAMBURG STEAK

*Ingredients :*

- 8 lb. Minced Beef.
- 1 lb. Lentils or Beans.
- 2 lb. Onions.
- Seasoning.

**METHOD :**

Soak and cook the pulse, strain. Pass through a sieve. When cold, mix with the minced beef, together with the seasoning and "sweated" diced onion. Shape into round cakes, roll in bread-crums. Fry in shallow fat or bake in a moderate oven.

(15) BOILED SALT BEEF

*Ingredients :*

- 8 lb. Silverside or Salted
- 10 lb. Brisket
- 2 lb. Onions
- 2 lb. Carrots
- 2 Bay Leaves
- 6 Cloves
- 12 Peppercorns

**METHOD :**

Wash the salt beef in cold water. Place in boiling water together with the sliced vegetables, and boil for ten minutes. Skim, reduce the temperature to a simmering point, add the bay leaves, etc. Simmer until tender. When cooked, remove. Thinly slice against the grain. Serve with dumplings and garnish with the cooked sliced vegetables.

(16) PRESSED BRISKET OF BEEF

*Ingredients :*

- 8 lb. Salted Brisket
- 1 lb. Carrots
- 1 lb. Onions
- 2 Bay Leaves
- 12 Peppercorns
- 6 Cloves

**METHOD :**

Rinse the brisket in clean cold water. Place in a saucepan containing boiling water, add the prepared vegetables, bring to the boil. Simmer until tender. When cooked, press between two clean chopping boards.

Brisket of beef may also be cooked in the steamer.

(17) MEAT AND VEGETABLE PIE

*Ingredients :*

8 lb. Stewing Beef  
1 lb. Dried Peas or Beans  
1 lb. Onions  
2 lb. Celery  
2 lb. Carrots  
 $\frac{1}{2}$  gallon Stock  
Seasoning

**METHOD :**

Wash, soak and cook the peas. Cut up the meat and prepared vegetables into one inch dice, add to the cooking peas, stew until tender. Season. Turn the mixture into trays or pie dishes. Cover with pastry. Bake in a moderate oven.

(18) SCOTCH MUTTON PIE

*Ingredients :*

12½ lb. Mutton (Scrag or neck)  
2 lb. Onions  
2 lb. Carrots  
1 lb. Turnips  
4 oz. Barley  
2 oz. Parsley  
2 oz. Salt  
Pepper

**METHOD :**

Cut the meat into suitably sized portions. Slice the vegetables, cover with water and bring to the boil and simmer, removing any scum that rises to the surface. Add the seasoning, rain in the barley and cook together until the meat is tender. Place the stew into trays or dishes and sprinkle with chopped parsley. Cover with a layer of pastry, egg wash. Bake in the oven.

(19) MEAT AND VEGETABLE PUDDING

*Ingredients :*

8 lb. Stewing Beef  
1 lb. Carrots  
1 lb. Onions  
2 lb. Cooked Haricot Beans  
2 oz. Chopped Parsley  
 $\frac{1}{2}$  lb. Flour  
Seasoning  
Stock  
Suet Paste

**METHOD :**

Line the pudding basins with suet pastry. Cut the meat into small pieces, dice the carrots and onions, mix together with the flour,

cooked beans, parsley and seasoning. Place the mixture in the lined pudding basins, add stock or water. Cover with pastry. Cover with a pudding cloth or greased grease-proof paper. Boil or steam for three hours.

(20) SAUSAGE, BEAN AND BACON POTATO PIE

*Ingredients :*

6 lb. Sausage Meat  
2 lb. Fat Bacon (diced)  
2 lb. Dried Beans or Peas  
15 lb. Potatoes  
 $\frac{1}{2}$  gallon Stock  
Seasoning

**METHOD :**

Soak and cook the beans or peas. Put the sausage meat, beans and bacon in trays or pie dishes. Slice the potatoes and cover the mixture. Add stock and seasoning. Bake in a moderate oven.

