

# MAKING THE FAT RATION GO FURTHER

## *Fat for Spreading*

### **BUTTER EXTENDER No. 1.**

8 oz. margarine or butter       $\frac{1}{2}$  teaspoon salt  
1 level tablespoon flour       $\frac{1}{2}$  pint milk

Put 6 oz. margarine into a bowl and cream with a wooden spoon. Melt 2 oz. in a saucepan, work in flour and salt and add milk. Stir until smooth and thickened. Boil 5-7 minutes. Cool and add to margarine in the bowl. Mix well until smooth and allow to cool before using.

**BUTTER EXTENDER No. 2.** Melt margarine with an equal quantity of mashed potato. Mix and use cold.

**DRIPPING SPREADS.** Use dripping from the joint alone, or mixed with any of the following: Salt and pepper, chopped pickle, meat extract, chopped onion or leek, bottle sauce or chutney, herbs, vinegar, and grated cheese.

**SPREADABLE MUTTON DRIPPING.** Into 4 oz. melted mutton dripping, drop about 1oz. of margarine, and  $\frac{1}{4}$  teaspoon meat extract, salt and pepper. Beat with a fork occasionally while it is setting. The fat should not be too hot or it will not mix well with the margarine.

## *Collecting extra fat*

Trim all surplus fat off cooked or uncooked meat and render it down. Firm fat may be grated or chopped finely and used instead of suet.

### **TO RENDER DOWN FAT. METHOD 1.**

Cut fat in small pieces, put in a pan, cover with cold water and boil. Skim well. Boil until nearly all the water has evaporated. Then cook more slowly, stirring occasionally to prevent the fat from sticking. When the pieces look dried up and sink to the bottom, allow fat to cool slightly and then strain.

### **TO RENDER DOWN FAT. METHOD 2.**

Cut fat in small pieces and place in a pan in a slow oven until the fat has melted, and there are only crisp brown pieces of tissue left. Strain into a clean basin.

**NOTE:** In both cases take care not to have the heat too fierce or the fat will burn and be spoiled. The small brown pieces of tissue left after the fat has been extracted should not be wasted. They are excellent used in savoury pies, stews, mixed with meat in rissoles, cottage pie, etc.

### *Cleaning used fat*

Save all fat from the tops of stews, soups, gravy, etc., and the dripping from roasting, frying and grilling. This fat needs be clarified or cleaned before it is used for cakes, pastry, frying and so on.

#### **TO CLARIFY FAT.**

Put fat in saucepan and cover with water. Bring slowly to the boil, pour into a bowl and leave to get cold. Remove fat from the top of the water, scrap the bottom of it and heat in a saucepan slowly to drive off any remaining water. When the fat ceases to bubble it means all the water has been evaporated. If water is left in, the fat will not keep, and it will "splutter" badly when used for frying.

#### **USES FOR CLARIFIED FAT.**

1. Use for frying any type of food.
2. Use in pastry either in place of margarine, and cooking fats, or mixed with them. Fat flavoured with onion, etc., should only be used for pastry for savoury pies and tarts.
3. Use in cakes, buns and biscuits, in place of margarine, and cooking fat or mixed with them. Savoury dripping should not be used.

**NOTE:** Dripping for sandwich spreads does not need clarifying.

### *Saving fat when Frying*

1. Be careful not to let frying fat burn. Strain carefully after use.. The same fat can be used many times.
2. Use moisture free fat. Water in fat makes it splutter all over the stove and is wasteful and dirty. (To remove water see second step in clarifying fat).
3. For fried potatoes, boil first and then slice and brown in a little fat.
4. Fry herrings and sprats without any fat in the pan. Warm the pan and sprinkle with salt before adding the fish. These fish are good grilled and no fat need be added.
5. Bake or grill rissoles and fish cakes instead of frying.

### *Roast Potatoes*

Roasting potatoes round the joint uses more fat than if the potatoes are cooked separately as follows:—

**METHOD 1.** Slice potatoes and place in a greased tin and they will brown without any added fat.

**METHOD 2.** Take as many medium sized potatoes as will be required and peel them thinly. Put sufficient water into an ordinary roasting tin to half fill the tin. Scatter in as much salt as will be required to flavour the potatoes. Place potatoes in the water, leaving enough room for them to lie comfortably, without touching. Put tin into hot oven and bake for 1½ hours. The water evaporates and leaves shiny golden balls with floury insides.

### *Using Wrapping Papers*

Always scrape the butter, margarine and cooking fat papers with a knife so as not to waste a scrap. Save the paper to use for greasing cake tins, pudding basins and so on and to use for covers for steamed puddings and dishes baked in the oven. They are also useful for wrapping cheese in to keep it fresh.

## RECIPES

All quantities for 4.

With these recipes there is no need to spread the bread with butter or margarine.

### SANDWICH FILLINGS

#### Savoury Leek Spread

- |   |                             |
|---|-----------------------------|
| 2 oz. dripping                          | 3 teaspoons Worcester sauce |
| $\frac{1}{2}$ oz. finely chopped leek   | Pepper and salt             |
| 1 teaspoon of vegetable or meat extract |                             |

Slightly melt the dripping and beat well. Add the other ingredients and beat again.

