

Soups, Broths and Stews

Broths, thick soups and stews have for long been firm favourites in the north, but elsewhere they are not so well-known as they deserve to be. Often the north country housewife prefers to cook some of her meat ration as a broth or stew, because in this way it goes so much further. A dish of this kind takes the place of a meat dish. This will commend it to housewives everywhere.

The recipes in this leaflet are all very simple, but all make substantial nourishing dishes. If enough soup or broth is made to have some for reheating the second day, fresh green vegetables or parsley should be added. For each pint of soup or broth add either 2 oz. shredded cabbage and boil 10-15 minutes; or 2 tablespoons chopped parsley just before serving; or add both cabbage and parsley.

(ALL QUANTITIES FOR 4.)

Cheese and Potato Soup

1½ lb. potatoes	2 pts. vegetable stock or water
1 stick celery	1 oz. flour
3 oz. onion or leek	2 oz. grated cheese
	2 tablespoons chopped parsley

Scrub and slice potatoes and celery. Peel and slice onion. Place vegetables in boiling water or stock. Cook with the lid on till quite soft. Rub through a sieve or mash well with a wooden spoon. Blend the flour with a little water. Add to the soup, bring to the boil again, and boil 2-3 minutes. Add the cheese and parsley and serve.

Kale and Potato Soup

2 pints stock or water	4 level tablespoons
1½ lb. potatoes, peeled and chopped	Household Milk, dry
3 oz. onion or leek, chopped	Salt and pepper
¼ lb. kale, shredded	Chopped parsley

Boil half the stock or water and add the potatoes and onion. Boil until the vegetables are soft, then mash. Bring to the boil again and add the washed and shredded kale. Cook for a further half hour. Mix the milk with the rest of the water and add; reheat. Season with salt and pepper and sprinkle with chopped parsley before serving.

Fish Soup

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| 1 lb. fish (haddock if possible) | 1 oz. margarine |
| $\frac{1}{2}$ lb. fish trimmings | 2 oz. flour |
| 2 pints water | $\frac{1}{4}$ pint milk |
| 3 oz. onion or leek | Salt and pepper |
| 2 cloves | 1 tablespoon chopped parsley |

Wash and clean the fish and trimmings. Place in a pan with the water, onion and cloves. Bring to the boil and skim well. Cook gently for 10 minutes. Lift out the fish. Remove the skin and flake the fish. Cook the stock for half hour longer. Strain the stock and rinse the pan. Melt the margarine, add the flour and cook without colouring, for a few minutes, add the stock and milk and stir until boiling. Add the flaked fish, season and simmer 5 minutes. Add the chopped parsley and serve.

Oatmeal Soup

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| 1 oz. dripping | 1 lb. potatoes, sliced |
| 4 oz. carrot, sliced | 2 pints boiling water or stock |
| 2 oz. turnip, sliced | 6 level tablespoons oatmeal |
| 3 oz. onion or leek, sliced | $\frac{3}{4}$ pints milk |
| | Salt and pepper |

Melt dripping and fry the sliced vegetables for a few minutes. Add the boiling water and boil until the vegetables are tender. Soak the oatmeal in the milk while the vegetables are cooking, then add to the pan. Simmer gently for 15 minutes. Season well with salt and pepper.

NOTE : 1 teaspoon of curry powder may be added with the vegetables.

Scotch Broth (WITH MEAT)

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| 1 oz. pearl barley | 2 oz. cabbage, sliced |
| $\frac{1}{2}$ lb. boiling beef | Salt and pepper |
| 2 pints water | 1 tablespoon chopped parsley |
| $\frac{1}{2}$ lb. carrot, diced | |
| 1 lb. swede, diced | |
| 3 oz. onion or leek, sliced | |

Blanch the barley by pouring on boiling water, leaving a minute or two and then straining. Bring barley, beef and water to boil, skim and simmer for 1 hour. Add the prepared vegetables, except the cabbage, salt and pepper and cook for $1\frac{1}{2}$ -2 hours longer, add cabbage 15 minutes before serving. Place chopped parsley in the tureen, pour in the broth (after skimming off any superfluous fat). The meat is served as a separate course. Extra vegetables, cut in large pieces may be cooked in the broth to serve round the meat.

Scotch Broth (NO MEAT)

2-3 oz. pearl barley
2 pints water
 $\frac{1}{2}$ lb. carrots, diced
1 lb. swede, diced
 $\frac{1}{2}$ leek, sliced
4 oz. cabbage, shredded
Salt and pepper
1 tablespoon chopped parsley

Blanch the barley (see previous recipe) and put in a pan with the water. Cook gently for $\frac{1}{2}$ hour. Add prepared vegetables, except cabbage, and cook for 1 hour, add cabbage 15 minutes before serving. Season with salt and pepper. Put parsley in the tureen and pour on the soup.