(21) SAUSAGE AND CARROT PASTIES

*Ingredients :*

8 lb. Sausage Meat  
4 lb. Cooked Carrots  
1 lb. Onions  
Seasoning  
Pastry

**METHOD :**

Finely chop the onions and "sweat" in a little fat. Chop or mince the carrots, mix with the sausage meat. Add the onions, season. Roll out the pastry, cut into squares or rounds. Place a portion of the sausage mixture in the centre. Fold over the pastry and seal the edges. Bake in a moderate oven till cooked.

#### 4. RECIPES. MEATLESS

(22) CHEESE AND VEGETABLE CUTLETS

*Ingredients :*

4 lb. Cooked Carrots  
1 lb. Onions  
2 lb. Cheese  
6 lb. Cooked Potatoes  
2 oz. Parsley  
Seasoning

**METHOD :**

Finely dice the onions and "sweat" in a little fat. Mince the carrots, cheese and cooked potatoes. Season, add parsley. Form into cutlet shapes or cakes. Roll in browned breadcrumbs. Fry in shallow fat

(23) CHEESE PIE

*Ingredients :*

6 lb. Cheese (grated).  
3 lb. Onions  
3 lb. Tomatoes  
6 lb. Mashed Potatoes  
Seasoning  
1 pint of White Sauce

**METHOD :**

Shred or finely dice the onions. Blanch the tomatoes, remove the skins and seeds.

Serve with baked tomatoes and a green vegetable.

(27) CHEESE BREAD AND BUTTER PUDDING

*Ingredients :*

4 lb. Thin slices of bread and margarine  
1 lb. Grated Cheese  
8 oz. Finely Chopped Onion  
2 teaspoons Prepared Mustard  
12 Eggs  
7 Pints Milk  
Salt and Pepper

**METHOD :**

Place the slices of bread and margarine into greased pie dishes, sprinkling the cheese and chopped onion in between the layers. Warm the milk, pour over the beaten eggs, add the seasoning, then pour over the bread. Leave to stand for half an hour. Stand the dishes in a baking tin containing a little water. Bake in a slow oven. If preferred, the onions can be omitted.

## RABBITS

### HOW TO PREPARE

Remove the liver, kidneys and heart, and keep for inclusion in faggot recipe.

Dissect the rabbit by cutting off each leg at the joint and the back into two or three equal sized pieces, dividing the upper portion with the shoulders into two by chopping through the centre of backbone and partly severing the connecting joints of the arm and shoulder. Discard the head and discoloured neckpiece. Soak in clean cold water, to which has been added a handful of salt.

### (28) BRAISED RABBITS

#### *Ingredients :*

18½ lb. Skinned Rabbit  
2 lb. Onions  
1½ lb. Carrots  
½ lb. Celery  
½ lb. Tomato Puree  
Sprig of Thyme  
Seasoning

#### METHOD :

Slice the onion, carrot and celery and fry off with the prepared rabbit in a little hot fat. Remove from the pan and place in a saucepan, casserole or baking dish, dredge with flour, add the tomato puree and thyme, moisten with stock. Season, bring to the boil, simmer on the top of the stove or in the oven until tender

Approximate cooking time 1½ to 2 hours.

### (29) RABBIT PUDDING

#### *Ingredients :*

18½ lb. Skinned Rabbit  
1 lb. Carrots  
½ lb. Onions  
¼ lb. Celery  
2 oz. Chopped Parsley  
Seasoning  
1 lb. Flour  
Suet Paste

#### METHOD :

Grease the pudding basins and line with suet paste. Slice the vegetables, mix with the prepared rabbit, sprinkle with flour and chopped parsley, fill the pudding basins. Season, fill the basins with stock or water, cover with suet paste. Cover with greaseproof paper or pudding cloths. Steam for 3 hours. Diced bacon or ham trimmings may be added to this pudding, if available.

