

*Acton*

# Suggestions for **BREAKFASTS**

A good breakfast EVERY DAY is the first rule in the book of health.



Get up early enough to enjoy breakfast without hurry. A cup of tea and a morsel of toast gulped down with one eye on the clock is no use to anyone. Breakfast is an important meal for all of us, but especially important for growing school children and young factory workers.

You cannot serve pre-war meals today, but here are some suggestions for a good breakfast. Some of these dishes will be nice for high tea also.

## **ALL RECIPES ARE FOR 4 PERSONS**

### ***Omelette***

6 dried eggs (reconstituted)  
salt and pepper  
small knob fat

This quantity will make one large omelette or, if a medium sized frying pan is used, four small omelettes.

Beat eggs very well, add seasoning. Pour into very hot fat, stir until egg begins to set, when firm fold into crescent shape.

### **VARIATIONS**

- 1** Add 2 oz. of finely grated cheese either to the egg before cooking or fold it in the omelette just before serving.
- 2** Add 8 oz. hot cooked root vegetables or 4 oz. grated raw vegetable to the egg mixture. If the raw vegetable is added the omelette will require rather longer cooking.
- 3** Add sliced tomato or onion. Either fry it in the fat and then add egg mixture, or stir into egg in the pan.

## Potato Puffs

### PUFFS

1 lb. cooked mashed potato  
salt and pepper  
a little flour

### FILLINGS

6 oz. cooked sausage meat *or*  
6 oz. cooked root vegetable,  
chopped and half onion, finely  
chopped *or*  
6 oz. cooked root vegetable,  
chopped and 1 oz. grated cheese

Mix cold mashed potato with seasoning. Add enough flour to bind the potatoes into a dough which will roll out easily, roll out, cut into four fairly large rounds. Season the filling chosen and place a little on each round, damp edges, fold over and seal. Bake on greased tray or fry in shallow fat.

## Oatmeal Sausages

2 tablespoons finely chopped onion, or leek  
1 oz. fat  
 $\frac{1}{2}$  pint water  
4 oz. oatmeal  
2 oz. mixed cooked vegetables  
1 dried egg (reconstituted)  
breadcrumbs

Cook onion in fat until soft, add water, bring to boiling point. Sprinkle in oatmeal, stir till boiling, and cook with lid on 15 minutes. Add cooked vegetables, seasoning well and spread on a plate to cool. Divide mixture into four or more portions, roll into sausage shapes. These may be prepared the previous day. Dip in egg and breadcrumbs just before frying or baking.

## Scrambled Egg

4 dried eggs (reconstituted) salt and pepper  
4 tablespoons milk 2 oz. fat

Mix the eggs with the milk, and seasoning. Melt the fat in a saucepan, add the egg, and cook slowly over a very low heat, stirring as little as possible until it just sets.

### VARIATIONS

Add 2 oz. grated cheese to the mixture—before cooking.

Add 2 oz. breadcrumbs to make the scrambled egg go further.

Fry one rasher of bacon, and any bacon rinds, very crisply—chop up finely, and add to egg mixture.

Add 2 tablespoons chopped parsley, or 1 teaspoon mixed herbs, to the egg mixture.

## Poor Knight's Fritters

4 rounds of bread  
any savoury filling (see below)  
1 dried egg (reconstituted)  
 $\frac{1}{2}$  pint milk  
seasoning  
fat for frying

Make 4 sandwiches with the bread and savoury filling. Mix together the egg, milk and seasoning. Dip the sandwiches in the egg and milk mixture. Heat the fat till smoking. Fry the sandwiches on both sides till golden brown.

### SUGGESTED FILLINGS

- 1 4 oz. grated cheese + seasoning + 1 tablespoon chopped parsley.
- 2 2 oz. grated cheese + 4 oz. chopped tomatoes or chopped cooked vegetables.
- 3 3 rashers of bacon, fried and chopped with 1 tablespoon chopped parsley.

## Cheese Pancakes

4 oz. flour	$\frac{1}{2}$ pint milk
1 dried egg (dry)	2 oz. grated cheese
salt	2 level teaspoons baking powder

Mix the flour, egg, and salt; add the milk slowly, and beat well. Add the cheese and baking powder. Drop in spoonfuls into hot fat. Cook on both sides until golden brown.

## Breakfast Fry

2 rashers of bacon finely chopped  
4 dried eggs (reconstituted)  
salt and pepper

Put the bacon in a frying pan without fat, and cook lightly. Pour in the seasoned egg, and cook without stirring until set and brown underneath.

Roll up or cut in pieces, and serve at once, with fried potatoes.

Number

WAR COOKERY LEAFLET 15

MINISTRY OF FOOD



## **Swiss Breakfast Dish**

- 8 level tablespoons rolled oats
- 3-4 tablespoons evaporated or top milk
- 2 level tablespoons sugar
- 4 apples, grated, *or* 4 tablespoons dried fruit *or*
- 4 tablespoons grated raw carrot + lemon substitute *or*
- 4 tablespoons fresh fruit

Mix the rolled oats with barely enough water to cover and leave overnight. Just before serving add the milk, sugar and fruit and mix well.

## **Potato Fadge with Fried Bacon**

- 8 oz. cooked mashed potato
- 1-2 oz. flour
- salt and pepper
- 4 rashers bacon

Mix potato, seasoning and enough flour to make a stiff dough. Roll out  $\frac{1}{4}$  inch thick and cut into eight pieces. Fry bacon and keep hot, then fry the fadge in the bacon fat until brown on both sides. Serve with the bacon.

## **Fish Cakes**

- $\frac{1}{2}$  lb. cooked fish
- $\frac{1}{2}$  lb. mashed potatoes
- 1 onion, chopped finely
- 1 tablespoon chopped parsley
- pepper
- few drops vinegar

Flake fish finely and mix all ingredients together. Form into cakes, dip in reconstituted egg and roll in breadcrumbs. Fry in hot fat, or bake in the oven. (No extra fat is needed for baking.)

NOTE.—This is a good way of using soaked salt cod. If preferred, fry or boil the onion before adding to the other ingredients.

## **Pan Hash**

- 1 lb. cooked mashed potatoes
- 1 lb. mixed cooked vegetables, chopped
- 2 oz. grated cheese *or* chopped cooked bacon *or* chopped cooked meat
- salt and pepper
- little fat

Mix all ingredients together. Melt the fat in a frying pan and fry the mixture on both sides till brown.