1950

Kitchen Wisdom : for use with Borwick's Baking Powder

Ambrose Heath

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W. F. WEIR,
45, Fleet Street,
DUBLIN.
Telephone 22805.
KITCHEN WISDOM

compiled by

AMBROSE HEATH

for use with

BORWICK'S BAKING POWDER
BOOKS BY AMBROSE HEATH

Good Food
More Good Food
Good Soups
Good Potato Dishes
Good Sweets
Good Savouries
Good Food without Meat
Good Breakfasts
Good Fish Dishes
Good Drinks
Meat Dishes Without Coupons
The Book of the Onion
The News Chronicle Cookery Book
The Country Life Cookery Book
Dining Out
Vegetable Dishes and Salads
Madame Prunier's Fish Cookery Book
From Creel to Kitchen: Recipes for River Fish
Open Sesame: Recipes for Tinned Foods
Savoury Snacks
American Dishes for English Tables
War-Time Cookery
What's Left in the Larder

With C. H. MIDDLETON
From Garden to Kitchen

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*Table-ware illustrated by courtesy of Harrods, London.*
MOST wives have been taught, or have picked up, the bare bones of cookery. But a great many of them are rather inclined to trust more to luck than to science, and are content to rub along as best they can.

This short section of KITCHEN WISDOM is intended to help them by showing them briefly What’s Right and What’s Wrong with the different processes of cooking, and to collect for them in a convenient space all those little, yet so important, facts which can only be learned either by experience or by reference to a larger number of cookery books than most of us possess.

And to show the housewife that the business of cooking does not begin with the actual work in the kitchen, there is appended a short Shopping Guide, to enable her to make the best choice of the food which she has to buy.

FOR YOUR FRIEND

If you have a friend who would like a copy of this book, we shall be pleased to forward one to her on receipt of her name and address on a post card addressed to:

Dept. C.B.
G. BORWICK & SONS, LTD.,
1, Bunhill Row, London, E.C.I.
COOKING TEMPERATURES

| Boiling (Water) | 212° |
| Simmering | 200-210° |
| Slow Simmering | 180-190° |

Deep Fat Frying

Uncooked Foods

| Doughnuts | 360-370° |
| Fritters | 350-365° |
| Cutlets or Steaks | 380-390° |
| Fried Onions | 380° |
| Potato, Chips | 380° |
| French fried | 380° |
| Fish, small fillets | 380° |
| small whole | 340° |
| Whitebait | 400° |

Cooked Mixtures

| Fishcakes | 365-380° |
| Croquettes | 365-380° |

How to Test the Temperature of Frying Fat without a Thermometer

If, as is generally the case in this country, a frying thermometer is not used, drop a one-inch sided cube of stale breadcrumb into the hot fat.

If the cube browns in 60 to 70 seconds, the temperature is about 350°

40 to 50
30 to 40
370°
385°

In general, the more violent the bubbling when anything is put into the fat, the higher the temperature is.

The best fat for deep fat frying is Oil. This will be shown by the boiling points of the various fats, which are:

<table>
<thead>
<tr>
<th></th>
<th>Fahrenheit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter</td>
<td>150°</td>
</tr>
<tr>
<td>Lard</td>
<td>210°</td>
</tr>
<tr>
<td>Suet</td>
<td>220°</td>
</tr>
<tr>
<td>Goose Fat, Chicken Fat, etc.</td>
<td>360°</td>
</tr>
<tr>
<td>Oil</td>
<td>390-400°</td>
</tr>
</tbody>
</table>
Oven Temperatures

<table>
<thead>
<tr>
<th>Oven Speed</th>
<th>Fahrenheit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Slow Oven</td>
<td>200-250°</td>
</tr>
<tr>
<td>Slow Oven</td>
<td>250-325°</td>
</tr>
<tr>
<td>Moderately Slow</td>
<td>325-350°</td>
</tr>
<tr>
<td>Moderate</td>
<td>350-375°</td>
</tr>
<tr>
<td>Moderately Hot</td>
<td>375-400°</td>
</tr>
<tr>
<td>Hot</td>
<td>400-450°</td>
</tr>
<tr>
<td>Very Hot</td>
<td>450-500°</td>
</tr>
</tbody>
</table>

In taking the temperature of an oven with an oven thermometer it should be left in the oven for twenty minutes before it is read.

How to Test the Oven Temperature without a Thermometer

1. Put a pan sprinkled with flour in the oven:
   - In a SLOW oven, the flour turns delicate brown in 5 minutes.
   - In a MODERATE oven, the flour turns golden brown in 5 minutes.
   - In a HOT oven, the flour turns a deep, dark brown in 5 minutes.
   - In a VERY HOT oven, the flour turns a deep, dark brown in 3 minutes.

2. Put a small bit of kitchen paper in the oven, and look at it in 3 minutes time:
   - If it has turned brown, the temperature is about 450°
   - If it has turned russet brown, the temperature is about 400°
   - If it has turned dark yellow, the temperature is about 350°
   - If it has turned light yellow, the temperature is about 320°

The Oven Temperatures for the various foodstuffs will be found under their proper headings in the following pages.

COOKING TIME FOR EGGS

<table>
<thead>
<tr>
<th>Type of Egg</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baked Eggs</td>
<td>about 5 min</td>
</tr>
<tr>
<td>Boiled Eggs (light)</td>
<td>3 1/2 min</td>
</tr>
<tr>
<td>(medium)</td>
<td>4 min</td>
</tr>
<tr>
<td>(firm white)</td>
<td>5 min</td>
</tr>
<tr>
<td>(hard-boiled)</td>
<td>10 min</td>
</tr>
</tbody>
</table>

If, after boiling, the hard-boiled egg is cracked and left in cold water until it is cold, there will be no dark outside to the yolk.

<table>
<thead>
<tr>
<th>Type of Egg</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coddled Eggs</td>
<td>7-8 min</td>
</tr>
<tr>
<td>Eggs sur le plat</td>
<td>10 min</td>
</tr>
<tr>
<td>Fried Eggs</td>
<td>10 min</td>
</tr>
<tr>
<td>Poached Eggs</td>
<td>5 min</td>
</tr>
<tr>
<td>Scrambled Eggs</td>
<td>10 min</td>
</tr>
</tbody>
</table>
### OVEN CHART FOR GAS COOKERS

<table>
<thead>
<tr>
<th>Oven Heat</th>
<th>Cannon (Autimo)</th>
<th>Flavel with Numbers</th>
<th>Flavel Letters</th>
<th>Mainstat Letters</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Parkinson (Adjusto) with Numbers</td>
<td>Main G.L.C. New Herald</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Very Cool</td>
<td>0 or ½ or 1</td>
<td>1 or 2</td>
<td>A or B</td>
<td>A</td>
</tr>
<tr>
<td>Cool</td>
<td>2 or 3</td>
<td>3 or 4</td>
<td>C or D</td>
<td>B or C</td>
</tr>
<tr>
<td>Moderate</td>
<td>4 or 5</td>
<td>5 or 6</td>
<td>E or F</td>
<td>D</td>
</tr>
<tr>
<td>Hot</td>
<td>6 or 7</td>
<td>7 or 8</td>
<td>G or H</td>
<td>E or F</td>
</tr>
<tr>
<td>Very Hot</td>
<td>8</td>
<td>9</td>
<td>I or J</td>
<td>G</td>
</tr>
</tbody>
</table>

### HOMELY MEASURES

Although measurement by scales and measures is to be recommended, there are times when homely means may be used. Here are the approximations in the ordinary kitchen.

#### Liquids

- 1 teaspoonful equals 60 drops
- 1 tablespoonful equals ½ fluid oz.
- ½ pint equals 10 fluid oz.
- 1 teacupful equals 1 gill
- 1 pint equals ¼ pint
- 1 breakfastcupful equals 6 tablespoonfuls
- 1 tumblerful equals ½ pint

#### Dry Ingredients

- 1 rounded tablespoonful equals approximately 1 oz.
- 1 rounded dessertspoonful equals approximately ¼ oz.
- 1 rounded teaspoonful equals approximately ½ oz.
- 1 level breakfastcupful equals ½ lb.
- 1 level teacupful equals 7 oz.
- 1 heaped breakfastcupful equals half these last two measures
- butter, dripping or other fats equals 7 oz.
- A piece of butter the size of an egg equals 1½ oz.
- A piece of butter the size of a walnut equals ½ oz.
- A "nut" of butter (noix in French recipes)
AMERICAN MEASURES

Very often modern recipes are given in the American measure, a "cupful." Cooks who propose to specialize in American recipes should provide themselves with a proper measuring cup, but if measures have to be taken without one, here is a short list of equivalents.

1 cup equals approximately 1 standard breakfastcupful
½ cup equals approximately 1 standard teacup
1 tablespoonful equals three teaspoonfuls, and not four as in English measure.

1 cup butter equals ½ lb.
1 cup pastry flour ,, 4 oz.
1 cup granulated sugar ,, ½ lb.
1 cup cornflour ,, 4 ⅓ oz.
1 cup raisins ,, 5½ oz.
1 cup chopped peel ,, 5 oz.
1 cup glacé cherries ,, 6½ oz.
1 cup dried walnut halves ,, 4 oz.
1 cup shelled almonds ,, 4 oz.
1 cup grated coconut ,, a scant 3 oz.
1 cup golden syrup, maple syrup, treacle or molasses ,, 3 lb.
1 cup bread or cake crumbs ,, 4 oz.
1 cup rice ,, ½ lb.
1 cup tapioca ,, 6 oz.
1 cup stoned dates ,, ½ lb.
1 lb. castor sugar ,, 2½ cupfuls
1 lb. icing sugar ,, 3½ cupfuls
1 lb. brown sugar ,, 2½ cupfuls
1 lb. oatmeal ,, 2½ cupfuls
1 lb. currants ,, 2½ cupfuls

Special Note

Cooks working from American recipes should remember that all cupfuls are measured level, and that all American spoonfuls are measured level. This practice differs from the English, where spoonfuls are heaped to contain twice as much as a level spoonful. In English measures, a level spoonful is actually half a spoonful, while in American measure it is a whole spoonful.
The basis of most soups and sauces is a good well-flavoured Stock. But this does not necessarily mean the possession of a stock-pot, which was simple enough in the old days when expense did not mean as much as it does now, and the pot could be kept simmering day in and day out at the back or side of the range. Nowadays we prefer to make our stock as we want it, and in my opinion this is really a far better way to do it. The various kinds of stock are as follows:

**Brown Stock.** Shin of beef in the proportion of 1 lb. of meat to each quart of water. Flavour with fresh vegetables.

**White Stock.** The same, but use knuckle of veal instead of beef.

Time to cook these stocks, about 5 hours.

**Second Stock (White or Brown).** This is made with the meat strained from either of these first stocks, with fresh vegetable flavourings added. Cook for the same time.

**Bone Stock.** Fresh meat bones, in the same proportion as above, but cook for 6 or 7 hours at least.

**Poultry and Game Stock.** This is made with the trimmings and carcasses of poultry or game, and takes the same time.

**Vegetable Stock.** Fresh vegetables trimmings, plus water in which vegetables (other than cabbage) have been cooked, or rice and macaroni water—1 lb. of vegetables per 1 quart of water. About an hour's cooking is enough.

**Fish Stock.** Bones and trimmings of white (not oily) fish, with flavourings. 2 lbs. bones and trimmings for each three quarts of water. Two hours' cooking.

**What's Right**

Break bones and cut meat into small pieces. Steep meat in cold water. Bring gradually to the boil. Remove white scum. Small vegetables should be whole, large ones cut in large pieces. Keep gently simmering.

**What's Wrong**

The stock will be weak in flavour if (1) poor ingredients have been used or (2) too great a proportion of water has been allowed. Its flavour will also suffer if the period of cooking has not been long enough, or if the preliminary frying process has been omitted. If you have a stock-pot, you should not (1) add too much starchy material, (2) add too many vegetables, (3) neglect to strain the stock or (4) leave the stock without boiling it up in the proper way.

If these things are not observed, your stock may go sour.
SECTION 2

SOUPS

When stock is used in the making of a soup, the flavour of the soup will depend a great deal on the flavour of the stock. Freshly-made soups are made in the same way as stock, and the same care should be exercised in their making. Apart from consommés, which require no binding as a rule, most soups require some kind of thickening: by flour, or by a mixture of flour and butter called a roux, by yolk of egg, or by cream. The proper proportions here are these:—

For each pint of the soup (1) \( \frac{1}{2} \) oz. of flour, if the soup is a starchy one such as split pea soup: (2) \( \frac{1}{2} \) oz. of flour for a thin soup, for example tomato soup: (3) a roux of \( \frac{1}{4} \) oz. each of fat and flour: (4) 1 or 2 egg-yolks (after these have been added the soup must not be allowed to boil unless there is flour in it: (5) \( \frac{1}{2} \) gill of cream, and (6) a mixture of cream and egg-yolk.

What's Right

Keep soup clear of all grease. Keep smooth. See that the binding is well cooked, unless an egg binding. Avoid overcooking roux, if it is a brown one, as the fat will separate from the flour.

What's Wrong

If the skimming has not been properly carried out, the soup will be greasy. Help to prevent this by draining off the fat from the fried vegetables before the stock is added. Flavour will be weak, for the same reasons as given under Stock (page 9). Over-rapid cooking will have the same result, and another reason may be the omission of some ingredient. The soup may be too thick, if it has been cooked too fast, or with the lid off, and so the liquid has evaporated too much. The soup may be thin if the ingredients have not been sufficiently cooked, and the thickening has not been properly made. The soup may be lumpy, if starchy ingredients are added carelessly, by bad sieving, and by not mixing the sieved purée properly with the liquid.
SECTION 3

SAUCES

Few ordinary households advance beyond the usual White or Brown
sauces, and we need not do so here. White sauce can be made in
three ways: (1) as a flowing sauce, e.g., to serve with fish, (2) as
a coating sauce, and (3) as a panada, which is a thick sauce used
in binding meat, etc., for croquettes and so on. The proportions are:

WHITE SAUCE

(1) for the sauceboat: ¼ oz. each of flour and butter to ½ pint liquid.
(2) for coating: 1 oz. each of flour and butter to ½ pint liquid.
(3) Panada (see also under Made-Up Dishes, page 24): 2 oz. each
flour and butter to ½ pint liquid.

In each case a good brand of margarine can be substituted for the
butter.

What's Right

See that the white sauce is a good
colour, smooth and of the right
thickness. If the sauce looks too
thin do not hesitate to reduce it
by boiling, but be careful it does not
catch and burn. If the sauce is too
thick, dilute it with more of the
liquid or with some cream. If the
sauce is lumpy do not hesitate to
strain it. Do not allow it to stand
for any length of time in or over a
moderate heat, or it will become thin.
To prevent a skim forming on top,
cover the sauce first with paper
dipped in cold water, wet side down,
and then with the lid. If you should
want to warm up a cold white sauce,
do so very slowly, and stir all the time
to prevent it getting lumpy. See
that the brown sauce is a good colour.
See that the flour in the roux is
browned evenly, as also the vege-
tables. Cook well, but not too much.
Otherwise as above.

