Try These Recipes : with the Compliments of
Brown and Polson

Brown and Polson (Ireland) Ltd.

Follow this and additional works at: http://arrow.dit.ie/culhispm

Part of the Other Food Science Commons

Recommended Citation
http://arrow.dit.ie/culhispm/28
TRY THESE RECIPES

With the Compliments of

Culinary History Pamphlets

BROWN & POLSON (IRELAND) LIMITED
Makers of Fine Food Products
CORNFLOUR RECIPES:

CATHERINE WHEELS.

6 oz. plain flour.
1 level teaspoon Raisley Baking Powder.
3 oz. butter.
3 oz. sugar, 1 egg.
2 teaspoonsful cocoa.
cochineal or carmine.

Sieve the flour, baking powder and cornflour together, rub in the fat, add sugar. Put one-third of this mixture into a basin. Add just enough beaten egg to make a firm dough, then set aside. Divide the remaining mixture into two portions. To one portion add 2 teaspoonsful cocoa and sufficient beaten egg to bind. Add a few drops of cochineal to the remaining egg and use to bind the remainder of the flour mixture.

There should now be three pieces of dough, one white, one chocolate and one pink.

Roll each piece into an oblong shape about ¼" thick. Place the plain strip on top of the pink, and cover the plain with the chocolate strip. Press the three layers together, then trim the edges and roll up, keeping the roll as tight as possible. Cut into slices ¼" in thickness. Place on a lightly greased tray and bake 10-15 minutes in a moderate oven. Regulo 3. Temperature 350°F.

FEATHERY BISCUITS.

6 oz. plain flour.
1 level teaspoon Raisley Baking Powder.
3 oz. butter.
3 oz. sugar.
1 egg.
Little jam or curd.

Sift the flour, cornflour and baking powder together. Cream the fat and sugar, then add the flour mixture alternately with the beaten egg. Knead well with the hand to make a smooth firm dough. Roll out thinly and cut into rounds 2½"-3" in diameter with a plain cutter. Place on a lightly greased baking tray and bake in a moderate oven—Regulo 4, Temp. 375°F. until a golden colour.

Lift on to a cooling tray and when quite cold sandwich two together with a little jam or curd. Cover each biscuit carefully with a thin coating of glace icing. Then before it has set, pipe a simple pattern circles or cross lines in a contrasting colour. Take a sharp pointed instrument—a needle or pin—and draw the point across the lines at right angles. This should give a feathery appearance.
COFFEE WALNUT BISCUITS.

4 oz. butter.
3 oz. sugar.
7 oz. plain flour.
1 level teaspoon Raisley Baking Powder.
1 tablespoonful coffee essence diluted with 1 tablespoonful milk.
Few walnuts for decoration.

Cream the fat and sugar together thoroughly. Sieve the flour, cornflour and baking powder together and work into the creamed mixture alternately with the coffee essence and milk. Knead well into a firm dough then roll out thinly. Cut into rounds with a fluted cutter and place a halved walnut in the centre of each biscuit. Bake until lightly browned in a slow oven—Regulo 3, Temperature 350°F.

DATE AND WALNUT LOAF.

10 oz. plain flour.
6 oz. sugar.
1 oz. butter or lard.
2 lb. stoned dates.
2 oz. shelled walnuts.
½ teaspoonful salt.
1 teaspoonful bicarbonate of soda.
1 egg.
½ pint boiling water.

Sift flour, cornflour and salt together. Rub in the fat lightly. Add sugar, dates and walnuts, chopped finely. Add beaten egg and lastly the boiling water in which the soda has been dissolved. Put into a greased bread or cake tin—leave to rise for 10 minutes and bake in a moderate oven about ¾ hour—Regulo 6, Temperature 425°F.

Note. This is best left for a day or two and then served in thin slices with butter.

LEMON FLUFFS.

2 lemons.
1 pint water.
3 tablespoonsful sugar.
1 egg.
2 heaped tablespoonsful Brown & Polson Cornflour.