NOTE : Rice may be substituted for barley and the vegetables may be varied according to the season.

Vegetable Broth with Sausage Dumplings

Dumplings

4 oz. self-raising flour
1 level teaspoon salt
1 oz. chopped suet or dripping
1 tablespoon chopped parsley
4 oz. sausage meat
Water to mix

Vegetables for Soup

$\frac{1}{2}$ lb. carrot
3 oz. turnip
3 oz. onion or leek
4 oz. chopped outer cabbage leaves
 $\frac{1}{2}$ lb. potatoes
2 pints of stock made from meat bones

Chop onions, carrots, cabbage, turnip and potatoes, place in the boiling stock and simmer for half hour. Make dumplings by mixing together all ingredients. If dripping is used it should be rubbed into flour before mixing in other ingredients. Mix with cold water to a fairly stiff consistency and cut into 8 small pieces. Roll into balls and dip in flour. Add to soup which must be boiling and simmer for twenty minutes.

Dutch Huts-pot

$\frac{1}{2}$ lb. beef
 $\frac{1}{2}$ pint water
1 lb. carrots, cut in pieces
 $\frac{1}{2}$ lb. onions or leeks, cut in pieces
1 lb. potatoes
Salt and pepper
 $\frac{1}{2}$ oz. fat

Stew meat in the water for half an hour, add the carrots and onions and cook gently for another half hour. Add the potatoes, and cook till these are soft. Remove the potatoes, carrots and leeks from the pan, mash them up together. Pile the vegetables in a dish. Add the fat to the gravy, reheat and serve meat and gravy in the middle of the mashed vegetables. Serve with green vegetable or salad.

Number
20

WAR COOKERY LEAFLET

MINISTRY OF FOOD



Rangoon Beans

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| 1 oz. bacon, fat | Salt and pepper |
| 2 spring onions or 1 leek
chopped | 1 teaspoon chutney |
| 1 oz. flour | $\frac{1}{2}$ lb. cooked beans, peas or split peas |
| 1 oz. curry powder | 1 lb. cooked mashed potato |
| 1 pt. stock or water | 4-6 oz. chopped grilled bacon |
| | $\frac{1}{2}$ level teaspoon made mustard |

Melt the fat and fry the onions or leek until brown. Add flour and curry powder and mix well. Add stock and seasoning and simmer for 15-20 minutes. Add beans and heat. Mix the potatoes, bacon and mustard together. Serve the beans in the centre of a dish surrounded by a border of the potatoes.

Potato Stew

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| Little fat for frying | 2 tablespoons vinegar |
| 4 rashers of bacon, chopped | 2 lb. potatoes, peeled and cut into
quarters |
| 2 leeks, chopped | Pinch herbs |
| 2 level tablespoons flour | Salt and pepper |
| 1 pint of stock | Chopped parsley |

Melt fat, and fry bacon and leeks for few minutes, add the flour and mix well. Add stock and vinegar, and stir until it boils. Vegetable stock may be used, or water and meat extract. Add potatoes, herbs, salt and pepper, and cook gently until potatoes are tender, about 40 minutes. Sprinkle with chopped parsley.

Sea Pie

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| $\frac{1}{2}$ lb. haricot beans | SUET PASTRY |
| $1\frac{1}{2}$ pints water | 4 oz. flour |
| $\frac{1}{4}$ lb. meat | $\frac{1}{2}$ teaspoon salt |
| 3 oz. onion or leek | 1 oz. grated suet, or other fat |
| 4 oz. carrots | 1 level teaspoon baking powder |
| 2 oz. swede | Cold water to mix |

Wash beans, soak overnight in the water. Cut the meat into small pieces and put into a pan with the beans and water and simmer gently for three-quarters of an hour. Wash and prepare the vegetables, add to the stew and simmer for three-quarters of an hour. Make pastry and roll out to the size of the pan. Place on top of the stew and cook for half-an-hour.

Bean Chowder

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| 1 rasher of bacon, chopped | 1 level tablespoon flour |
| Little dripping | Salt and pepper |
| $\frac{1}{2}$ pint diced vegetables
(potatoes, carrots and turnips) | $\frac{1}{2}$ pint hot milk |
| $\frac{1}{4}$ pint cooked beans | |
| Celery salt or celery seed or 1 stalk
chopped celery mixed with the vegetables | |

Fry the bacon in the dripping. Add the vegetables and cook until brown. Add the beans and enough boiling water to cover. Add celery flavouring. Cook until the vegetables are tender. Mix the flour to a smooth paste with cold water and stir into the vegetables. Boil 2 or 3 minutes, season and add the hot milk. Serve at once.