What's Wrong

A White sauce will be a bad colour,
if the flour in the roux has been over-
cooked. It will be lumpy if (1) the
liquid has been added too quickly or
(2) insufficient attention has been
given to stirring while it was coming
to the boil or (3) it has been cooked too
quickly or over too fierce a heat. A
Brown sauce will be thin and probably
greasy as well, if the flour has been
cooked too much in the first place.
Probably this will also cause small
black specks as well.

BROWN SAUCE

Can be made in the same proportions.
Variations of White Sauce are these, for instance:—

**Parsley Sauce.** Add a dessertspoonful of chopped parsley, and cook for five minutes only in the sauce.

**Egg Sauce.** Add one chopped hard-boiled egg.

**Cheese Sauce.** Add two or three tablespoonfuls of grated cheese just before serving, and allow to melt. Mix well together.

**Anchovy Sauce.** Flavour with a dessertspoonful or so of anchovy essence.

**Caper Sauce.** Add a tablespoonful of chopped capers, cook for a minute or two and then add a teaspoonful of caper vinegar.

**Shrimp Sauce.** Add half a gill of shrimps, cook for five minutes and finish with a few drops of anchovy essence.

**Cream Sauce.** Add cream according to your lights, and purée.

**HOT EGG SAUCES**

Always use a double saucepan in making these. Over-heating will always curdle the egg.

- **What's Right**
  - Use a good vinegar, and olive oil; no other oil will do. If by mischance the mayonnaise curdles after all, try first adding a few drops of cold water to the curdled mixture. If this is not good, break another egg-yolk into a basin, and start afresh, using the curdled mixture to add drop by drop to the fresh egg-yolk.

- **What's Wrong**
  - Mayonnaise sauce will curdle if (1) the oil is added too quickly at first; (2) it is not stirred enough; (3) inferior ingredients are used; (4) seasoning is not added to the yolk before the oil; (5) (sometimes) any white of egg is present with the yolk.
SECTION 4

FISH

1. BOILED FISH

Strictly speaking, fish should never be *boiled*: it is really poached, for after the water has come to the boil, the pan is drawn aside and allowed to simmer until the fish is done.

**Salmon** is the only fish which is put into actually boiling water, and this is done to preserve the colour of the flesh.

**Mackerel** is the only fish put into cold water, which is done because of the tenderness of its skin.

**What's Right**

Suit the size of the pan to the size of the fish, and use just enough water to cover it. Put the fish in when the water is quite hot but not boiling, having added an ounce of salt and a couple of tablespoonfuls of vinegar or lemon juice beforehand. Bring to the boil, skim, and simmer gently. Ten minutes to the pound and ten minutes over will do. Drain very well before serving.

**What's Wrong**

The fish will break if it is cooked too hard. For the same reason it will be stringy and tasteless. It will also suffer in the same way, if the cooking is prolonged too much.

2. STEAMED FISH

**What's Right**

See that there is plenty of water in the pan, and that it is kept boiling all the time.

**What's Wrong**

Nothing can be.

3. FRIED FISH

Few ways of cooking fish are more delicious if it is properly done, and the fish is crisp and golden. Few can be more displeasing, if care is not taken, and a greasy soggy mass is the result.
Coatings

(1) Seasoned flour.
(2) Fish dipped in milk and then in seasoned flour.
(3) Fish floured, then brushed with beaten egg, and fried in shallow fat. This way is specially used when fish is to be eaten cold.
(4) Batter.
(5) Egg and breadcrumbs.
(6) Remember that left-over whites of egg will do very well for coating fish, if they are lightly whisked.

What's Right

See that the fish is well dried before coating. See that the fish is completely covered by the coating, especially if it is egg and breadcrumbs. Use plenty of breadcrumbs, and when the fish has been "egged" press the crumbs on with the flat of a knife. If possible, leave the coated fillets a little while before using them, so that the coating may dry and set. See that the fat is at the right temperature (see page 5 for list of Frying Temperatures). Do not put too many pieces into the fat at the same time. Heat the fat up again between each batch fried. Be sure to drain the fish very well indeed on kitchen paper or a cloth before serving. Nothing is more horrid than greasy smears beneath it on the plate. Do not use a frying-basket when the coating is of batter, or it may stick. Do not crowd the pieces into the fish-basket, if coated in some other way, as they may spoil through rubbing against each other while frying.

What's Wrong

If the fish breaks and the flesh is sodden after frying, this means that the coating has not been properly applied, and there were gaps in it. The fish must be completely coated. The same may happen if the fat is not hot enough when the fish is put in. Too many pieces in the fat at once will have the same effect, as the temperature will be lowered by the immersion of so much cold matter. If the fish is not cooked inside while the coating is well browned, this means that the fat was too hot.

4. BAKING FISH

This fashion is best in general for white fish, and a stuffing is used in the case of those fishes, e.g., haddock, which have little flavour of their own, or cook drierly without some extra fat inside them. Baking in the French way, au gratin, is not usually practised in English homes, as the process is somewhat difficult, and depends upon exact heat and timing, so that the coating of crumbs and
savoury herbs, etc., is browned at the same time as the fish is cooked.

**What’s Right**

See that fish is well dried before coating with flour or egg-and-bread-crumbs. Put about two ounces of hot fat into the pan for basting whole fish or large pieces. In some cases cover with bacon rashers. Baste large pieces now and then. Small pieces, fish or fillets should be covered with a sheet of buttered paper, which can be removed at the last minute for browning. Time for baking: 20 to 35 minutes for whole fish or large pieces, dependent on the solidity of the flesh. Fillets and small fish, 12 to 15 minutes. Drain any fish that has been basted, before serving.

**What’s Wrong**

If the fish is greasy, basting has been at fault. The last basting should be just before serving, so that the coating is brown and crisp. If the flesh is hard and dry, basting is again at fault; or perhaps the fish should have been stuffed.

5. **GRILLING FISH**

Thick fish for grilling should be scored three or four times on each side. All fish to be grilled should be first brushed over with olive oil, and then put on a very hot grill. During grilling you should brush the fish now and again with more oil.

The heat of the grill depends on the thickness of the fish or piece of fish. The smaller the fish, the fiercer the heat should be, and the quicker the grilling will be done. If the fish is large and thick, the heat should be more gentle, so that the fish cooks gradually as well as browns.

**What’s Right**

If the fish sticks to the bars of the grill, it was not made hot enough to receive it. If the flesh is hard and dry, it has either been overcooked, or not sufficiently basted with oil. Fish are sometimes brushed over with melted butter and then coated with bread-crumbs before grilling, but in this case they must be very slowly and very carefully cooked, and continuously sprinkled with more butter.

**What’s Wrong**

If the fish is greasy, basting has been at fault. The last basting should be just before serving, so that the coating is brown and crisp. If the flesh is hard and dry, basting is again at fault; or perhaps the fish should have been stuffed.

6. **STEWING FISH**

This is not a very usual way of cooking fish, and is more suitable for invalids. Fillets or small pieces of white fish are stewed gently in a white sauce, and when they are done the sauce is sometimes bound with an egg. Brown sauce is sometimes used instead, but then no egg binding is called for.
UNFAMILIAR FISHES

Every cook knows the various ways in which the general run of fishes can be cooked, but very often there are to be seen on the fishmongers’ slabs fishes with strange names and a stranger appearance and of an enticing cheapness. She would probably buy these, if only she knew what to do with them: and so many are shy of asking the fishmonger in case they show their ignorance.

Bream, Sea. Baked (stuffed) like fresh Haddock; filleted and fried.

Conger Eel. Treat as Cod.

Flake (Dogfish). Treat as Hake or Cod.

Gurnard. Fillet and fry. Stuff and bake, if large enough.

John Dory. Fillet and cook in any way suitable to Sole.

Ling. Treat as Cod.

Grey Mullet. Boil, or if small enough, fry whole.

Pollack. Treat as Haddock or Whiting.

Rockfish (Rock Salmon). As Cod or Hake; best in pies, fishcakes, etc.

Skate. Boil or fry. Makes a good salad, cold, after boiling.

Country people may also sometimes get a chance to eat river fish; but here again unfamiliarity makes them shy of cooking these fish.

Barbel. Boil, grill or flour and fry whole, if small, filleted if large. The roes should in all cases be removed, as they are not good to eat.

Bleak. Fry like Sprats.

Bream. Fry or grill.

Carp. Split and fry; grill; or stuff and bake.

Chub. Stuff and bake, but very full of bones.

Dace. Stew like Eels.

Gudgeon. Fry like Smelts.

Loach. As Gudgeon, but do not clean them.

Perch. Stew, fry or grill. If large enough, fillet, boil and serve cold with mayonnaise sauce. The spines on the back are poisonous.

Pike. Bake, plain or stuffed; boil; fillet and fry; or use in fishcakes.

Roach and Rudd. Grill, fry or stew: but very bony.

Tench. Fry, grill or bake.
WHEN FISH ARE IN SEASON

The following is a guide to the times when various fish are in good season. They may often be obtained at other times, but the periods shown are those in which they can certainly be bought.

<table>
<thead>
<tr>
<th>Fish</th>
<th>Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bloaters</td>
<td>June to February.</td>
</tr>
<tr>
<td>Bream</td>
<td>June to November.</td>
</tr>
<tr>
<td>Brill</td>
<td>All the year.</td>
</tr>
<tr>
<td>Cod</td>
<td>September to May.</td>
</tr>
<tr>
<td>Conger Eel</td>
<td>March to October.</td>
</tr>
<tr>
<td>Crab</td>
<td>April to June.</td>
</tr>
<tr>
<td>Eel</td>
<td>June to October.</td>
</tr>
<tr>
<td>Escallop</td>
<td>November to March.</td>
</tr>
<tr>
<td>Flake</td>
<td>All the year, except March and June.</td>
</tr>
<tr>
<td>Gurnard</td>
<td>July to March.</td>
</tr>
<tr>
<td>Haddock</td>
<td>May to January.</td>
</tr>
<tr>
<td>Hake</td>
<td>July to January.</td>
</tr>
<tr>
<td>Halibut</td>
<td>July to April.</td>
</tr>
<tr>
<td>Herrings</td>
<td>June to February.</td>
</tr>
<tr>
<td>John Dory</td>
<td>January to March.</td>
</tr>
<tr>
<td>Kippers</td>
<td>June to February.</td>
</tr>
<tr>
<td>Ling</td>
<td>August to April.</td>
</tr>
<tr>
<td>Lobster</td>
<td>April to November.</td>
</tr>
<tr>
<td>Mackerel</td>
<td>April to July, and occasionally other-when.</td>
</tr>
<tr>
<td>Mullet, Grey</td>
<td>August to March.</td>
</tr>
<tr>
<td>Mullet, Red</td>
<td>May to January.</td>
</tr>
<tr>
<td>Plaice</td>
<td>May to January.</td>
</tr>
<tr>
<td>Pollack</td>
<td>July to February.</td>
</tr>
<tr>
<td>Prawns</td>
<td>February to August.</td>
</tr>
<tr>
<td>Rockfish</td>
<td>February to June.</td>
</tr>
<tr>
<td>Salmon</td>
<td>February to October.</td>
</tr>
<tr>
<td>Shrimps</td>
<td>March to May and August and Sept.</td>
</tr>
<tr>
<td>Skate</td>
<td>October to May.</td>
</tr>
<tr>
<td>Smelts</td>
<td>September to March.</td>
</tr>
<tr>
<td>Sole</td>
<td>All the Year.</td>
</tr>
<tr>
<td>Sprats</td>
<td>November, December and March.</td>
</tr>
<tr>
<td>Trout</td>
<td>February to September.</td>
</tr>
<tr>
<td>Turbot</td>
<td>March to December.</td>
</tr>
<tr>
<td>Whitebait</td>
<td>January to September.</td>
</tr>
<tr>
<td>Whiting</td>
<td>All the year.</td>
</tr>
</tbody>
</table>
4. **BOILING MEAT**

We seldom boil any other *fresh* meat than Mutton. The French boil fresh beef, and very good it is. Joints for boiling should be rather lean, for example, leg of mutton or best end of neck.

Salt meat should be soaked for a while in cold water if it appears to be very salt.

**What's Right**

**FRESH MEAT.** Use only just enough water to cover the joint. Add a tablespoonful of salt to every two quarts of water. Put the meat into the water when it is boiling; bring to boil again for five minutes, then simmer for the rest of the time. Skim before adding vegetables.

Times of cooking fresh meat: 20 minutes to the pound and 20 minutes over. **SALT MEAT:** cover with tepid water, bring to boil, boil for five minutes and then simmer. If meat very salt, use cold water instead of tepid. Time of cooking salt meat: 25-30 minutes to the pound, and 25-30 minutes over.

**What's Wrong**

If the meat is hard, stringy and tasteless, either (1) the water has been allowed to boil too hard, and all the flavour has gone into it, or (2) the cooking has been prolonged too much.

5. **STEWING MEAT**

Cuts suitable for stewing will be found in the list on page 23.

This fashion of cooking is always a popular one, because for it you can use the cheaper cuts of meat which are only good through long and slow cooking. Even if it costs a little more in fuel (unless a coal range or a heat-storage cooker is used), it is more economical than any other, and very often more delicious. Everyone knows how to cook these stews, which sometimes smell so savoury and appetising when you enter a strange kitchen, but here are the chief points to remember.

**What's Right**

Use a stewpan or casserole with a well-fitting lid, so that there is as little evaporation as possible. Use lean meat, and if the meat is known to be tough, cut it into small pieces. See that the proper proportions of water is used; each pound of meat requires about three-quarters of a pint of water. The casserole should be as nearly as possible the right size to contain the ingredients without leaving a lot of room over. For brown stews, fry the meat a little first in order to close the surfaces.

**What's Wrong**

There is little to go wrong, if attention is paid to the simple rules. The meat will be tough if the cooking is too rapid, and particular care should be taken to see that the liquid in which these stews are cooked should never reach boiling point, the temperature being throughout the cooking from 160° to 180° Fahrenheit.
What's Right
and colour the stew. For white stews, there should be no preliminary frying. Skim off all grease. Cook very slowly. Times: approximately, BEEF, 2-3 hours; MUTTON, 2 hours; VEAL, an hour to an hour and a half. If using a casserole, save labour by serving the stew in it. Remember to thicken white stews at the end. Brown stews are thickened by burning the flour at the beginning.

What's Wrong

6. FRYING MEAT

Although the quickest means of cooking meat, this is by no means the easiest. It can be carried out either in shallow or in deep fat, and as in the case of fish, the meat must be protected by a coating of some kind, either seasoned flour, batter or egg-and-breadcrumbs. The same precautions as in frying fish (page 13), should be taken. The temperature, approximately, for meat is the same as for cooked foods, that is 360-380° Fahrenheit. The length of time depends upon the texture and size of the piece of meat.

Shallow Frying. Here the fat should be only in sufficient quantity to cover the bottom of the pan, and small pieces of meat, chops, steaks, cutlets, kidneys and liver are cooked in this way, being browned and cooked at the same time.

Sauté-ing consists in tossing the food in very little fat, (1) either to cook it completely, as in small pieces of meat such as kidney or (2) as a preliminary for cooking in the oven. Food may also be cooked without fat in a pan, on the condition that the food is of a fatty nature, such as bacon and sausages. This process is sometimes called in English cookery books "dry-frying."

Deep Frying is carried out in exactly the same way as for fish. The first and second processes are simple, as they can be carefully observed as the cooking progresses. The third process, Deep Frying, is more difficult.