Pare lemon rind thinly and boil with the water and sugar for 5 minutes. Strain, and return to the pan. Mix the cornflour smoothly with the lemon juice. Add to the water in the pan, stirring well, and cook for 3 minutes. Remove from the heat and allow to cool a little. Beat in the egg yolk and fold in the stiffly beaten egg white. Turn into wetted moulds (individual ones for choice) and leave to set. Turn out and decorate as liked with angelica, whipped cream, etc.
PRAWN PATTIES.

\[ \frac{1}{2} \text{ lb. rough puff, or flaky pastry.} \]
\[ \frac{1}{2} \text{ pint milk.} \]
\[ 3 \text{ teaspoonsful Brown & Polson Cornflour.} \]
\[ 1 \text{ oz. butter.} \]

Seasonings.

Lemon juice, \( \frac{1}{2} \) pint prawns.

Roll the pastry to about \( \frac{3}{4} \)\" in thickness, stamp out rounds with a 3\" plain cutter. Mark the centre of each carefully with a \( 1\frac{1}{4} \)\" plain cutter. Brush over with egg or milk and bake in a hot oven—Regulo 9, Temperature 475°F. for the first 10 minutes, then reduce to Regulo 6, Temperature 425°F. till the cases are cooked.

To make the filling.

Melt the fat in a pan, add the cornflour and mix well. Add the milk, stirring till the sauce boils and thickens. Cook for 3 minutes, then add seasonings, lemon juice and prawns.

Prepare the pastry cases by cutting out the centre piece with a sharp-pointed knife. Fill with the prawn mixture and replace the lid.

---

RAISLEY BAKING POWDER RECIPES.

GARIBALDI BISCUITS.

7 oz. plain flour.
1 level teaspoon Raisley Baking Powder.
2 oz. butter.
3 oz. sugar.
3 tablespoonsful currants.

Water.

Sieve flour, Raisley Baking Powder and Cornflour together. Rub in the butter, add sugar and currants. Mix to a firm dough with water. Roll out thinly, cut into squares. Put on to a lightly-greased baking tray and prick well. Brush lightly with milk or water and sprinkle with sugar.

Bake 15-20 minutes in a moderate oven—Regulo 3, Temperature 350°F.

CHOCOLATE CAKE.

6 oz. butter.
4½ oz. sugar.
4 oz. plain flour.
1 teaspoonful Raisley Baking Powder.
3 oz. chocolate powder.
2 eggs.

Cream butter and sugar well. Sift flour, cornflour, chocolate powder and Raisley together and add to the creamed mixture alternately with the beaten eggs. Add a little milk if necessary.
CHOCOLATE CAKE—contd.
to make a fairly soft mixture. Put into a greased cake tin and bake about 1 hour in a moderate oven—Regulo 4, Temperature 375°F. When cold, split through the centre and spread with a layer of whipped cream or butter cream. Ice with chocolate glacé icing.

Butter Cream.
4 oz. sifted icing sugar, 2 oz. butter, few drops vanilla essence.
Beat all well together till soft and creamy.

Chocolate Glacé Icing.
6 oz. icing sugar, 1 tablespoonful cocoa.
Sieve together and add enough milk to give a coating consistency.

BROWNIES.
2 eggs.
6 oz. sugar.
3 oz. butter, melted.
2 oz. cocoa.
3 oz. plain flour.
1 teaspoonful Raisley Baking Powder.
3 oz. chopped nuts.
½ teaspoon vanilla essence.

Beat the eggs well, add sugar, and beat again. Mix the melted butter and cocoa together and pour into the egg mixture. Add the flour, cornflour and Raisley all sifted together and the nuts, leaving about 2 tablespoonsful.
Pour into a shallow tin which has been greased and floured. Brush over with egg white and sprinkle with the remaining nuts. Bake in a moderate oven—Regulo 4, Temperature 375°F., about ¾ hour.
Mark into squares whilst hot and remove from the tin when cool.

FAMILY CAKE.
7 oz. plain flour.
2 level teaspoons Raisley Baking Powder.
4 oz. butter.
4 oz. sugar.
2 oz. currants.
1 oz. sultanas.
1 egg.
Little milk.

Sift flour, cornflour and baking powder together. Rub in the butter, add sugar and fruit. Add well-beaten egg and enough milk to make a fairly stiff consistency.
Put into a greased cake tin (1-lb. size) and bake about 1-¼ hours in a moderate oven—Regulo 4, Temperature 375°F.
HONEY COOKIES.