#### Fish and Cabbage Sandwich Spread

- |                               |                          |
|-------------------------------|--------------------------|
| 4 oz. pilchards or sardines   | 1 tablespoon vinegar     |
| 4 oz. finely shredded cabbage | 1 level teaspoon mustard |
| 1 tablespoon chopped parsley  | 2 level teaspoons salt   |

Mix all ingredients together, mixing in some of the liquor from the fish. Beat well and use on bread as sandwiches or as filling for scones and rolls.

#### Savoury Egg Filling

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1 rasher bacon, finely chopped | 1 teaspoon finely chopped onion |
| 2 dried eggs, reconstituted    | $\frac{1}{2}$ teaspoon salt     |
| 1 tablespoon chopped parsley   | Pepper                          |

Put the chopped bacon in a saucepan and fry till crisp. Pour on the egg and scramble slowly. When cooked add the parsley, onion and seasoning. Serve hot on toast or cold in sandwiches.

### CAKES AND SCONES

#### Gingerbread without fat

- |                                 |                                   |
|---------------------------------|-----------------------------------|
| 4 oz. flour                     | 2 oz. sugar                       |
| 3 oz. fine oatmeal              | $\frac{1}{2}$ pint milk           |
| 2 level teaspoons ground ginger | 3 tablespoons treacle or syrup    |
| 2 level teaspoons mixed spice   | 1 level teaspoon bicarbonate soda |

Mix the flour and oatmeal in a basin and add ginger, spice and sugar. Heat the milk and treacle in a pan and bring to the boil. Add the soda and stir until dissolved. Pour into the dry ingredients and mix quickly and thoroughly. Turn into a well greased shallow tin and bake in a moderate oven for about 50 minutes.

#### Scones without fat

- |                             |                                 |
|-----------------------------|---------------------------------|
| 8 oz. flour                 | 4 level teaspoons baking powder |
| $\frac{1}{2}$ teaspoon salt | Milk to mix                     |

Blend dry ingredients well and mix to a soft dough with milk. Roll out  $\frac{1}{2}$  inch thick, cut into rounds and bake in hot oven for 10-15 minutes. These should be eaten hot.

NOTE: This recipe makes very good fat-less dumplings. Shape in small balls and drop into boiling liquid (soup, stew, fruit juice, etc). Cook 15-20 minutes.

Number

WAR COOKERY MANUAL 19

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## PASTRY

### Economical Pastry

1 oz. fat  
5 oz. flour  
 $\frac{1}{2}$  teaspoon salt  
2 $\frac{1}{2}$  level teaspoons baking powder  
Milk to mix  
Rub fat into flour, add salt and baking powder. Mix to a soft scone dough with milk. Roll out and use as pastry. Bake in a hot oven.  
NOTE: This makes a good "suet" pastry for meat or fruit puddings.

### Potato Suet Pastry

8 oz. flour  
2 oz. grated raw potato  
2 oz. suet or other fat  
2 level teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt  
Water to mix.  
Mix together flour, potato, suet, baking powder and salt. Add enough water to make a stiff dough. Use for meat puddings, fruit pudding, suet roll, and etc.  
Note: If fat is used in place of suet, rub it into the flour.

## PUDDINGS

### Steamed Chocolate or Ginger Pudding

6 oz. plain flour  
1 tablespoon cocoa or 1 teaspoon ginger  
4 level teaspoons baking powder  
2 oz. sugar  
1 level tablespoon dried egg  
Pinch of salt  
Milk to mix

Sift all dry ingredients together, beat to a thick batter with milk. Pour into greased basin, cover, and steam 1 $\frac{1}{4}$  hours.

### Steamed Marmalade or Jam Pudding

2 thick slices stale bread  
 $\frac{1}{2}$  pint of milk  
2 eggs reconstituted  
1 oz. sugar  
2 tablespoons marmalade or jam  
Bring milk nearly to boiling point and pour over the bread. Stand for 10 minutes, beat to a pulp with a fork. Add eggs well beaten and sugar and one tablespoon marmalade. Grease a basin and spread the other tablespoon of marmalade over the bottom. Pour in the pudding mixture and cover with greased paper. Steam 1 hour. Turn out allowing the marmalade to fall round it like a sauce.

### Mock Suet Pudding with Jam

8 oz. plain flour  
4 level teaspoons baking powder  
2 dried eggs, dry  
 $\frac{1}{2}$  level tablespoon soya flour  
 $\frac{1}{2}$  level teaspoon salt  
 $\frac{1}{4}$ - $\frac{1}{2}$  pint milk and/or water  
4 level tablespoons jam or syrup.

Mix all the dry ingredients together and add enough liquid to make a dropping consistency. Grease a 7 inch pudding basin and put the jam or syrup at the bottom and drop the pudding mixture on the top. Cover with greased paper or a pudding cloth and steam for 1-1 $\frac{1}{2}$  hours. Serve with jam sauce or custard.

### Mock Suet Pudding with Fruit

Omit the jam and add 2 oz. sugar and 2 oz. dried fruit with the flour.



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