What's Right

In Deep Frying
Absolutely clean, unburnt fat must be used. See that the temperature is correct. Fry only a few pieces at a time. Drain carefully.

What's Wrong

In Deep Frying
If the meat is greasy and the coating broken, this means that the pieces have not been completely coated. It may also mean that the fat was not hot enough, or that its temperature was decreased by placing too many pieces into it at once. The meat is greasy on the plate; it has not been properly drained, either on kitchen paper (not greaseproof paper) or on a cloth.
7. STEAMING MEAT

In days when economy must be the watchword, the large tiers of steaming pans must necessarily be popular, as they save fuel. But steamed food is rather dull food, and perhaps more suitable for invalids than for healthy people with good appetites.

**What's Right**

Keep the water in the bottom vessel at boiling point all the time. See that the lid of the steamer fits as tightly as possible. Cover small pieces of meat with greased paper, or they may get sodden from the condensed steam falling on them. Allow half as much time again for steaming as for boiling. Do not waste the liquid from steaming: make a sauce with it.

**What's Wrong**

Note.—For hints about pressure cookers, please refer to the literature about the cookers themselves.

8. BRAISING MEAT

This process is usually too complicated and too costly for the ordinary housewife who, if interested, is referred to any good cookery book for instructions on the subject. It does not come into the purview of the general cook.

**MEAT—SUITABLE CUTS FOR VARIOUS METHODS OF COOKING**

**ROASTING**

**BEEF.** Sirloin, Ribs, Round (Topside), Fillet, Rump.

**MUTTON AND LAMB.** Leg, Loin, Shoulder, Breast, Fillet.

**VEAL.** Loin, Best End of Neck, Bladebone, Fillet.

**PORK.** Leg, Loin, Spareribs.

**BOILING**

**BEEF.** Silverside (salt), Brisket, Aitchbone, Flank, Tongue, Cowheel.

**MUTTON.** Leg, Neck.

**VEAL.** Calf’s Head.

**PORK.** Leg (pickled), Hand, Spring or Belly (pickled), Head, Trotters.
FRYING

**BEEF.** Fillet and Rump Steak.

**MUTTON AND LAMB.** Loin and Neck Chops, Liver, Kidneys, Brains.

**VEAL.** Fillet (Veal Cutlets), Loin and Neck Chops.

**PORK.** Fillet, Loin Chops, Sausages.

GRILLING

**BEEF.** Fillet and Rump Steak.

**MUTTON AND LAMB.** Loin and Neck Chops, Kidneys.

**VEAL.** Fillet, Loin and Neck Chops.

**PORK.** Loin and Neck Chops, Sausages.

BRAISING

**BEEF.** Chuck Ribs, Steak, Thick Flank, Tail.

**MUTTON AND LAMB.** Leg, Breast, Loin Chops, Best End of Neck.

**VEAL.** Fillet, Knuckle.

STEWING

**BEEF.** Shin, Chuck Rib, Buttock Steak, Shoulder Steak, Thick Flank, Tail, Neck, Cheek, Kidney.

**MUTTON AND LAMB.** Best End of Neck, Breast, Trotters, Head, Scrag End.

**VEAL.** Breast, Knuckle, Scrag End.

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SECTION 6

LEFT-OVERS

There is an enormous number of ways of dealing with left-over fish or meat, but the main thing to remember is that re-heated food should never be re-cooked, but simply heated up again. Everything should be used up in this way, meat and fish, and usually bound in some sauce or other, or a *panada* as described under Sauces on page 11. If a *panada* is not used, then some protection from re-cooking is necessary, and the meat is enclosed in pancakes, pastry, or batter, or in egg-and-breadcrumbs (as in croquettes) or under potato as in Fish or Shepherd’s Pie, to name two of the commonest forms of heating up.
The proper proportions of a panada, or binding sauce, are these:

For Fish. \( \frac{1}{2} \) oz. flour, \( \frac{1}{2} \) oz. butter, and \( \frac{1}{2} \) gill liquid, stock or milk or both for \( \frac{1}{2} \) lb. cooked fish.

For Meat. \( \frac{1}{2} \) oz. flour, \( \frac{1}{2} \) oz. butter, 1 gill liquid, stock or milk, for \( \frac{1}{2} \) lb. cooked meat.

Other flavourings, lightly fried onions, mushrooms, herbs, spices, etc., can be added at will, especially to cooked fish, which is inclined to be insipid.

**What's Right**

Never allow meat or fish to boil in a heating sauce or gravy. Simply let it get progressively hot. The French have an admirable habit of just warming up slices of cold roast meat in a nice gravy, and very few would know that it had been warmed up at all.

**Croquettes** are small cork-shaped pieces of minced or chopped fish or meat bound with a panada. They are always egg-and-breadcrumbed and fried.

**Cutlets** are cutlet-shaped pieces, treated in the same way.

**Rissoles** are spoonfuls of the same mixture folded in pastry, then egg-and-breadcrumbed and fried.

**Coquilles** are scallop-shells filled with the same mixture, and baked quickly in the oven until brown. Grated cheese is often used sprinkled on them.

Rice (cooked) and breadcrumbs can be used instead of panada, and sometimes the meat or fish can be eked out by combining it with a certain proportion of mashed potato.

Minced meat and flaked fish can be used also in Fritters (see page 33).

Re-heated foods should be rather highly seasoned, and every precaution should be taken to prevent their being dry. The handing of a separate sauce will sometimes achieve this object.

Re-heated food should be cooked as quickly as possible, hence the special value of croquettes, rissoles, fritters, etc.

Re-heated foods are not make-shifts, they should be considered as a serious contribution, if properly dealt with, to our daily menu.
SECTION 7

POULTRY

CHICKENS
Remember to cover the breast either with buttered paper or, better, with a rasher or two of fat bacon, which should be slit here and there to prevent it curling.
Use a roasting rack.
Baste frequently, about every fifteen minutes.

Times of Roasting. An asparagus chicken about three-quarters of an hour; a larger bird, about an hour and a quarter to an hour and a half.

Temperature for Roasting. 15 minutes at 450° Fahrenheit, and the rest of the time at 300–325°.

FOWLS
Rub breast with cut lemon, for whiteness, and wrap in greased paper. Put into boiling stock, breast downwards.
Simmer until done.

Times for Cooking. An hour for a tender young fowl; proportionately longer for older birds. Enquire its age.

DUCKS and GEESE
These are roasted without being covered with buttered paper or bacon.

TURKEY
These are dealt with in the same way as Chickens, allowing for the extra size.

SECTION 8

GAME (including Rabbits)

For the times when game is in season, see pages 26 and 27.

HANGING OF GAME
Discuss this with your poulterer, and leave it to his discretion, if you have no strong views of your own on the subject.
ROASTING GAME

Use only young birds (see Shopping Guide, page 37), or trust your poulterer. Old birds are very good, and cheap, for stewing (page 20).

Be careful to cover the breast with fat bacon.

If the bird is not very young, but not too old, the inclusion of a piece of butter or a few small pieces of steak inside it will improve matters.

Use a moderate oven, and baste frequently.

Small birds are roasted on a piece of fried bread or buttered toast which receives the "trail," and is much appreciated by epicures.

RABBIT

In roasting rabbits, cover with plenty of fat bacon, and baste frequently. It will take an hour to an hour and a quarter.

HARE

As rabbit when roasting. An hour for a leveret or young hare, and an hour and a quarter to an hour and a half for a hare. Baste with milk and dripping.

ROASTING TIMES FOR POULTRY, GAME, etc.

<table>
<thead>
<tr>
<th>Bird</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>1/2 to 1 hour</td>
</tr>
<tr>
<td>Fowl</td>
<td>1 1/2 hours</td>
</tr>
<tr>
<td>Grouse</td>
<td>35 to 45 minutes</td>
</tr>
<tr>
<td>Hare</td>
<td>1 1/2 to 1 3/4 hours</td>
</tr>
<tr>
<td>Partridge</td>
<td>25 to 30 minutes</td>
</tr>
<tr>
<td>Pheasant</td>
<td>40 to 50 minutes</td>
</tr>
<tr>
<td>Pigeon</td>
<td>20 to 25 minutes</td>
</tr>
<tr>
<td>Plover</td>
<td>20 to 25 minutes</td>
</tr>
<tr>
<td>Rabbit</td>
<td>50 minutes to 1 1/2 hours</td>
</tr>
<tr>
<td>Snipe</td>
<td>15 to 20 minutes</td>
</tr>
<tr>
<td>Turkey (10-12 lbs)</td>
<td>2 1/2 to 3 hours.</td>
</tr>
<tr>
<td>Woodcock</td>
<td>30 minutes</td>
</tr>
</tbody>
</table>

WHEN GAME IS IN SEASON

<table>
<thead>
<tr>
<th>Game</th>
<th>Season</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blackcock</td>
<td>August to November</td>
</tr>
<tr>
<td>Capercaulzie</td>
<td>August to December.</td>
</tr>
<tr>
<td>Grouse</td>
<td>August to December</td>
</tr>
<tr>
<td>Partridges</td>
<td>September to February.</td>
</tr>
<tr>
<td>Pheasants</td>
<td>October to February.</td>
</tr>
<tr>
<td>Plover</td>
<td>October to February.</td>
</tr>
<tr>
<td>Ptarmigan</td>
<td>September to April.</td>
</tr>
<tr>
<td>Quail</td>
<td>September to February.</td>
</tr>
</tbody>
</table>
It must, of course, be noted that imported game is in season all the year round, but it is actually inferior to English game, if only from the fact that it has been kept in cold storage.

**SECTION 9
VEGETABLES**

By the ordinary method of boiling vegetables, a great deal of the nutritive is lost. This can be minimized by using a small quantity of water, enough to cover, and by steaming instead of boiling. But the so-called conservative method of cooking them has a great deal to commend it, combining as it does richness of flavour with health-giving results, even if sometimes, as in the case of some green vegetables, the colour is not too appetising. By this method the vegetables are cooked slowly in a very small quantity of water or some other liquid. As this method is perhaps little known, this is how it is done.

**COOKING VEGETABLES BY THE CONSERVATIVE METHOD**

Suitable for all vegetables except young greens, the colour of which it spoils; but if you do not mind this, you will find them very good this way.

Slice or cut up the vegetables small; heat a little fat (butter or good dripping) in your stewpan; add the vegetables, put on the lid, and cook very gently, shaking the pan now and then, for 30 to 40 minutes. Then add a very little stock or water, and continue to cook until this is absorbed.

But as vegetables are, and I suppose always will be, mostly boiled, here first of all is a table of times required by vegetables for boiling.
When boiling potatoes in their jackets, add double the usual quantity of salt.

When baking potatoes in their jackets, prick the skin here and there before putting them into a moderate oven to bake for about an hour.

When roasting potatoes, parboil them for ten minutes in boiling salted water before drying them well and baking them in dripping for 30-40 minutes, basting them now and then.

After draining, sprinkle them with salt.

Potatoes prepared for frying should be left for some time in a basin of water so that they disgorge some of their starch. They should be very carefully dried before being put into the fat.

Thick chips should be cooked in the fat until tender, and then browned in it at a higher temperature just before serving.

**DRIED VEGETABLES**

Dried vegetables should be well cooked, or they are indigestible. Lentils are the most digestible dried vegetable there is.

Use them for soups, curries, and croquettes or rissoles in the same way as fish or meat. Of course, as an accompanying vegetable as well.

**What's Right**

See that they are fresh. Unless you use them a great deal, do not keep a large quantity in store. Wash them well, and soak them before using. Soft water should be used. Failing that, cold boiled water, or add a touch of bicarbonate of soda for the water in hard. Soak **Split Peas** for 24 hours: **Haricot Beans** for 12 hours and **Lentils** for 2 or 3 hours. Do not use the soaking water for cooking, as it tends to make the vegetables bitter. Cook slowly and very well. **Cooking times**: **Lentils** about 1 hour: **Haricot Beans** 1\(\frac{1}{2}\) to 2 hours: **Split Peas** 2 to 3 hours.

The addition of a little butter to these vegetables when cooking tends to soften them.

**What's Wrong**

Too rapid cooking will harden dried vegetables. So will the addition of salt to the cooking water.

**SALADS**

Fresh green salads are one of the healthiest foods you can have. Do not always eat them with cold meat, but try them, as the French do, with a roast chicken.

Use up cold cooked vegetables for making vegetable salads too.
When dressing a salad, dress a green one at the last moment, at the table, if possible. A cold cooked vegetable salad, like a potato salad, should be dressed some time beforehand, so that the dressing has a chance to soak into the vegetables. But not if the dressing is a creamy one, or it will get dry.

**What's Right**

Clean and wash the green salad, and shake it in a basket or cloth to dry it. Do not use a steel knife in cutting up a salad. Either divide the leaves with the fingers, or use a silver or stainless steel knife. In any case, handle the green stuff very carefully, as it bruises and discolors easily. Cooked vegetables for a salad should not be overcooked. They must still be quite firm, or they will mash. The simplest dressing is a mixture of salt, pepper, one part vinegar and two parts olive oil mixed together. Mayonnaise is often used for elaborate rather than simple salads, and especially in the case of cooked salads. Pure Olive Oil should be used, and no other. Use a good vinegar. For delicate digestions lemon juice can be used instead.

**What's Wrong**

A green salad may be discoloured and slimy if (1) it has been handled too much, (2) bruised when being washed, (3) cut with a steel knife, or the dressing has been mixed too long.

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**SECTION 10**

**SWEETS and PUDDINGS**

**PASTRY** The business of pastry-making is too lengthy to warrant a detailed description here, and we must content ourselves with giving the recipes for the various kinds of pastry, with a few hints as to the avoidance of mistakes and failure.

**FLAKY PASTRY**

8 oz. plain flour  
3 oz. butter or margarine  
3 oz. lard  
½ teaspoonful Borwick's Baking Powder  
½ teaspoonful salt  
Cold water  
1 teaspoonful lemon juice

**HOT WATER PASTRY**

12 oz. plain flour  
4 oz. lard  
½ teaspoonful salt  
½ teaspoonful Borwick's Baking Powder  
½ pint milk and water

**FLAN PASTRY** (Biscuit Pastry)

8 oz. plain flour  
6 oz. butter or margarine  
1 egg-yolk  
½ teaspoonful Borwick's Baking Powder  
Pinch of salt  
Cold water  
Squeeze of lemon juice

**PUFF PASTRY**

8 oz. plain flour  
8 oz. butter or margarine  
1 rounded teaspoonful Borwick's Baking Powder  
½ teaspoonful salt  
½ teaspoonful lemon juice  
Cold water

Illustration facing page 11
**PANCAKE BATTER**

- ½ lb. plain flour
- 1 egg
- 1 rounded teaspoonful Borwick’s Baking Powder
- ½ pint milk
- Pinch of salt

**What’s Right**

A richer pancake batter can be made with the addition of an extra egg. Do not add sugar to batter, as it tends to make it heavy. Do not pour too much of the pancake mixture into the pan, or it will be thick and heavy. Always fry pancakes quickly for lightness. In frying fritters, see that the fat is at the right temperature, 350-365° Fahrenheit, so that they expand as well as cook. Only cook a few fritters at a time. Too many will lower the temperature of the fat, and will not have room to expand properly. Drain very well. Re-heat fat to the right temperature before frying another batch of fritters. Serve very quickly, as fritters soon lose their crispness.