7 oz. plain flour.
1 level teaspoon Raisley Baking Powder.
1 level teaspoon bicarbonate of soda.
Pinch of ground cinnamon, ground cloves.
Pinch of mixed spice and grated nutmeg.
1 oz. chopped almonds.
2 oz. chopped mixed peel.
2½ oz. honey, 2½ oz. sugar.
1 tablespoon water.
1 oz. melted butter.
1 small egg.

Sieve flour, baking powder, bicarbonate and spices together. Add chopped almonds and mixed peel. Heat honey, sugar and water together until melted. Add to the dry ingredients with melted butter and beaten egg. Mix all well together, then leave overnight in a very cool place.

Roll out, about ½”-1” in thickness and cut into fancy shapes. Bake about 15 minutes in a moderate oven—Regulo 4, Temperature 375°F.

SEMOLINA RECIPES.

ALMOND FINGERS.

6 oz. plain flour.
1 level teaspoon Raisley Baking Powder.
4 oz. sugar.
4 oz. butter.
½ teaspoon almond essence.
1 egg, apricot jam.
1½ oz. blanched almonds.

Mix flour, baking powder, semolina and sugar together. Rub in butter. Mix almond essence with the beaten egg and add to the dry ingredients to make a stiff paste. Roll out half the mixture and line the bottom of a greased swiss roll tin. Spread with jam, roll out rest of mixture and lay on top of jam. Split the almonds and place in rows or from side to side on top. Mark into fingers and bake in a moderate oven 20 mins.—Regulo 4, Temperature 375°F. Leave in the tin until cold, then cut into fingers.

SEMOLINA BISCUITS.

5 oz. plain flour.
1 level teaspoon Raisley Baking Powder.
½ teaspoon ground cinnamon.
4 oz. butter.
4 oz. sugar.
1 small egg.
SEMOLINA BISCUITS—contd.
Sift flour, semolina, baking powder and cinnamon together. Rub in the fat, add sugar. Add enough egg to bind. Roll out on a floured board to about \( \frac{1}{8} \)". Cut into biscuit shapes, sprinkle with sugar and bake about 15 minutes in a moderate oven—Regulo 4, Temperature 375°F.

CHOCOLATE WHIP.

3 tablespoonsful Brown & Polson Semolina.
1 level dessertspoon cocoa.
1 pint water.
2 oz. sugar.
1 oz. butter, 2 eggs.
\( \frac{1}{2} \) teaspoon Vanilla essence.

Mix the semolina and cocoa together. Put the water on to heat, sprinkle in the semolina and bring to the boil stirring. Add sugar and butter and cook until the mixture looks transparent. Cool a little, add egg yolks and flavouring. When nearly cold fold in stiffly-beaten egg white.

Serve piled in individual glasses and decorate as liked.

SEMOLINA PUDDING.

1 pint milk.
2 tablespoonsful Brown & Polson Semolina.
1 tablespoonful sugar.
1 egg.
Little jam.

Heat the milk, sprinkle in the semolina, stirring well and cook very gently for about 5 minutes. Cool slightly, add the egg yolk and sugar and mix well. Pour into a lightly-greased pie dish. Spread a layer of jam on top. Beat the egg white stiffly, add an extra tablespoonful sugar and pile on top of the pudding. Put into a very moderate oven to set and brown the meringue.

FLAVOURED CORNFLOUR RECIPES.

NEAPOLITAN BLANCHEURGE.

Make up \( \frac{1}{2} \) pint Brown & Polson Strawberry-Flavoured Cornflour according to the directions, and pour into a 1\( \frac{1}{2} \) pint mould previously rinsed out with cold water. Leave to cool.

Then make up \( \frac{1}{2} \) pint of Vanilla-Flavoured Cornflour in the same way and pour carefully into the mould.

When cool, add a final layer of Raspberry-Flavoured Cornflour and leave the whole to set.

Turn out carefully.
APPLE CREAM.

1 lb. cooking apples.
\( \frac{3}{4} \) pint water.
3-4 oz. sugar.
1 oz. butter.
Squeeze lemon juice.

Peel and core the apples and cook with the water and sugar till tender. Add butter and lemon juice and beat up well. Measure the quantity of puree and make it up to 1\( \frac{1}{2} \) pints with water.