### (30) ESCALLOP OF RABBIT

#### *Ingredients :*

18½ lb. Skinned Rabbit (backs and legs)  
Eggwash  
Breadcrumbs  
Seasoning

**METHOD :**

Bone out the legs and remove the fillets from each side of the rabbit back, flatten each piece of the filleted meat by beating gently with the broad blade of a wetted chopper. Season, pass through the eggwash and breadcrumbs, press each piece lightly to flatten. Shallow fry in a little hot fat. Serve with a thin slice of lemon and garnish with spaghetti.

**(31) RABBIT PATTIES**

*Ingredients :*

- 8 lb. Prepared Rabbit
- 1 lb. Carrots
- 1 lb. Onions
- 1½ pts. White Sauce
- 6 lb. Short Paste

**METHOD :**

Slice the vegetables and place in a stewpan together with the prepared rabbit and seasoning, cover with water, bring to the boil. Skim, reduce the cooking temperature and simmer until tender. Remove the rabbit and allow to cool, keeping the stock for rabbit broth.

Remove the meat from the bone, cut into small dice, season and mix with a little white sauce. Roll out the pastry, stamp into rounds, place a little of the mixture in the centre, moisten the edges with a little milk, cover with another round of pastry, eggwash. Bake in a moderate oven until cooked. Approximately 20 minutes. Hare may be treated in the same manner as rabbit for the above recipes.

**(32) FAGGOTS**

*Ingredients :*

- 4 lb. Liver (Chicken, Rabbit or Ox).
- 4 lb. Lean Minced Beef.
- 1 oz. Sage.
- 1 oz. Mustard.
- 2 oz. Salt.
- 1 oz. Pepper.

**METHOD :**

Mince the liver and mix with the minced beef, add seasoning and herbs. Shape into round balls. Place on baking trays. Partly cover with stock. Bake in a moderate oven for one hour. Serve with pease pudding.

(33) PEASE PUDDING

*Ingredients :*

3 lb. Split Peas or Haricot Beans.  
½ lb. Carrots.  
½ lb. Onions.  
1 Hambone.  
1 large Peeled Potato.  
Seasoning.

**METHOD :**

Soak the pulse overnight in clean water. Strain, place in a saucepan, together with the prepared vegetables. Cover with water and bring to the boil, skim, add the hambone, simmer until tender.

Remove the bone, pass through a sieve, pressing all the ingredients into a mashed consistency. Add seasoning, re-boil.

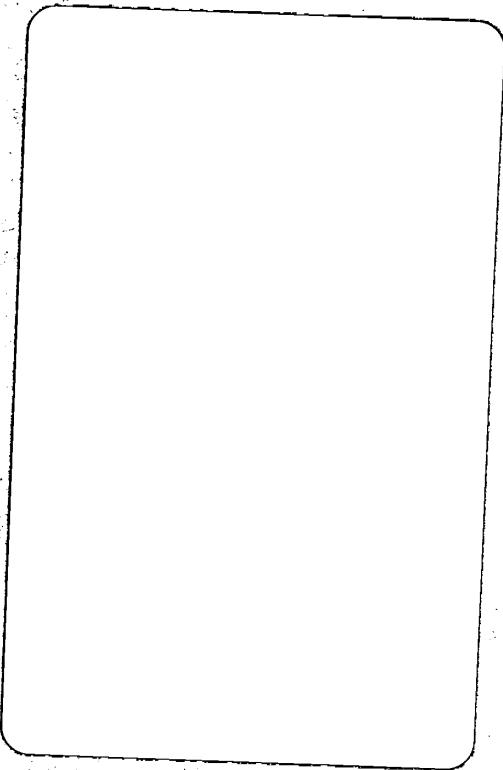
The above may also be cooked in the steamer or in a bowl or saucepan, covered with a tight-fitting lid.



King's Fund



54001000059090



OBTAINABLE FROM

KING EDWARD'S HOSPITAL FUND FOR LONDON

10, OLD JEWRY, E.C.2

*Price 1/- Post free*