**YORKSHIRE PUDDING BATTER**

- ½ lb. plain flour
- 1 egg
- ½ pint of milk
- ¼ teaspoonful salt
- ¼ teaspoonful Borwick’s Baking Powder

**What’s Wrong**

Milk Puddings and Custards

Milk Puddings should be cooked very slowly, a pudding with a pint of milk taking 2 hours. It is a good thing to let the uncooked mixture lie for an hour or two before cooking. Junkets will set better if they are stood out of a draught.

**What’s Right**

If the skin of a baked milk pudding is tough, the oven has been too hot. (Note: one safeguard against this is to break the skin at periods throughout the cooking, and stir it into the pudding itself.) Too rapid cooking will also cause dryness in the pudding. Large milk puddings are generally more successful than small ones. If a milk pudding with egg is watery, it has been cooked too fast or too long. This last also applies to baked Custards.

**EGG DISHES**

For Cooking Times of Eggs, see page 6.
Custards can be baked, steamed or “boiled.” The proportions are:

**Baked Custard.** 2 (or 3) eggs, 1 pint milk, 1 oz. sugar.

**Steamed Custard.** 2-3 eggs (or 4 yolks and 2 whites), ½ pint milk, ¼ oz. sugar.

**Boiled Custard.** 1 egg (or 2 or 3 yolks and one white), ½ pint milk, ½ oz. sugar.

**Royale** garnish for soups is also a custard, its ingredients being: 1 egg and a tablespoon of stock. It is steamed.

**What’s Right**

All custards should be cooked gently and slowly, the heat always being well below boiling point. Too great a heat will make them curdle. Always strain eggs when making custard. Stir a boiled custard until it is cool, and a skin will not form on top. If a boiled custard shows signs of curdling, take the pan at once off the fire and put it into a basin of cold water, and whisk quickly.

**What’s Wrong**

Wateriness means the cooking has been too long and slow, or the heat has been too great. White specks in the custard mean that the egg was not properly strained.

**OMELETTES**

An omelette of three eggs is enough for two people.

Six eggs are enough for any omelette; more make it difficult to handle.

If there are more than four people, make several smaller omelettes instead of a very large one.

Allow a quarter of an ounce of butter to each egg.

For an ordinary French omelette, the eggs should be little more than mixed, so that the yolk and white commingle.

For a Puffy Omelette, the whites are whisked separately, and added to the yolks (to which has been added a tablespoonful of milk or cream, for three eggs) at the last moment.

**SOUFFLÉS**

**What’s Right**

The tin should be greased with clarified butter. The panada (see page 24), must be well cooked. The eggs should be added one at a time, and beaten in well. The whites should be stiffly whisked just before they are wanted, and folded very lightly into the mixture. The soufflé should then be cooked at once, and served immediately it is done. If the soufflé

**What’s Wrong**

An omelette may stick to the pan, if the pan was not quite dry when used. The use of margarine instead of butter for frying may also make it stick, owing to the larger amount of water in margarine than in butter. An omelette will be greasy if too much butter has been used in the frying. A puffy omelette will be uncooked in the middle, if it has been cooked too quickly. If a
is baked, care should be taken not to open the door of the oven until it is set. Steamed Soufflés take from 30 to 40 minutes gentle steaming. Baked Soufflés about the same time, unless they are small ones in little cases, when they will take 10 to 15 minutes.

JELLIES AND CREAMS
Few people nowadays, I am afraid, make their own jellies, and why should they, when there are so many excellent packet jellies to be bought? Here, anyway, are two typical jellies, one cleared and the other uncleared.

LEMON JELLY
(Cleared)
1 ½ pints cold water
1 ½ pint lemon juice
6 oz. lump sugar
2 oz. gelatine
2 whites and shells of eggs
Rind of two lemons
2 cloves
½ inch stick cinnamon
The proportion of powdered or leaf gelatine to a quart of liquid is just under 2 oz.: that of isinglass is 1 oz.

CREAMS
These can consist of flavoured cream alone, custard and cream, or fruits purées and cream or cream and custard. The setting agent is added in the proportion of:—
¼ oz. powdered gelatine dissolved in ¼ gill of water to set ½ pint of the cream mixture.

What's Right

What's Wrong

Jellies will be cloudy if the jelly bag has been stirred or squeezed to hasten the passage of the jelly, or the cloudiness may be due to the liquid having been whisks after boiling point. If the jelly is too stiff, you have used too much gelatine. If creams are close and thick, either the gelatine or some other ingredient has been added too hot. If the cream is too stiff, it may be because there is too much gelatine, or the custard was too thick or the cream over beaten.
SHOPPING GUIDE

When buying meat, see that

**Beef** is deep red in colour, and the meat marbled, with fat intermingled with the lean. Fat should be pale yellow, and in no way discoloured. There should be no gristle between fat and lean, and the meat should be firm and elastic to the touch, and dryish rather than wet.

**Veal.** The whiter the meat, the better the quality. There should be plenty of firm, white fat. Beware if the fat is soft and the lean flabby. Veal is best during the summer.

**Mutton** should be deep red in colour, and rather firmer than beef to the touch. The fat should be white, firm and waxy to look at. See that mutton is well hung, but not of course too long. At its best when 4-5 years old, and from September to April.

**Lamb.** As for Mutton, but the flesh is paler in colour. Best when about twelve weeks old, and from May to July.

**Pork** should have a smooth, firm flesh, and the rind should be thin. The lean should be ingrown with fat, and the fat firm and white. In best season from November to March.

**Poultry.** See that the eyes are clear and not sunken, and beware of birds with dry feet; they should be limp and easily bent. A young bird will have a soft and pliable breastbone. Many prefer fowls with white legs for boiling, while those with yellow or dark legs are kept for roasting. Young **Fowls** have smooth legs and feet and a smooth red comb. Young **Ducks** and **Geese** have yellow feet and bills, which get darker as they get older. Young **Pigeons** have pink legs, dark legs being a sign of age.

Young **Turkeys** have smooth, black legs and short spurs. Their breast is very white. Choose a medium-sized bird; the small ones will not have developed enough flesh, and the larger ones will tend to coarseness.

**Game.** All young game birds have short, round spurs, and the long feathers at the end of the wings are pointed. If they are rounded, and the feet are hard and thick and the spurs pointed, the bird is an old one, and only good for the casserole. Have them hung according to your taste and the state of the weather. The poulterer will advise you.

Young Hares and Rabbits can be distinguished by their sharp claws and by the fact that their ears will tear easily. The teeth should be small and white.

**Fish.** The eyes should be bright, and not at all sunken, the flesh firm and stiff, the gills a bright red, and no unpleasant smell. A flabby fish is a stale fish.
SECTION II

BREADS AND CAKES

A BORWICK'S BAKING TIME-TABLE

<table>
<thead>
<tr>
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<th>Time</th>
<th>Temperature</th>
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</thead>
<tbody>
<tr>
<td>Scones (oven)</td>
<td>15–20 minutes</td>
<td>450°F</td>
</tr>
<tr>
<td>,, (girdle)</td>
<td>5–7 minutes</td>
<td>450°F</td>
</tr>
<tr>
<td>Plain Cakes (1 lb.)</td>
<td>1–1 1/2 hours</td>
<td>375°F</td>
</tr>
<tr>
<td>Rich Cakes (Madeira)</td>
<td>1–1 1/2 hours</td>
<td>350°F</td>
</tr>
<tr>
<td>Sponge Cakes</td>
<td>1–1 1/2 hours</td>
<td>350°F</td>
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<tr>
<td>Rich Fruit Cakes</td>
<td>2–3 hours</td>
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<tr>
<td>Sponge Sandwiches</td>
<td>15–20 minutes</td>
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<td>Small Cakes</td>
<td>20–30 minutes</td>
<td>350°F</td>
</tr>
<tr>
<td>Pastries</td>
<td>30–40 minutes</td>
<td>450°F</td>
</tr>
</tbody>
</table>

Other Temperatures are:—

- Bread and Yeast Mixtures: 450°F
- Rock Cakes: 450°F
- Bath Buns and Brioche: 420°F
- Shortbread: 380°F
- Macaroons: 380°F
- Gingerbread: 300–310°F
- Wedding Cakes: 290–300°F

For rough temperature tests, see page 6.

TO TEST THE HEAT OF A GIRDLE

Cooks who are unused to a girdle may test its heat by sprinkling a little flour upon it. If it browns at once, the girdle is too hot; but if the browning takes a few seconds, then the girdle is ready for use.

A girdle should never be washed, but after use cleaned with a piece of paper and then rubbed over with a cloth.

A heavy iron frying-pan may be used in place of a girdle if necessary.

What's Right

Cake-making is such an enormous subject that it cannot be treated here in anything like detail. Only a few suggestions for good cake-making are added below, and of course you know the good old saying: Good Cooks Use Borwick's. Accuracy in detail and measurement ensures the greatest success in cake-making, and particularly in regard to those ingredients which are used in small quantities, such as baking powder; care in mixing and in getting the right consistency are also important, and

What's Wrong

If the oven is too hot at the beginning, the cake may crack. If the oven is too cool, the mixture will rise, but it will not set. Slamming the oven door may make a cake rise unevenly. A large cake may sink in the middle if you move it before it has set. Too hot an oven may also cause this fault, as may too much raising agent. Fruit may fall to the bottom of a cake if (1) the mixture has been too moist or (2) the cake was not put into a moderately hot oven at first so as to set the mixture quickly and imprison the fruit in its
What's Right
equally essential is the proper baking. Mixing.—If you are using fat, be
careful to mix it thoroughly with the
other ingredients. Sieve the dry
ingredients carefully together. Add
flour as lightly as possible to light
mixtures, folding it in with an iron
spoon, and avoiding beating after it
is added. Add fruit at the last, and
add it dredged with flour, so that it
mixes in more easily. Consistency.
—The mixture for scones and small
cakes should be stiff enough to
handle, so that the little heaps on the
baking-tin do not alter much in shape
when they are cooked. A plain cake
mixture to bake in a large tin should
be stiff enough to need a shake to
dislodge it from the spoon. Mixtures
for rich cakes should be "pourable,"
like a thick batter. Cake-tins should
be filled two-thirds, and care should
be taken to see that the mixture fills
the bottom of the tin. Baking.—
The best results will be achieved if
the oven is reserved for cake-making
only, and there is nothing else in it
at the same time. Special care
should be taken to see that the tem­
perature of the oven is exactly that
required by the recipe of the cake
you are baking, and the cake should
be placed in the centre of the middle
shelf in the oven. Small cakes and
scones, which need a hotter oven,
should be placed on a higher shelf.
Rich mixtures need a quick heat to
begin with, then a lower temperature.
Large cakes such as these often need
careful attention. Do not slam the
oven door when a cake is baking.
Better avoid opening the door for at
least five minutes after small cakes
have been put in, and twenty minutes
after large ones. Tests.—Small
cakes are firm to the touch when
done. For a large cake, a knitting
needle run into the middle of the
cake will come out clean and bright.
Leave the cakes in their tins for a
minute or two before turning them
out; then put them on a wire tray,
and leave them in the kitchen to
cool. They are better out of a
draught or the cold. Do not put
cakes away until they are quite cold.

What's Wrong
right place. Plain Cakes may be
heavy if (1) insufficient raising agent
has been used, (2) it has been put into
too cool an oven, or (3) the fat has
oiled while being rubbed into the flour.
Rich Cakes will be heavy if (1) the
fat and sugar are not beaten enough or
(2) if the mixture curdles when eggs
are added. Sponge cakes will be
heavy if sugar and eggs are insuffi­
ciently beaten. Swiss rolls will crack
if the oven is too slow.
In every kitchen and in every cookery book you will find there are some old favourites that every woman likes to cook. And you will find, too, if you take the trouble to ask, that these favourites are favourites because Borwick’s Baking Powder makes them so. Good cooks know, all over the world, that mixing your own baking powder with the flour is not only the criterion of success, because you know just exactly how much you are putting in, but in times of hardship and stress will help you to economize as well with your fats. Good cooks know also that Borwick’s Baking Powder makes their cakes digestible, and makes them keep much longer, too. That is why these old favourites are so popular. The good cook knows.
BRANDY SNAPS

Sift together the flour, ginger and BORWICK'S BAKING POWDER. Melt the sugar, syrup and fat to a liquid. Pour over the dry ingredients and mix. Leave to stand 24 hours. Roll into balls the size of a walnut. Place on a greased baking-sheet two inches apart. Bake in a moderate oven till they have run quite flat and are a golden brown. Remove from the oven, leave for one minute. Lift off with a knife and roll round the handle of a wooden spoon. Temperature 300° Fahrenheit.

BREAKFAST ROLLS

Sift together the flour, BORWICK'S BAKING POWDER and salt. Mix to an elastic dough with the milk and water. Knead lightly till quite smooth. Divide off into small pieces and shape each into a round or twist. Place on a baking-tin and brush over with a little milk. Bake in quick oven for 15–20 minutes. Temperature 500° F.

BRIDGE ROLLS

Sift together the flour, BORWICK'S BAKING POWDER and salt. Rub the fat into the flour. Mix to a light dough with the milk. Turn on to a floured board and knead gently. Form into small rolls, place on a greased baking-sheet. Bake in a hot oven for 15–20 minutes. Temperature 400° Fahrenheit.
CANARY PUDDING

2 eggs
4 oz. sugar
3 oz. butter or margarine
6 oz. plain flour
1½ rounded teaspoonfuls
Borwick's Baking Powder
2 tablespoonfuls milk
Grated rind of 1 lemon
Pinch of salt

Cream the butter and sugar. Add the beaten eggs and milk. Mix in the sifted flour, Borwick's Baking Powder and salt, also lemon rind. Put mixture into greased tin or basin, cover with greased paper and steam for 1½-1¾ hours. Serve with lemon sauce.

CHERRY BUNS

4 oz. butter or margarine
5 oz. sugar
10 oz. plain flour
2 rounded teaspoonfuls Borwick's
Baking Powder
1 egg
2 oz. glace cherries
3 tablespoonfuls milk
Pinch of salt

Cream the butter and sugar. Add the beaten egg and milk. Mix in the sifted flour, Borwick's Baking Powder, salt and chopped cherries. Put into small paper cases, placing a half cherry on top of each bun. Bake in a fairly hot oven for 15-20 minutes. Temperature 350° Fahrenheit.

CHOCOLATE CAKE (Plain)

4 oz. butter or margarine
5 oz. castor sugar
6 oz. plain flour
1 oz. cocoa
1 rounded teaspoonful
Borwick's Baking Powder
2 eggs
2 tablespoonfuls milk
½ teaspoonful Borwick's
Vanilla Essence

Sift together flour, cocoa and Borwick's Baking Powder. Cream butter (or margarine) and sugar. Add eggs and milk gradually, mixing well in. Add vanilla. Add flour, etc., and mix in lightly. Put mixture in cake-tin. Bake in moderate oven about 1 hour. Temperature 350° Fahrenheit.

