

OATMEAL

Oatmeal is such an important food that the Government has undertaken to subsidise it. There are plentiful supplies of Oatmeal and rolled oats at a price which is now within the reach of all.



SCOTLAND gives us oatmeal, the most valuable of all our cereals, more nourishing even than wholemeal flour. Oatmeal is one of the simple foods on which our forefathers lived and thrived. The cakes that King Alfred burned were, in all probability, oaten cakes and for many a century oatmeal played an important part in the countryman's diet. During the last hundred years other cereals have tended to oust it from the Englishman's table but to-day it is coming into its own again.

Why is oatmeal valuable? Because it not only builds our bodies and gives us energy but also helps to protect us from illness. Oatmeal contains even more of that elusive vitamin B1. than wholemeal bread and far away more than white flour. That is one reason why it is a 'protective food.' Another is that it gives us the elements that make bone and blood.

What can we make with oatmeal? Porridge and oatcakes certainly, but there are many other ways of using it. It is excellent when added to many meat and vegetable dishes and can be used to thicken soups and stews. It makes a delicious stuffing for meat and poultry. Fish, especially herrings, are very good cooked in oatmeal. It can replace some of the white flour in scones, cakes, biscuits and puddings. Last but not least, oatmeal water is a refreshing drink.

Choose medium oatmeal or rolled oats for porridge, biscuits, and puddings. Fine oatmeal is excellent for coating fish and rissoles, while the coarse is usually preferred for stuffings. When making scones and bread you will need some flour to supply the necessary gluten.

Don't forget that oatmeal contains fat so that it will not keep indefinitely. It will keep for a month or two if stored in a tightly lidded container, but take care to use it all up before you put in a new supply.

Recipes

Porridge

2 ozs. medium oatmeal, 1 pint water, pinch of salt

Bring the water to the boil, add the salt and sprinkle in the oatmeal slowly, stirring all the time and taking care not to let the water go off the boil. Boil and stir for 5 minutes, then simmer for 45 minutes, stirring occasionally.

If you have a double saucepan cook your porridge in it. It can be left to cook by itself with only a very occasional stir.

A hay-box is also excellent for porridge. After the first 5 minutes boiling, put your saucepan in the hay-box and leave for at least 1½ hours, or all night if you prefer. Heat up before serving.

In Scotland, oatmeal porridge is sometimes cooked for a few minutes only and where this type of porridge is liked it certainly saves fuel. Another good method is to mix the oatmeal to a paste with the cold water, let it stand over night and then cook for 15 minutes only.

Out Cakes **Traditional Recipe**

Mix 1 lb. of oatmeal with some lukewarm water to form a stiff dough. Add a pinch of salt. Roll out thinly, bake on a griddle or on iron plates placed over a slow fire for three or four minutes, then place before the fire to harden. Keep the oatcakes in a dry place and they will be good for months.

Out Cakes

8 ozs. oatmeal 1 tablespoonful dripping
1½ ozs. self-raising flour ½ teaspoonful salt
 some boiling water

Mix the oatmeal, flour and salt together. Add melted dripping and enough boiling water to bind. Knead the dough until free from cracks. Roll out as thinly as possible on a board sprinkled with oatmeal. Cut into triangles and bake on a greased tin in a fairly hot oven.

Oatmeal Scones or Farls

1 lb. oatmeal 2 or 3 ozs. margarine
¼ lb. self-raising flour a small teaspoonful salt
 about ½ pint of new milk

Put the oatmeal, self-raising flour and salt into a bowl. Rub in the margarine with the tips of the fingers. Mix to a very stiff dough with the milk. Knead lightly on a floured board till smooth. Roll out about half an inch thick then cut into triangle shapes. They can be baked either on a greased griddle or in a hot oven.

Oatmeal Biscuits

7 ozs. oatmeal	1 egg
5 ozs. wholemeal flour	3 ozs. sugar
4 ozs. margarine	1 tablespoonful milk
1 teaspoonful baking powder	a pinch of salt

Mix the oatmeal, wholemeal, sugar and salt together. Rub in the margarine. Mix to a stiff dough with the beaten egg and milk. Roll out very thinly on a slightly floured board. Cut into shape with a round cutter and bake on a greased baking tin in a fairly hot oven.

Brose

Prepare and slice a turnip and a few carrots, or any other vegetables you have. Put in a pan with a meaty bone, cover with water and boil until tender.

Put one handful of oatmeal into a bowl (a separate bowl is required for each person) add a pinch of pepper and salt and a small piece of margarine. Now add a ladleful of stock while still boiling, and stir. The amount of stock may be varied to suit the individual taste.

The vegetables can be eaten as a second course and the remainder of the stock used for soup the following day.

Oatmeal Bread

2 breakfastcups fine oatmeal	2 breakfastcups of sour milk
2½ breakfastcups flour	(or buttermilk if obtainable)
½ teaspoonful salt	1 teaspoonful bicarbonate of soda

Steep the oatmeal in the sour milk or buttermilk overnight. Sift the flour, salt and bicarbonate of soda together and stir into the oatmeal until you have a stiff dough. If necessary add a little more sour milk. Turn on to a floured board and knead lightly till smooth. Roll out about two inches thick, cut into four and bake in a moderate oven for 25 minutes.

Mealy Pudding

1 breakfastcupful medium Scotch oatmeal (½pt.)	1 large onion or 2 leeks
3 ozs. chopped suet	black pepper and salt
	cold water

Chop the onion or leeks finely and blend well with the oatmeal, suet, pepper and salt. Mix with a pint of cold water. Put into a greased basin, leaving plenty of room to swell, and steam for 3 hours. Turn out and eat hot or cold.



Oatmeal Stuffing

3 ozs. coarse oatmeal 1 teaspoonful mixed sweet herbs
2 ozs. breadcrumbs 1 teaspoonful chopped parsley
salt and pepper 1 onion (if possible) grated
1½ teacups water pinch of mace, if liked

Boil the oatmeal in the water for 30 minutes. Mix well with the rest of the ingredients. Bind with a little melted dripping if necessary. Useful for meat, fish or poultry.

Baked Herrings and Oatmeal Balls

4 herrings For the oatmeal balls:
4 level tablespoonfuls oatmeal
1 level tablespoonful fat
1 small onion or 2 leeks finely chopped
salt and pepper and a sprinkling of mixed herbs

Wash and clean the herrings. Mix the oatmeal, chopped onion or leeks, salt and pepper and seasoning in a bowl and pour in the melted fat. Make into a stiff dough, adding a little milk if necessary, and form into small balls. Melt a little fat in a baking dish, put in the herrings with the oatmeal balls round them and bake in a moderate oven for 20-30 minutes.

This stuffing can be used with meat or poultry and is particularly good with boiled chicken. (Enough for 4).

Oatmeal Water

3 pints water 2 ozs. oatmeal ½ oz. sugar

Boil the ingredients together. Do not strain. Shake well before drinking. This can be diluted if necessary, but the water added should be boiled first.

For Thickening Soups and Stews

To two pints of soup or stew add 1½-2 ozs. of oatmeal. This should be added to the soup or stew about 30 minutes before serving. Fine, medium or coarse oatmeal may be used.

Oatmeal Hint

Toast medium or fine oatmeal on a tin in the oven, or beneath the grill, till golden. This makes it tasty and digestible for sprinkling over fruit, stewed or fresh, individual sweets in the same way as chopped nuts.



MINISTRY OF FOOD