Mix the flavoured cornflour smoothly with a little cold water. Add to the puree, stir till boiling and boil for 3 minutes. Turn into a wetted mould and leave to set.

Decorate as liked and serve with cream or custard.

VANILLA CRISPS.

6 oz. plain flour.
1 level teaspoon Raisley Baking Powder.
4 oz. butter, 4 oz. castor sugar.

Sift flour, flavoured cornflour and baking powder together. Cream the butter and sugar thoroughly and work the flour mixture into it, making a stiff paste. A little milk can be added if necessary. Roll out thinly, cut into biscuit shapes. Put on to a lightly-greased baking tray and bake about 15 minutes in a moderate oven—Regulo 4, Temperature 375°F.

VANILLA AND CHOCOLATE CREAM.

3 dessertspoonsful sugar.
1 pint milk.
1 dessertspoonful cocoa.
1 teaspoonful butter.

Using half the packet of flavoured cornflour (3 level dessertspoons), 1 dessertspoonful sugar, and \( \frac{1}{2} \) pint milk, make a blancmange as directed, and stir in half the butter whilst the mixture is hot. Pour into a 1 pint mould previously rinsed with cold water.

To the rest of the flavoured cornflour add the cocoa and make up a chocolate mixture in the same way, with the rest of the ingredients.

Pour carefully into the mould and leave to set.
CORNFLAKE RECIPES.

CORNFLAKE MERINGUES.

- 2 egg whites.
- Pinch of salt.
- 3 oz. castor sugar.
- 1½ oz. chopped nuts.

Add a pinch of salt to the egg white and beat very stiffly. Fold in the sugar, cornflakes and chopped nuts. Put in small heaps on a baking sheet covered with lightly-oiled greaseproof paper.

Bake about 1 hour in a very slow oven—Regulo 2, Temperature 325°F.

CORNFLAKE TRUFFLES.

- 2½ oz. cocoa.
- 1 lb. icing sugar.
- 1 egg white.
- 3 tablespoonsful unsweetened evaporated milk.
- 1 oz. desiccated cocoanut.

Mix the cocoa, sieved icing sugar and cornflakes together. Stir in the evaporated milk and lastly the stiffly-beaten egg white. Shape into small balls and roll in cocoanut. Put on to a tray and dry off in a warm place.

DATE AND CORNFLAKE CRUNCHIES.

- ½ lb. dates, stoned and chopped.
- 1 level teaspoon ground cinnamon.
- About 2 tablespoonsful sweetened condensed milk.

Mix the cornflakes, dates and cinnamon together and add enough condensed milk to bind. Put on to a greased tin in small pyramid shapes and bake about 15 minutes in a moderate oven—Regulo 4, Temperature 375°F.

WHEATFLAKE RECIPES.

GINGER CRISPS.

- 5 oz. plain flour.
- 1 level teaspoon Raisley Baking Powder.
- 1 oz. sugar.
- 2 oz. butter.
- 2 level teaspoons ground ginger.
- 2 level tablespoons syrup.
GINGER CRISPS—contd.

Sift flour, baking powder and ground ginger together. Add wheatflakes and sugar. Melt the butter and syrup together, and add to the other ingredients, kneading all well together.

Roll out thinly, cut into rounds and put on to a lightly-greased baking tray. Prick well and bake about 15 minutes in a moderate oven—Regulo 4, Temperature 375°F.

DIGESTIVE BISCUITS.

6 oz. plain flour.
1 level teaspoon Raisley Baking Powder.
3 oz. butter.
½ oz. sugar.
Milk to mix.

Sift flour and baking powder together, rub in the fat, add sugar and mix to a firm dough with a little milk. Turn on to a floured board. Knead lightly and roll out thinly. Cut into diamond shapes, put on a lightly-greased baking tray and bake about 15 minutes in a moderate oven—Regulo 4, Temperature 375°F.

WHEATFLAKE SHORTIES.

4 oz. butter.
4 oz. sugar.
4 oz. flour.

Cream butter and sugar thoroughly. Add flour and wheatflakes and knead all well together. Press into a greased tin and bake about 20 minutes in a moderate oven—Regulo 4, Temperature 375°F.

Mark into pieces whilst hot and leave in the tin till cool.