COCONUT PYRAMIDS

6 oz. coconut
4 oz. castor sugar
1 oz. cornflour
½ teaspoonful Borwick's
Baking Powder
½ teaspoonful Borwick's
Vanilla Essence
2 whites of egg

Beat whites of egg till stiff. Mix in the sugar, vanilla, coconut and cornflour sieved with the Borwick's Baking Powder. Form into pyramids and place on a greased and floured baking-tin or rice paper. Bake in a moderate oven 20-30 minutes. Temperature 350° Fahrenheit. N.B.—The pyramids may be coloured if liked.
CHEESE STRAWS

Sift together the flour, Borwick's Baking Powder and all seasoning. Rub the fat into the flour. Add the breadcrumbs and cheese. Work to a smooth paste with the egg-yolk. Roll into a strip \( \frac{1}{4} \) inch thick and \( 2\frac{1}{2} \) inches wide. Cut into straws about \( \frac{1}{4} \) inch wide. Place on a greased baking-sheet and bake in a hot oven for 7-10 minutes. They should be a golden-brown. Temperature 400°F Fahrenheit.

CHOCOLATE STEAMED PUDDING

Use Canary Pudding recipe, omitting the lemon and adding 1 oz. chocolate powder, 1 tablespoonful milk and \( \frac{1}{2} \) teaspoonful Borwick's Vanilla Essence. Serve with chocolate sauce.

DATE PUDDING

Sift together flour, Borwick's Baking Powder and salt. Add the finely chopped suet and dates. Warm the treacle and milk and mix with the dry ingredients and lemon juice. Turn into a well-greased pudding basin. Cover with greased paper and steam for \( 2\frac{1}{2} \) hours. Serve with a white sauce.

DOUGH NUTS

Sift together the flour, Borwick's Baking Powder and salt. Rub the fat into the flour. Add the sugar. Mix the egg and milk, then add to dry ingredients and knead till the mixture is quite smooth. Divide off into nine portions, form into balls with a little jam in the centre of each. Fry in hot fat (must be giving off a faint blue smoke) for 7-9 minutes. Drain on soft paper. Dust over with castor sugar.

Illustration facing page 58.
FARMHOUSE SCONE

½ lb. plain flour
1 teaspoonful salt
3 rounded teaspoonfuls Borwick's Baking Powder
Small ½ pint sour milk or buttermilk


FIG PUDDING

As for DATE PUDDING, using 8 oz. chopped figs in place of the dates.

FLAP JACK

4 oz. butter or margarine
4 oz. Demerara sugar
3 oz. honey
Pinch of salt
8 oz. rolled oats
1 oz. plain flour
½ teaspoonful Borwick's Baking Powder
½ teaspoonful Borwick's Lemon Essence

Sift together flour, Borwick's Baking Powder and salt. Mix with the rolled oats. Heat the butter, sugar and honey till dissolved. Add to other ingredients and mix well. Bake in a well-greased square baking-tin in a moderate oven for 45–50 minutes. When cool cut into squares. Temperature 325° F.

MADEIRA CAKE

3 oz. butter (or margarine)
2 oz. sugar
5 oz. plain flour
1 oz. ground rice
1 rounded teaspoonful Borwick's Baking Powder
2 eggs
1 dessertspoonful milk
Grated rind of ½ lemon or ½ teaspoonful Borwick's Lemon Essence
1 strip of citron peel

Beat butter and sugar to a cream. Add gradually, beaten eggs and milk and lemon rind. Mix in sifted flour, ground rice, Borwick's Baking Powder. Put mixture in a greased and lined tin. Bake in a moderate oven for 1–1½ hours. After ¾ hour in the oven place the citron peel on top of the cake. Temperature 350° Fahrenheit.
MILK BREAD

Sift together flour, Borwick's Baking Powder and salt. Dissolve the lard in the milk by warming it. Add to flour and mix to a light dough. Knead well and flatten into a large round cake, score across with a knife, prick with a fork, place on floured baking-tray and bake in a hot oven for 30-40 minutes. Temperature 425° F.

NURSERY SCONE

Sieve flour, salt, Borwick's Baking Powder. Rub in butter. Add sugar. Beat egg with little of the milk. Stir in the dry ingredients, adding more milk if necessary; the mixture must be stiff—similar consistency to rock buns. With two forks put mixture in small rocky heaps in greased tins. Bake in quick oven about 15 minutes. Split across, put in piece of butter, serve very hot. Temperature 400° Fahrenheit.

OATMEAL BISCUITS

Cream butter (or margarine) and sugar. Add egg, water and sifted dry ingredients. Roll out very thinly, cut into rounds and prick with a fork, place on greased baking-tin. Bake for 15-20 minutes in moderate oven. Serve buttered with jam or honey. Temperature 350° F.
POUND CAKE
8 oz. plain flour
1 flat teaspoonful Barwick’s Baking Powder
8 oz. butter or margarine
8 oz. sugar
4 eggs
8 oz. sultanas
8 oz. currants
2 oz. cherries
2 oz. chopped peel
Rind of 1/2 lemon

QUEEN CAKES
2 1/2 oz. butter or margarine
2 1/2 oz. sugar
5 oz. plain flour
2 eggs
1 flat teaspoonful Barwick’s Baking Powder
2 oz. cherries, currants or sultanas, etc., as desired

RAILWAY PUDDING
3 oz. butter or margarine
4 oz. sugar
4 oz. plain flour
2 oz. ground rice
Pinch of salt
2 eggs
1 1/2 rounded teaspoonfuls Barwick’s Baking Powder
1 tablespoonful milk
Raspberry jam

ROCK BUNS
8 oz. plain flour
1 rounded teaspoonful Barwick’s Baking Powder
1/4 teaspoonful salt
2 oz. butter or margarine
3 oz. Demerara sugar
3 oz. sultanas
1 oz. chopped candied peel
1/2 teaspoonful mixed spice
Grated rind of 1/2 lemon
1 egg (if liked)
Milk

Sift together flour and Barwick’s Baking Powder. Cream butter (or margarine) and sugar. Add beaten eggs, all fruit and lemon rind. Mix in flour and put into a greased paper-lined oblong tin. Bake in slow oven for 2-1/4 hours. Temperature 325° Fahrenheit.

Cream the butter and sugar. Add the well-beaten eggs. Mix in flour sifted with the Barwick’s Baking Powder. Add whatever fruit is desired. Bake in small, well-greased baking-tins in a moderate oven for 15-20 minutes. Temperature 325°F.

Sift together flour, ground rice, Barwick’s Baking Powder and salt. Rub the fat into the flour. Add the sugar, beaten eggs and milk. Mix well. Put half the mixture into a greased pie-dish. Spread with jam. Cover with the remaining mixture and bake in a moderate oven for 30-40 minutes. Temperature 350° Fahrenheit.

Sift together flour, Barwick’s Baking Powder, salt and spice. Rub fat into flour, etc. Add all other dry ingredients. Mix to very stiff consistency with egg, if used, or milk. Place on greased tin in 12 heaps. Bake in hot oven for 15–20 minutes. Temperature 400° Fahrenheit.
SCOTCH PANCAKE

Mix and sieve all dry ingredients. Beat egg with little ingredients. Add egg to flour. Mix with sufficient milk to make fairly thick light batter. Allow to stand for some time. Heat and grease girdle or frying pan. Drop little of the mixture into girdle or pan with iron spoon. When bubbles rise on surface, turn and cook the other side. Place in clean folded cloth to keep moist.

SHORTBREAD BISCUITS

Sieve flour and BARWICK’S BAKING POWDER. Rub butter into flour. Add sugar. Add beaten yolk to flour, and work all to stiff dough. Roll out rather thinly. Cut into biscuits. Bake in moderate oven 20-30 minutes. Temperature 350°F.

SPONGE CAKE

Separate the whites from the yolks and beat them till stiff. Fold in the yolks and sugar and beat well for 5 minutes. Sift the flour and baking powder, and fold lightly in, using a metal spoon. Pour into a cake-tin which has been greased and dusted out with a mixture of fine sugar and flour. The tin should not be more than half full. Bake in a slow oven for 4 1/4-1 hour.

VICTORIA SANDWICH

Sieve together flour, baking powder and salt. Cream butter or margarine and sugar. Add eggs gradually and mix well. Add water. Add flour, etc., and mix in lightly. Turn into two well-greased and floured sandwich tins and spread evenly. Bake in moderate oven 15-20 minutes. Temperature 375° F.
HOW firmly established in the oldest and best kitchens of our country is the practice of using baking powder in England's own cakes and puddings, is shown in this chapter of special recipes from many of the counties of our island.

These are the recipes of our great-grandmothers, and of theirs before them, who knew the value of BORWICK'S BAKING POWDER, and learned the lessons its use teaches. They are recipes of which any country in the world may be proud, redolent of the old kitchens in which they originated. They have been handed down from generation to generation, until now they are a byword all over the world, and represent the excellence of British cooking at its highest.
BUCKINGHAMSHIRE

CHERRY TURNOVERS

There is a short time in the year only when we can get those delicious black cherries that come from Buckinghamshire. This opportunity must be taken to make these delicious turnovers.

Short crust pastry (for recipe, see page 32)
Black cherries
Granulated sugar

Stalk, stone and sprinkle the cherries with the sugar. Roll out the short crust an eighth of an inch thick, and stamp out into rounds of 3 or 4 inches diameter. Put a heap of the cherries on each of these, damp the edges of the paste, and fold over in half to make a turnover. Pinch the edges well together, so that the juice will not escape. Bake for about half an hour in a hot oven at first, then slacker. When golden brown, sift some castor sugar over them. Eat hot or cold.

CORNWALL

CORNISH PASTY

Roll out a round of pastry about the same thickness as for a pie, and sprinkle it with salt and pepper. On one half make a little heap of the chopped potato and swede, and put some bits of meat on this. Sprinkle with salt and pepper, add a few more vegetables. Fold the pastry over, so that the pasty is now a semi-circle, and pinch the edges well together. Bake for half an hour in a hot oven, then another half hour in a cooler part. These pasties are admirable for picnics or for hikers, as if they are well wrapped up, they will keep hot for hours.
SAFFRON CAKES

1 lb. plain flour
2 teaspoonfuls Borwick's Baking Powder
6 oz. sugar
3 oz. sultanas
1½ oz. mixed peel
3 oz. lard
3 oz. butter or margarine
2 eggs
¹⁄₄ drachm saffron, infused overnight in a little milk

HEAVY CAKE

½ lb. plain flour
1 teaspoonful Borwick's Baking Powder
¾ lb. currants
½ pint cream, fresh or sour

Sieve the flour with the baking powder, adding a good pinch of salt. Rub in the fat lightly, and then add all the dry ingredients. Mix to a stiff dough with the beaten eggs and the strained milk. Divide into two dozen cakes, putting them in the greased pan like rock cakes, and bake in a fairly hot oven, until set and lightly browned.

CHANNEL ISLANDS

JERSEY WONDERS

½ lb. plain flour
1 teaspoonful Borwick's Baking Powder
A pinch of salt
2 oz. castor sugar
A little grated nutmeg and ginger
2 oz. butter or margarine
2 eggs
About two tablespoonfuls of milk

Sieve the flour with the baking powder. Rub in the fat, lightly, and add the spices and sugar. Work into a dough with the beaten eggs, moistening with a little milk if necessary. Roll out to ¼ inch thick. Cut into rounds, taking out the centres so as to leave rings, and fry them in just smoking fat for 6 minutes. Dredge them with castor sugar after draining.
LEMON PUDDING

See that the lemon is clean and dry, and then cut off a small piece at either end. Line a greased pudding-basin (medium size) with thin suet crust, put the lemon in the middle and put the sugar round it. Add the butter. Cover with a lid of suet crust and with greaseproof paper, and steam for 2 1/2 hours.

DEVONSHIRE

SQUAB PIE

There is a story that once there lived in Devon an old man and his wife who, like Jack Sprat and his wife, differed about their food. He liked sour, and she liked sweet. So between them, they are said to have invented this pie.

Meat, preferably mutton
Apples
Onions
Pastry (for recipe, see page 31)

The pie-dish was filled with alternate layers of apple, onion and the meat, seasoned with plenty of salt and pepper. Cold water was added to come about half-way up the dish, which was then covered with a pastry crust, usually made with dripping, and the pie was baked in the usual way. Exceedingly good, in spite of its odd sound.

DURHAM

SPICED LOAF

Cream the butter and sugar. Add the eggs, one at a time. Add the mixed fruit, and lastly, the flour sieved with the spice and baking powder, adding a little milk if the mixture is too stiff. Put into well-greased and lined tins, and bake for 2 1/2 to 3 hours.
GLOUCESTERSHIRE

GLOUCESTERSHIRE BUNS

6 oz. plain flour
1 heaped teaspoonful Borwick’s Baking Powder
1½ oz. lard
1½ oz. dripping
2 oz. currants
3 oz. sugar
1 egg
A little nutmeg and ginger
Milk to mix

Sieve the flour with the baking powder. Rub in the fat, and add the sugar, spices and fruit. Mix to a stiff dough with the egg beaten in enough milk to mix. Make twelve buns, and bake them in a greased bun-pan, first in a hot oven so that they will rise, and then more slowly. They will take about 20 minutes altogether.

HUNTINGDONSHIRE

GOOSEBERRY PUDDING

8 oz. plain flour
5 oz. suet
4 oz. castor sugar
1 rounded teaspoonful Borwick’s Baking Powder
1 egg
1 gill milk
1 lb. gooseberries
Pinch of salt

Sift together flour, baking powder, salt and sugar. Add finely chopped suet and prepared gooseberries. Beat the egg with the milk and add to other ingredients. Mix well. Turn into a well-greased pudding-basin, cover with greased paper and steam for 3 hours. Serve with a custard sauce.

KENT

CHEESE AND APPLE PIE

1½ lb. apples
¾ lb. sugar
¼ lb. cheese
4 cloves
Short crust pastry (for recipe, see page 32)

Put a layer of half the apples, peeled, cored and cut in thick slices into a pie-dish. Sprinkle with a tablespoonful of the sugar. Add the remainder of the apples and of the sugar, and pour in half a teacupful of water. Cover the apples with thin slices of the cheese, adding a touch of nutmeg, a suspicion of pepper and half a teaspoonful of sugar. Cover with the pastry, and bake in a good oven for 40 to 45 minutes.
ECCLES CAKES

Roll out the pastry thinly and cut into rounds about 4 inches across. Warm the butter in a saucepan and add the sugar, currants, peel, almonds, nutmeg and lemon rind. Put a little of the mixture in the centre of each round of pastry. Wet the edges and draw up together, sealing in the centre. Turn over and roll lightly to required size (should be quite round). Prick with a fork, brush over with white of egg and sprinkle with sugar. Bake in a hot oven for 15-20 minutes.

GIRDLE CAKES

Roll out the pastry a quarter of an inch thick. Sprinkle it with the prepared currants, fold it over, pinch the edges, and roll it out again to the original thickness. Cut the pastry into fingers, using a hot knife to do so, and cook them until brown on each side, on a greased girdle, turning them frequently. They should be split when done, spread with butter, and served hot.

LEMON PIE

Grate the rind of the lemon, squeeze out the juice, and grate the pared apple. Mix with the egg and butter. Fill a pie-dish with this mixture, cover with the pastry, and bake in the usual way.
LEICESTERSHIRE

TREACLE ROLL

Sieve the flour and baking powder. Rub in the fat, and mix to a stiff paste with a little water. Roll out to a thinnish oblong. Spread this with the treacle, and sprinkle with the sultanas and ginger. Having wetted the edges of the paste, roll it up, and place it in a greased baking-dish. Bake in a moderate oven for 1 hour.

LINCOLNSHIRE

ALMOND BUNS

Sieve the dry ingredients. Rub in the butter lightly. Add the beaten egg and milk, making a stiff paste. Make a dozen little heaps of it on a greased baking-sheet. Bake in a quick oven for 20 minutes. These little buns are served hot and buttered.

GRANTHAM GINGERBREADS

Cream butter and sugar. Mix in yolk of egg. Add all sifted dry ingredients and mix well. Beat white of egg till very stiff and fold in. Form into small balls and bake in a moderate oven 40–50 minutes, keeping them pale colour.

MONTGOMERY

FRIED SCONES

Rub the fat into the flour and sugar. Add the beaten egg and milk to make a stiff paste. Let the mixture stand for an hour, then add the baking powder. Fry the scones on both sides in a frying-pan, with a very little fat, and serve them with butter and, if you like, treacle.
NORFOLK

ALMOND PIE

Line the sides of a pie-dish with the pastry. Slice the apples and put in the bottom of the pie-dish with 1 oz. of sugar and a little water if necessary. Cream the remainder of the sugar with the butter. Add the beaten egg. Mix in the sifted ground rice, ground almonds and baking powder, also the almond essence. Spread on top of the apples. Bake in a moderate oven for 40–45 minutes. Serve hot.

APPLE CAKE

Stew the apples with the sugar in a very little water, until they are a thick pulp. Beat this well, and leave until cold. Line a deep sandwich tin with half the pastry. Put half the apple into the pastry, cover with the marmalade, sprinkle with the currants, add the rest of the apple, and cover with the rest of the pastry. Bake at first in a hot oven, and then slacker. 30 to 35 minutes will do it altogether.

SHORTCAKES

Sieve the flour, baking powder and salt. Rub 6 oz. of the lard into the flour, and add gradually a little water to make a pliable paste. Roll out to half an inch thick. Smear a little lard on the paste, and sprinkle it with sugar and currants. Fold and repeat this rolling and sprinkling four times. Cut into little rounds, and bake in a hot oven for 15 minutes.
NORTHUMBERLAND

**GIRDLE SCONES**

- 4 oz. plain flour
- 2 oz. lard
- 1 rounded teaspoonful Borwick's Baking Powder
- Pinch of salt
- 1 oz. currants
- ½ gill milk

Mix and sieve flour, salt and Borwick's Baking Powder. Rub in lard. Add currants. Mix with sufficient milk to make fairly soft dough. Roll out on floured board about ½ inch thick. Cut into small rounds. Cook on hot girdle, each side. A frying-pan may be used instead of a girdle.

NORTHUMBERLAND SCONES

- 8 oz. plain flour
- 2 oz. lard
- 1 oz. sugar
- 3 teaspoonfuls Borwick's Baking Powder
- 1 egg
- 1 teacupful milk
- Pinch of salt

Sieve the flour with the sugar, baking powder and salt. Rub the lard into the flour. Add the egg and the milk, making a fairly stiff paste. Roll out to half an inch thick, and cut into squares or rounds. Bake in a hot oven for 15 minutes. Brush over with egg, and glaze.

OXFORDSHIRE

**BANBURY CAKES**

- ½ lb. rough puff pastry (page 32)
- 1 oz. butter or margarine
- 1 oz. brown sugar
- 1 oz. cake or breadcrumbs
- 1 tablespoonful rum
- 2 oz. mixed peel
- 4 oz. currants
- ¼ teaspoonful mixed spice

Roll out the pastry very thinly. Cut into rounds about 5 inches across. Cream the butter and sugar. Add all other ingredients. Put a little mixture on each round of pastry. Damp the edges and fold, bringing them together along the top. Turn over, press flat and brush over with water and sprinkle on sugar. Bake in a hot oven for 20–25 minutes.
RUTLANDSHIRE

APPLE CAKE

For the pastry—
8 oz. plain flour
5 oz. butter or margarine
½ teaspoonful Borwick’s BAKING POWDER
1 oz. castor sugar
Pinch of salt
½ teaspoonful mixed spice
½ teaspoonful ground cinnamon
1 egg
Water if necessary

For the filling—
1½ apples (cooking)
½ lb. prunes
Little water
½ lb. sugar
1 teaspoonful mixed spice
1 teaspoonful ground cinnamon

To make the pastry. Make as for short pastry (page 32). Roll thinly half of the pastry and line a plate. Spread the filling over the centre. Damp the edges and cover with remaining pastry. Bake for 50-60 minutes in a moderately hot oven. Serve cold with icing sugar sprinkled on top.

To make the filling. Prepare fruit. Stew till pulp with water and sugar. When cold mix in the spices.

SHROPSHIRE

APPLE PIE

Apples
12 oz. plain flour
2 oz. lard
2 oz. butter or margarine
½ lb. sugar
1 egg
1 level teaspoonful Borwick’s BAKING POWDER
½ pint milk
A pinch of salt

Cream the fat and sugar. Beat the egg well, and mix it in. Add very slowly the flour, baking powder, salt and milk, and beat together for ten minutes. Have the peeled, cored and quartered apples ready in a pie-dish and sprinkled with a little nutmeg, put the mixture over them, and bake for 40 minutes in a moderate oven.

MINT CAKES

Cut the rolled out pastry into rounds about 3 inches in diameter. Cut the butter into little bits, and mix it with the currants, sugar, chopped peel and mint. Put a small spoonful of this mixture on each round, draw the edges together, turn it over and then work it into a flat cake. Brush over with the beaten egg, and bake in a hot oven for 15 to 20 minutes.
**SHROPSHIRE**

**SHREWSBURY BISCUITS**

- 8 oz. plain flour
- 4 oz. butter or margarine
- 4 oz. sugar
- 1/2 teaspoonful Borwick's Baking Powder
- 1 egg
- Grated lemon rind
- 1/2 teaspoonful powdered cinnamon, or
- 2 oz. currants

Cream butter and sugar. Sieve together all dry ingredients and add together with well-beaten egg. Work till a smooth stiff paste. Roll out 1/4 inch thickness and cut into rounds. Bake in slow oven for 20-30 minutes.

**APPLE CAKE**

- 1/2 lb. plain flour
- 1/4 lb. butter or lard
- 3 oz. sugar
- 1 teaspoonful Borwick's Baking Powder
- 3 cooking apples
- 1 well-beaten egg
- Milk

Rub the fat into the flour. Add the dry ingredients, the peeled apples cut very small, and the egg. Moisten with a little milk, but not too much, as the apples will make a good deal of moisture while cooking. Put the mixture into a greased shallow baking-tin and bake for half an hour in a moderate oven.

**SUSSEX BLANKET**

Suet crust (for recipe, see page 32)

Either sausage meat or chopped cooked ham, seasoned with pepper and mace

**BEER CAKE**

- 1 1/4 lb. plain flour
- 1 lb. butter or margarine
- 1 lb. castor sugar
- 4 eggs
- 1 lb. currants
- 1 lb. sultanas
- 6 oz. candied peel (chopped fine)
- 2 oz. ground almonds
- 2 teaspoonful Borwick's Baking Powder
- 1 tumbler of beer (or stout)
- Pepper and salt

Cream butter and sugar. Beat in the eggs, one by one. Stir in the flour, sieved with the salt, pepper and baking powder. Add the beer or stout, and then stir in fruit and almonds. Mix well, and put into a greased lined tin. Bake carefully in a moderate oven for 2 1/2 hours.
YORKSHIRE PARKIN

Sieve the flour with the baking powder and the ginger, and add the oatmeal. Melt the treacle with the sugar and butter over a low heat. Add this to the flour, mixing well, and adding also the egg and the milk. Line a Yorkshire pudding tin with greased paper, and pour the mixture into it. Bake in a slow oven for 50 minutes to 1 hour. Keep until the next day before cutting up.

RICHMOND PUDDINGS

Beat the egg, sugar and lemon juice together. Add the suet, ground rice, flour and the grated lemon rind, and then add the baking powder and enough milk to make a thick, creamy mixture. Beat well together. Have some small moulds or cups greased, and half fill them with the mixture. Bake in a good oven, and serve with lemon sauce or hot jam.

SPICE LOAF

Sieve the flour with the salt, spice and baking powder. Rub in the lard. Add the prepared currants, the raisins stoned and sliced, the peel finely shredded, and the sugar. Then add the treacle dissolved in the milk and the almond essence. Mix to a soft dough, and put the two halves into small well-greased bread-tins. Bake in a moderate oven for about ¾ hour. This loaf should be kept in an air-tight tin for a week before being eaten.
YORKSHIRE

YORKSHIRE PUDDING BATTER

\[ \frac{1}{2} \text{ lb. plain flour} \]
\[ 1 \text{ egg} \]
\[ \frac{1}{2} \text{ pint milk} \]
\[ \frac{1}{2} \text{ teaspoonful salt} \]
\[ \frac{1}{2} \text{ teaspoonful Borwick's Baking Powder} \]

Sieve flour and salt into basin. Drop egg into centre of flour, adding a third of milk. Stir to smooth paste, beating out all lumps. Beat well, adding gradually rest of milk. Leave to stand at least \( \frac{1}{2} \) hour, covered, in a cool place. Add baking powder before putting in oven. Pour into dripping-tin, in which there is about 1 oz. hot dripping. Bake in hot oven \( \frac{1}{2} - \frac{3}{4} \) hour. Serve immediately.

YORKSHIRE PANCAKE

\[ 2 \text{ level teaspoonfuls plain flour} \]
\[ \frac{1}{2} \text{ teaspoonful Borwick's Baking Powder} \]
\[ \frac{1}{2} \text{ teacupful milk} \]
\[ 1 \text{ egg} \]
\[ 3 \text{ small rashers of bacon} \]

Fry the bacon rashers, and keep them hot. Mix the other ingredients into a thin batter, beating well. Cook one large pancake with the mixture in the fat which came from the bacon. Put the rashers on the pancake, fold it over, and serve.
American cooks are great users of baking powder, and it is in great part due to this that their cakes and cookies, breads and biscuits and desserts, as they call their sweets, are so deservedly famous. Good cooks who know the value of Borwick's in the kitchen will like to try the recipes that follow, and I can assure them that they will find them all delicious.

A great deal of trouble will be saved if a proper measuring cup is used, but for the convenience of those who prefer weights to which they are used, the American measures have been translated into English ones. One difference lies in the fact that an American tablespoonful contains three teaspoonfuls instead of the English four, and spoonfuls are measured level and not heaped. In order to save confusion, therefore, tablespoonfuls in the recipes in this section are English tablespoons (level).

Readers are referred again to the table of American measures on page 8. The recipes that follow have been divided into two sections: Puddings and Pies; Breads, Biscuits and Cakes.

**American Recipes:**

**PUDDINGS AND PIES**

**APPLE DOWDY**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Firm tart apples</td>
<td>For the Paste—</td>
</tr>
<tr>
<td>Light brown sugar</td>
<td>4 oz. (1 cup) plain flour</td>
</tr>
<tr>
<td>Nutmeg</td>
<td>2 teaspoonfuls BOEHRICK’S</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>BAKING POWDER</td>
</tr>
<tr>
<td>Salt</td>
<td>2 tablespoonfuls butter</td>
</tr>
<tr>
<td>Butter or fresh margarine</td>
<td>½ teaspoonful salt</td>
</tr>
<tr>
<td></td>
<td>1 gill (½ cup) milk</td>
</tr>
</tbody>
</table>

A delightful little book called *The Country Kitchen*, written by a well-known American cookery expert, Della Lutes, describes Apple Dowdy as follows: “Apple Dowdy is not a dumpling, a pudding or a pie—deep-dish or otherwise. It is just a dowdy—sort of common, homely, gingham-like, but it has character. To make it, you peel and quarter firm tart apples, and you lay them in a deep earthen pudding dish... You fill the dish with apple, and over this sprinkle light brown sugar, the amount depending upon the tartness of the apples and the size of your dish. Add a slight scattering of nutmeg, a little less of cinnamon, a dash of salt. Now, with generous judgment, cut some slivers of butter” (or fresh margarine, we might add) “over the whole, say about a teaspoonful
to each serving. Then add half a cup (a gill) of warm, not hot, water. Make a rich baking-powder crust.” (The ingredients will be found in the list above.) “Roll this out to three-fourths of an inch in thickness, cut a dido in the centre—you know, the big S with eyelet holes slashed alongside—and lay the crust over the apples, pinching it to the edge. So far, so good, but the proof of the dowdy is in the baking. It must be baked in a slow oven (300–350 degrees) at least three hours. When done, it will be delicately brown on top, a rich fruity red on the inside, and delicious withal. Serve it with thick cream slightly sweetened and flavoured with nutmeg.”

**BAKING POWDER BISCUIT DUMPLINGS**

Make some Baking Powder Biscuit Dough (see page 65), and drop this by spoonfuls on top of your Irish Stew. Cover the pan tightly, and cook for a quarter of an hour.

**BANANA PIE**

| 2 1/2 oz. sugar | 1/2 gill thin cream |
| 2 tablespoonfuls flour | 2 teaspoonfuls lemon juice |
| Salt | 1 large banana |
| 2 egg-yolks | Pastry (see page 31) |
| 1/2 pint milk (scalded) |  |

Mix together the sugar, the flour and a very good pinch of salt, and then add two slightly-beaten egg-yolks. Stirring all the while, pour on by degrees the scalded milk, and cook in a double saucepan, stirring all the time until the mixture thickens, and then a little more, making about a quarter of an hour in all. Let it get cool, and then add the cream (or cream off the top of the milk), the lemon juice, and the banana cut into quarter inch thick rings. Have ready a baked flan case, put the mixture into it, cover with a meringue mixture made with the egg-whites if you like (or to save sugar this may be omitted), and bake in a slow oven until the top is delicately brown.

**BLACKBERRY PIE**

Blackberries
Sugar

Butter or fresh margarine
Pastry (see page 31)

See that the berries are ripe and sweet, and pick them over carefully and wash them. Line a pie-plate or flan case with pastry, and spread the blackberries generously over it. Add sugar to sweeten them (if they are ripe enough you won’t want a great deal), and dot with little bits or shavings of butter or fresh margarine. Cover with more pastry, making several slashes in the top, and bake in a moderate oven for forty minutes.
CRANBERRY PUDDING

2 1/2 oz. butter or fresh margarine 2 1/2 teaspoonfuls Borwick's Baking Powder
5 oz. granulated sugar 1/2 gill milk
2 eggs 1/2 pint cranberries
9 oz. flour

Cream the butter, and then add by degrees the sugar and the eggs well beaten. Sieve the flour with the baking powder and add alternately with the milk to the creamed mixture. Finally stir in the cranberries, which should be sound and ripe. Put into a greased pudding basin, and steam for three hours. Serve with thin sweetened cream flavoured with nutmeg.

CREAM PIE

1 pint milk 1 teaspoonful vanilla essence
4 egg-yolks 2 1/2 oz. sugar
3 teaspoonfuls cornflour Pastry (see page 31)

Bring the milk to the boil, and pour it over the egg-yolks, which have been well blended with the sugar and vanilla essence. Let the mixture get hot over a low heat in a double saucepan, stirring all the time, and then add the cornflour mixed with a very little cold water, and stir on until the mixture thickens. Pour this into a baked flan case, cover it if you like with a meringue mixture made with the egg-whites, and bake in a slow oven until a delicate brown.

EMERGENCY PUDDING

4 oz. plain flour 1/2 gill milk
3 dessertspoonfuls Borwick's Baking Powder Tinned peaches or other fruit, or jam
1/2 teaspoonful salt

Sieve the flour, baking powder and salt, and mix in the milk to make a soft dough. Butter small individual moulds, and drop a tablespoonful of the mixture into each, adding a small piece of tinned peach or chosen fruit or a small spoonful of jam. Cover with another tablespoonful of the dough, and steam, covered closely, for ten minutes. This simple and economical pudding can be accompanied by a suitable sauce or some hot jam.
TINNED PEACH PIE

4 oz. plain flour
3 teaspoonfuls butter or fresh margarine
1 egg
$\frac{1}{2}$ teaspoonful salt

4 oz. plain flour
1 teaspoonful Borwick's Baking Powder
$\frac{1}{2}$ gill milk
Tinned peaches
Lemon juice
$\frac{1}{2}$ gill cream

Make a paste with the first six ingredients, and line a greased deep pie-plate with it. Lay in it halves of tinned peaches, so that it is filled up. Sprinkle them with a little sugar and dot with three teaspoonfuls of butter or fresh margarine. Bake in a hot oven for twenty minutes, then mix together a teaspoonful of lemon juice and half a gill of cream, pour this over the fruit, and bake in a moderate oven for another ten minutes.

PINEAPPLE CIRCLES

Pineapple rings (tinned)
Cream filling
Pastry (see page 31)
Crystallized cherries

Roll out the pastry to a quarter of an inch thick, and cut it into rounds the same size as the pineapple rings. Place these rings on a baking-sheet, prick them well, and bake them. When cold, put them in pairs sandwiched with cream filling, place a pineapple ring on top of each sandwich, and fill up the centres of the rings with cherries, cut in halves or quarters.

PRUNE ROLL

1 lb. prunes
Lemon
6 oz. sugar

Pastry (see page 31)
Hard sauce

Soak the prunes all night, leave them in the soaking water and after adding six ounces of sugar, and cook for another quarter of an hour. Then let them get cold. Stone the prunes, and roll them up with a little of the lemon, in short crust pastry, making a long roll. Brush this over with melted butter or fresh margarine and bake in a moderate oven for an hour. After half an hour, baste the roll with the liquor in which the prunes were cooked. Serve with Hard Sauce, made as follows:—Cream three ounces of butter or fresh margarine, add gradually four and a half ounces of icing sugar, then cream again until the sauce is like thick whipped cream. The flavouring is added slowly and carefully just before serving, and if liked the sauce can be frozen a little by those who have refrigerators. Suggested flavourings are:—a teaspoonful of vanilla essence with a dash of grated nutmeg; a teaspoonful or more of brandy or rum, or a tablespoonful or more of sherry or port.
**PUMPKIN PIE**

2 1/2 breakfastcupfuls of cooked pumpkin pulp
1 pint milk
1 tablespoonful treacle
1 teaspoonful salt
1 teaspoonful butter or fresh margarine
1 teaspoonful cinnamon
1 teaspoonful ginger
Sugar
2 eggs
Pastry (see page 31)

Peel the raw pumpkin, remove the seeds and pith, and cut the flesh into small pieces. Cover these, and cook them in their own steam until they are tender, then take off the lid and “dry” the pumpkin well over the fire, being careful not to let it burn. Now rub it through a coarse sieve or colander, measure out two and a half breakfastcupfuls of the pulp, and add the milk, treacle, salt, butter, cinnamon and ginger. Sweeten to taste, and bind with two whole eggs when the mixture has cooled. Pour into an unbaked pastry flan case, and bake slowly for forty to fifty minutes.

**RAISIN PUDDING**

4 oz. butter or fresh margarine
3 dessertspoonfuls sugar
2 well-beaten eggs
1 1/2 pint milk
10 oz. plain flour
3 teaspoonfuls Borwick’s Baking Powder
1/2 teaspoonful salt
5 1/2 oz. raisins

Cream the butter or margarine and gradually add the sugar and then the eggs. Add milk alternately with the flour, which has been sieved with the salt and baking powder. Add the raisins, turn into a greased pudding basin and steam for an hour and three-quarters. Serve with whipped cream, sweetened and flavoured if you like with a little grated nutmeg.

American Recipes:

**BREADS, BISCUITS AND CAKES**

**BAKING POWDER BISCUITS**

3/4 lb. plain flour
3 level dessertspoonfuls fat
5 teaspoonfuls Borwick’s Baking Powder
About 1 1/2 gills to 1/2 pint milk, or half milk and half water
1 teaspoonful salt

Sieve the dry ingredients twice, and then work in the fat with the finger-tips. Add the liquid by degrees, mixing with a palette knife to a soft dough. Toss this on a floured board, pat it out and then roll it lightly to half an inch thick. Cut into biscuit shapes, and bake on a greased baking-sheet in a hot oven (450° Fahrenheit) for twelve to fifteen minutes.
CHOCOLATE COCONUT CAKES

2 oz. unsweetened chocolate  1 teaspoonful Borwick's
½ pint sweetened condensed milk  Baking Powder
About ½ lb. desiccated coconut

Having melted the chocolate, add it to the condensed milk with enough baking powder to hold the shape; add the baking powder, and shape in spoonfuls on a greased baking-sheet. Bake for ten to fifteen minutes in a moderately slow oven.

CINNAMON TOAST FINGERS

Cut some Baking Powder Bread or Milk Bread in slices three-quarters of an inch thick. Take off the crusts (which you can use for making browned breadcrumbs) and cut each slice into strips three-quarters of an inch wide. Toast on all four sides, roll the strips in melted butter or margarine, and then in a mixture of two tablespoonfuls of sugar to three teaspoonfuls of powdered cinnamon. Then bake the fingers in a hot oven until the sugar mixture is absorbed by the toast, which should take about five minutes. The fingers can be served as cakes at tea, or as an accompaniment to fruit dishes.

CORN BISCUITS

\[
\begin{align*}
\frac{1}{2} \text{ lb. plain flour} & \quad 2 \text{ oz. shortening (butter, margarine, lard or other suitable fats)} \\
3 \text{ teaspoonfuls Borwick's Baking Powder} & \quad 1 \text{ gill milk} \\
1 \text{ teaspoonful salt} & \quad \text{About a gill of tinned sweet corn}
\end{align*}
\]

Sieve the flour with the baking powder and the salt, and cut in the shortening (to which you have added the sweet corn well drained). When well mixed, stir in the milk until you have a soft but not sticky dough. Knead on a lightly-floured board until you have a smooth ball, and then roll lightly to half an inch thick, and cut in rounds. Bake these on an ungreased baking-sheet in a very hot oven for twelve to fifteen minutes, but before putting them in the oven, brush over their tops with melted butter or fresh margarine. If you want the biscuits to be tall and soft, put them close together on the sheet; if not, they should be spaced half an inch apart.

CREAM BISCUITS

\[
\begin{align*}
\frac{1}{2} \text{ lb. plain flour} & \quad 3 \text{ teaspoonfuls sugar} \\
2 \text{ teaspoonfuls Borwick's Baking Powder} & \quad \text{Scant half-pint medium thick cream} \\
1 \text{ teaspoonful salt} & 
\end{align*}
\]

Make in the same way as the Corn Biscuits above. The sugar is sieved with the flour, baking powder and salt, and the cream takes the place of both shortening and milk.
CURRANT CAKE
A pleasantly unusual Currant Cake can be made by adding six ounces of currants mixed with three teaspoonfuls of flour to the recipe for Two-Egg Cake on page 71.

DATE AND NUT CAKE
Follow the recipe for Two-Egg Cake (see page 71), adding two ounces of chopped dates and one ounce broken walnut halves.

DATE MUFFINS

| 2 tablespoonfuls shortening | ½ teaspoonful salt |
| ½ lb. plain flour | 1 well-beaten egg |
| 3 teaspoonfuls Borwick’s Baking Powder | A gill and a half of milk (about) |
| 2 tablespoonfuls sugar | 1 gill chopped dates |

Sieve the flour with the baking powder, salt and sugar, and then mix the dates in well. Mix the egg with the milk, and stir into the flour mixture just enough to blend them together. Add the shortening melted and cooled and mix well together. Bake in greased muffin-pans, two-thirds full, in a hot oven for twenty-five minutes. Serve hot.

FIG LAYER CAKE
Bake either One-Egg Cake or Two-Egg Cake in sandwich tins, and sandwich them together with Fig Filling, made as follows:—Put into a double saucepan in this order: half a pound of finely-chopped dried figs, 2½ oz. sugar, or perhaps less as this is rather sweet, a gill of boiling water, and three teaspoonfuls of lemon juice. When thick enough to spread, use for sandwiching the cake while the filling is still hot.

FRIED DROP CAKES

| 5½ oz. plain flour | 1 teaspoonful melted butter or fresh margarine |
| 2½ teaspoonfuls Borwick’s Baking Powder | 2½ oz. sugar |
| ¼ teaspoonful salt | 1 gill milk, scant |
| | 1 well-beaten egg |

Beat the egg until it is light, then add to it the milk, the dry ingredients sieved together and then the melted fat. Drop spoonfuls of this mixture into deep hot fat (370 degrees Fahrenheit) and fry them until light brown and cooked all through. Break the first one open to see how long it takes to cook through. Drain well when cooked.
PARKER HOUSE BISCUITS

\[
\begin{align*}
\text{1 lb. plain flour} & \quad 2 \text{ tablespoonfuls butter or fresh margarine} \\
4 \text{ teaspoonfuls Borwick's Baking Powder} & \quad 1 \text{ gill milk (about)} \\
\frac{3}{4} \text{ teaspoonful salt} &
\end{align*}
\]

Mix the dough as directed under *Corn Biscuits* (page 66), and having rolled it out to a quarter of an inch thick, cut it into rounds three or four inches in diameter. Spread each half of these rounds with butter or fresh margarine, fold the other half over to make a semi-circle, and bake in a hot oven for twelve to fifteen minutes. Serve them immediately they are baked.

PEANUT COOKIES

\[
\begin{align*}
3 \text{ dessertspoonfuls butter or fresh margarine} & \\
2 \text{ oz. sugar} & \\
1 \text{ well-beaten egg} & \quad 1 \text{ teaspoonful Borwick's Baking Powder} \\
1 \text{ teaspoonful} & \quad 1 \text{ gill finely-chopped peanuts}
\end{align*}
\]

Cream the butter or margarine and add the sugar and the egg. Sieve the flour with the salt and baking powder, and add to the first mixture. Finally add the milk, the lemon juice and the peanuts. Bake in spoonfuls on a greased baking-sheet, spacing the cookies an inch apart to allow for spreading, and garnishing each with half a peanut on the top. Twelve to fifteen minutes in a moderately slow oven will do them.

RICE GRIDDLECAKES

\[
\begin{align*}
1 \text{ breakfastcupful boiled rice} & \quad 3 \text{ teaspoonfuls sugar} \\
4 \text{ oz. plain flour} & \quad 1 \text{ or 2 well-beaten eggs} \\
3 \text{ teaspoonfuls Borwick's Baking Powder} & \quad \text{Scant half-pint milk} \\
& \quad 3 \text{ dessertspoonfuls melted shortening}
\end{align*}
\]

Sieve the flour with the baking powder and salt, and mix the egg or eggs with the milk, adding the rice. Beat the two mixtures together until smooth, then bake on a greased hot griddle or thick iron frying-pan.

SAVOURY BISCUITS

Make a dough as given in the recipe for *Parker House Biscuits* (above), roll out to a quarter of an inch thick, and cut in rounds an inch and a half in diameter. Spread half of these with a concentrated meat or vegetable extract, and cover with the rest of the rounds, so that each is as it were a little sandwich. Bake in a very hot oven, spaced an inch apart, for about twelve minutes or so. These biscuits are served with clear soup as a garnish, or as an accompaniment to a green salad.
**TWO-EGG CAKE**

- 4 oz. butter or fresh margarine
- ½ lb. sugar
- 2 eggs
- 1 gill milk
- 1 teaspoonful Borwick’s 
  **Vanilla Essence**

- ½ lb. plain flour
- 3 teaspoonfuls Borwick’s 
  **Baking Powder**
- A few grains of salt

Cream the butter or margarine and then add half the sugar by degrees. Beat until the mixture is light and then add to it the rest of the sugar which you have mixed with the well-beaten egg-yolks. Now sieve the flour with the baking powder and the salt, and add this to the first mixture alternately with the milk, beating thoroughly. Lastly add the vanilla and fold in the stiffly-beaten egg-whites. Bake in greased sandwich tins in a moderately hot oven for twenty-five minutes to half an hour.

**WASHINGTON PIE**

This is simply a Two-Egg Cake (above), sandwiched with loganberry jam and served in wedges.

**WHITE CAKE**

Follow the recipe for One-Egg Cake (page 68), substituting two stiffly-beaten egg-whites for the whole egg, and folding these well into the cake mixture.
MAKING GOOD FOOD
GO FURTHER

There are times in almost every kitchen when economy—for whatever reason—holds sway. And here Borwick's can help you, as the following recipes will show. It may, however, be noted first of all that Borwick's can help you to economize in at least three ways:—

A heaped teaspoonful of BORWICK'S BAKING POWDER can replace one of the eggs in making a cake. But you must add just a little more milk or water to take the place of the liquid in the egg.

By using an extra teaspoonful of BORWICK'S BAKING POWDER and only two-thirds the amount of margarine or other fat in making pastry, your fat will be saved.

The use of BORWICK'S BAKING POWDER will keep things fresh for a longer time, besides adding to their flavour, lightness and digestibility.

SUET

Let us see now how Borwick's can help us to economize in our daily dishes and make our food go further. First of all is suet. Here are four recipes:—

ROLY-POLY

Make the suet crust with three ounces of suet (instead of the usual four), half a pound of flour sieved with two teaspoonfuls of Borwick's and a quarter of a teaspoonful of salt, and a moistening of water. Roll it out, and spread it with minced fresh liver and a little bacon with a chopping of onion and parsley; or just plain bacon in thin slices, with or without chopped onion and parsley; or with the unrationed sort of sausagemeat; or with fresh kidney and a little bacon chopped together. Any of these stuffings should be well seasoned. Cooked flaked white fish can also be used, but it should be moistened with a little anchovy sauce.

KIDNEY DUMPLINGS (Illustration facing page 27)

Make a suet crust with half a pound of flour sieved with a rounded teaspoonful of Borwick's and a quarter-teaspoonful of salt, and three ounces of suet, mixing with water. Now take as many large onions as there are people to eat them, cut each in half, and scoop
out enough of the middle to hold a sheep's kidney cut in four. (You can blanch the onions a little first if you like, but it is not essential). Season the kidney with salt and pepper, join the halves together again, wrap them each in suet crust, and bake them on a greased tin in a moderate oven for about an hour. On no account must they be boiled. An admirable dish, especially for men.

**LEEK PUDDING**

All good cooks know how useful baking powder is in making pastry; it not only improves it, but saves on fat, too. But not even all good cooks realize that it has the same improving touch with suet crust. Make your suet paste, then, with three ounces of suet, half a pound of plain flour sieved with a good teaspoonful of Borwick's and a quarter of a teaspoonful of salt and a moistening of water, and line your pudding basin with it. Trim off the roots and outside leaves of half a dozen medium-sized leeks and, after washing them well, cut them into pieces an inch long. Fill the pudding with these, seasoning them with salt and pepper and put an ounce of butter or margarine on top. Put on the suet lid, cover and steam for three hours.

**VEGETABLE SUET ROLL**

Make some suet crust with three ounces of suet, half a pound of plain flour sieved with a good tablespoonful of Borwick's and a quarter of a teaspoonful of salt, and a moistening of water. Roll it out fairly thinly and lay on it three carrots, three small parsnips and a small turnip all minced very finely, and cover with three sliced potatoes. On these put a layer of sliced, skinned tomatoes (or smear with tinned tomato purée) and season to taste with pepper and salt. Roll up, tie in a cloth, and boil for three hours. It will need to have some good gravy handed with it.

**PASTRY**

Pastry, too, can play its part in eking things out; not only by enclosing meat or fish in a pie (and why not try sometimes a Fish Pie, especially one with a cheese sauce instead of a white one, with a pastry instead of a mashed potato top?), but by making a dish of vegetables more important and substantial. Here are several recipes for this sort of economical dish:

**ECONOMICAL PIE**

Make some short pastry with eight ounces of plain flour sieved with a rounded teaspoonful of Borwick's and a pinch of salt, three ounces of shortening fat, cold water and a few drops of lemon juice.
Line a plate or shallow dish with this, and fill it with a layer of raw thinly-sliced potatoes, then sliced onion, and then a little pickled pork. Season with pepper and a little salt, fill up with more onions and potatoes, cover with a lid of pastry, and bake for about an hour.

**ONION TART** *(Illustration facing page 26)*

Fill your pastry-lined dish or plate with half a dozen large onions finely minced and stewed in a little fat without browning, then cooled and drained and mixed well with two whole eggs beaten in a breakfast cupful of milk, and a seasoning of salt and pepper. Bake in a hot oven for about half an hour, when the pastry will be done and the onion mixture golden brown. Eat it hot. If you can manage it, try adding some small cubes of bacon to the onion mixture.

**MIXED VEGETABLE TART**

This is a particularly delicious dish. Line a dish with pastry made as above, and fill it with a layer of spinach purée, then a layer of chopped cooked leeks, and finally a layer of sliced cooked potatoes. Sprinkle a very little melted margarine or butter over the top, after having seasoned the potatoes well. Bake in a quick oven until the pastry is done and the top nicely browned. An alternative to this is to cover the potatoes with a thin layer of cheese sauce.

**MIXED VEGETABLE PIE**

For this attractive dish you will want as many different vegetables as you wish, the root vegetables being the simpler to deal with; potatoes, carrots, onions, turnips, and these should be cut into smallish cubes and parboiled either in water or, better still, in water some bacon or pickled pork has been cooked in (which must be diluted if too salt). Arrange these in layers in your pie-dish, interspersed if you like with quarters of hard-boiled egg, and sprinkled with salt, pepper and chopped parsley. Add enough stock to moisten (or if you prefer, make a nice white sauce with the stock), cover with pastry made as in the recipe above, and bake until the pastry is done.

**LEEK PIE**

Slice the white part of four leeks into quarter-inch rings and cut a few rings also off the green part nearest to the white. Put these into a basin, pour over enough boiling water to cover them, and leave them for twenty minutes. Drain, scald again in the same way, and drain at once. Put a layer of the leeks into a pie-dish, cover them with thin rashers of bacon or pickled pork, sprinkle with pepper, and repeat until the dish is full. Cover with pastry (eight
ounces of plain flour sieved with a rounded teaspoonful of Borwick's and a pinch of salt, three ounces of shortening fat, cold water and a few drops of lemon juice), and bake for an hour and a quarter. Then take off the crust and pour in a few spoonfuls of good milk (better, cream if you can get it), put on the top again, and bake for another ten minutes.

**BATTER**

Here is another manifestation of Borwick's Baking Powder which will come to the rescue of the deplenished larder. This example of a Prawn Pancake is a good one:—

**PRAWN PANCAKES** *(Illustration facing page 26)*

This is an expensive-looking but really quite cheap dish, which would do for a war-time dinner-party. Make some very thin pancakes with a mixture of four ounces of plain flour, a whole egg, a full teaspoonful of Borwick's and a pinch of salt (sieved with the flour), and half a pint of milk. The batter is improved if it is allowed to stand for at least an hour before being cooked. While the batter is standing, you will have cut up some prawns (fresh, tinned or from a glass) in small pieces, and bound them with a nice thick white sauce which can, if you like, be flavoured very discreetly with onion. Put some of the mixture on each pancake, and roll it up. Arrange them side by side in a long dish, sprinkle them with grated cheese, and brown them very quickly in the oven or under the grill.

Good cooks will realize how many different ways there are of varying savoury pancakes. The simplest is a plain pancake, seasoned with salt and pepper, and sprinkled with grated cheese and melted margarine after cooking. Slightly more elaborate ones are stuffed with a variety of mixtures; meat or fish bound with a suitable sauce (in fact, any mixture you would use for croquettes), and if you think the pancakes will be a little dry by themselves, you can always serve them masked by some of the sauce used in the mixture, only rather more diluted, and if the sauce is a suitable one the dish can be sprinkled with cheese, as in the case of the Prawn Pancakes, and the top browned quickly in the oven or under the grill.

Savoury Batters of various kinds are also helpful in these emergencies. We have made a number of these as impromptu dishes when necessity demanded, and they are all quite simple to make: for instance, by adding to the batter mixture (for which a recipe is given in page 34—under Yorkshire Pudding Batter) some chopped ham or cooked bacon, some finely-chopped and
lightly-fried onions, and chopped parsley or mixed herbs, and then baking in the usual way. Our old friend, the Toad-in-the-Hole, is an example of this kind of economical cooking. Try this recipe:—

**SAVOURY BATTER** *(Illustration facing page 27)*

First of all, we cut up some streaky rashers of bacon into very thin strips and again into tiny cubes. We chopped some parsley, and minced some onion, not too much, very, very finely. These we mixed with the plain batter, which had been made with four ounces of plain flour, an egg, half a pint of milk, and half a teaspoonful each of salt and of Borwick’s first sieved with the flour. The batter should have been left for an hour before we used it, but there wasn’t time. Just over half an hour in a hot oven produced one of the nicest dishes we have tasted. And just think what an opportunity for using any left-overs in this savoury way, instead of the bacon.

**VEGETABLES**

Vegetables can be used with great advantage to make a separate course with the use of Borwick’s Baking Powder, and examples have already been given in the recipes in the foregoing pages of this chapter.

To these we may add:—

**POTATO CAKES** *(Illustration facing page 75)*

Boil some floury potatoes in their jackets, skin them while still hot and rub them through a sieve. Measure out three-quarters of a pound of the sieved potato. Now sieve half a teaspoonful of Borwick’s and a pinch of salt with six ounces of flour, and rub in two ounces of margarine or butter. Add the potato to this mixture, mixing well and adding enough milk to make a firm paste. Roll this out on a floured board to half an inch thick, cut into rounds, and bake quickly on a greased baking sheet. They should be served hot.

**SWEET CORN FRITTERS**

These will come in useful when we are racking our brains for something unrationed. Beat up two eggs and add them to two tablespoonfuls of plain flour with a good teaspoonful of Borwick’s and a seasoning of salt and pepper. Add the drained and washed contents of a half-pint of sweet corn, and beat to a stiff batter. Drop tablespoonfuls into deep hot fat and, when golden brown, drain and serve. These are very good to eat with roast chicken, and useful for eking it out, too.
BORWICK'S SAVOURY POTATOES

4 large cooked Potatoes; 8 tablespoons of Plain Flour; 1 teaspoonful of Salt; a little Pepper; Milk to mix; 2 teaspoonfuls of Borwick's Baking Powder.

Illustration facing page 75.

There are, of course, a large number of other ways in which kitchen economies can be effected by good cooks, and here are some recipes that will illustrate them. Bread, for instance, can be made admirably with Borwick's Baking Powder instead of yeast.

BAKING POWDER BREAD

1 lb. Plain Flour; ½ teaspoon Salt; 3 heaped teaspoons Borwick's Baking Powder; ¾ pint Milk.

MILK ROLLS

8 oz. Plain Flour; 1 oz. Margarine; 1 oz. Sugar; Milk to mix; 2 heaped teaspoonfuls of Borwick's Baking Powder.

Illustration facing page 11.

NUT LOAF

2½ cups Plain Flour; ¼ cup Sugar; ½ teaspoonful Salt; ½ cup of Chopped Nuts; 1 Egg; ¼ cup of Milk; 4 level teaspoonfuls of Borwick's Baking Powder.

Illustration facing page 59.

FARMHOUSE APPLE CAKE

8 oz. Plain Flour; 1 oz. Margarine; 1 tablespoon of Sugar; Milk to mix; ½ teaspoonful of Salt; 2 teaspoonfuls of Borwick's Baking Powder.

Filling—

1 lb. Apples; 1 oz. Brown Sugar; 2 Cloves.

Illustration facing page 75.

Mash the potatoes with a fork. Sift flour, Borwick's and seasoning. Work potatoes into the flour and mix to a stiff dough with a little milk. Roll out and cut into neat squares, fry in hot dripping. Served hot with bacon, beans or any bottled sauce, this makes an excellent supper dish.

Sift the flour, baking powder and salt. Stir in the milk to make a soft dough. As flour varies in the amount of liquid it absorbs a little water may need to be added to get the right consistency. Form into a loaf and place in a warm tin, bake in a hot oven for 1 hour (control 7).

Sift flour, salt and Borwick's. Rub in the fat, add sugar. Mix with milk to a soft elastic dough. Roll out and cut in strips 3 in. by 2 in. Damp with water and roll up. Brush with milk, and bake on a greased baking tin in a hot oven 30 mins. (control 7).

Sift flour, salt and Borwick’s. Add all dry ingredients. Beat egg and milk and add to dry ingredients. Turn into a greased baking tin, stand for 20 minutes. Bake in a moderately slow oven for about 1 hour.

Sift flour, salt and Borwick’s. Rub in the fat, add sugar and mix to an elastic dough with milk. Divide the pastry into two pieces, one portion slightly larger than the other. Roll out the pastry to the size of an enamel plate. Place the smallest round on the greased plate. Fill with sliced apple, cloves, brown sugar, and cover with the remaining paste. Decorate the edges with a fork, brush with a little milk and sprinkle with sugar to give a glaze. Bake in a moderate oven for 45 minutes and serve hot. (This cake is excellent made with blackberries or redcurrants).
BANANA SHORTCAKE (Illustration facing page 10) is delicious and nourishing, too.

Sieve together half a pound of plain flour, four teaspoonfuls of Borwick’s, half a teaspoonful of salt and three teaspoonfuls of sugar. Then mix in two ounces or a trifle more of butter or margarine, and moisten gradually with three gills of milk. Put the mixture on to a floured board, divide it in half, pat these into shape, roll them out and put one into a round sandwich tin. Spread this very lightly with more fat, and put the other half on top. Bake for twelve minutes in a hot oven, take out, split the cake in half, across, with a fork, and when cold spread between the two halves some sliced bananas sprinkled with lemon juice and sugar. You will have to be content with this much, I expect, but in normal times the whole thing would be surmounted by a layer of whipped cream.

IRISH CAKES
(Using sour milk instead of milk).

The call of hot scones for tea is sometimes quite irresistible, and here are some very simple ones which were a favourite of my childhood. Sieve half a pound of plain flour with a good teaspoonful of Borwick’s and a little salt, rub into it two ounces of lard, and mix with a little milk. Roll out and cut with a small tin or tumbler into rounds. Bake in the oven until done, which will take about a quarter of an hour.

Remember, too, that a very simple pudding will taste all the different for a good sauce: here is an example of the simplest kind.

RAILWAY PUDDING

Sieve together four ounces of plain flour, two of ground rice, a pinch of salt and one and a half rounded teaspoonfuls of Borwick’s. Rub in three ounces of margarine, then add four ounces of sugar or a little less, and two eggs beaten with a tablespoonful of milk. Mix well together and bake in a greased pie-dish for half an hour to forty minutes. And now for one or two sauces.

HONEY SAUCE

Stir a teaspoonful of cornflour in three teaspoonfuls of melted butter until smooth, then add half a gill of honey, and cook together for five minutes.

MELBA SAUCE

(which is the sauce you use for the famous Peach Melba).

Crush a breakfastcupful of tinned raspberries, and strain them so as to remove seeds. Add half a teacupful of sugar, and cook until it is a thick syrup.
FRUIT SAUCE
Other tinned fruit can be treated in the same way as on page 78.
And remember that tea-time is often enhanced by something quite out of the way like these griddlecakes.

GRIDDLECAKES
Sieve together half a pound of plain flour, a teaspoonful of salt, and three teaspoonfuls each of sugar and Borwick's. Mix a well-beaten egg with just over half a pint of milk, add the flour mixture, and beat until smooth. Then add a tablespoonful and a half of melted margarine or butter. Pour this batter from a narrow-mouthed jug on to an ungreased hot iron frying-pan, and turn the cakes once during cooking, before they are dry on top. You can't go wrong; that's the joy of it, for you can actually watch them cooking. This recipe will make two dozen small cakes.

And last of all, here is a delicious savoury dish for those who have a waffle-iron, and one for those who haven't:

CHEESE WAFFLES (Illustration facing page 74)
Cheese is very good for you, and can be served instead of meat occasionally. There is no need why our waffle-iron, if we have one, should lie idle during the war, and here is a savoury and nourishing dish, light enough for the lightest luncheon or supper. Mix and sieve half a pound of plain flour three teaspoonfuls of Borwick's, and half a teaspoonful of salt. Mix well together three egg-yolks and just over a gill and a half of milk, add this to the flour mixture and beat until smooth. Then add two ounces of butter or margarine, six ounces of grated cheese, and fold in the stiffly-whisked whites of the eggs. Bake in a hot waffle iron. This mixture should make about six waffles, so it is not expensive.

CHEESE BISCUITS (Illustration facing page 74)
Sieve two breakfastcupfuls of flour with four teaspoonfuls of Borwick's, and mix them with six ounces of grated cheese. Add to this half a teaspoonful of salt and, if you like, the same amount of mustard flour. Then rub in two tablespoonfuls of butter and moisten with yolk of egg and milk until you have a stiff paste. Roll this out to about a quarter of an inch thick, stamp into rounds, and bake in a quick oven. These biscuits are all the better for being cooked immediately after they are made. A touch of cayenne may be added, if desired, or substituted for the mustard.
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</table>
\[ \frac{1}{2} \text{ lb. flour.} \]
\[ 4 \frac{1}{5} \text{ oz. marg.} \]
\[ 1 \text{ egg.} \]
\[ 3 \text{ tbsp. chocolate powder.} \]
GOOD COOKS
USE "BORWICK'S"

COMPILED BY
AMBROSE HEATH