

Making the most of the **SUGAR**

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The best way of stretching the sugar ration is by making full use of other sweetenings such as saccharin, honey, golden syrup or treacle, jam, marmalade, sweetened condensed milk and dried fruit.

Ways of Using Saccharin

Note. For sweetening, 3 to 4 standard tablets of saccharin are equal to 1 oz. of sugar. (1) In plain cake, biscuits and steamed or baked puddings. Crush the saccharin and add it with the other dry ingredients. This method is suitable only for very plain mixtures where not more than 2 oz. sugar would have been used to 8 oz. flour. (2) In custard sauces, stewed fruit, cornflour moulds, etc. Crush the saccharin and stir it in when cooking is finished. If cooked in the mixture for any length of time saccharin tends to develop a bitter flavour. (3) Saccharin tablets may be mixed with sugar. Crush 30 tablets, using a rolling pin, and mix with $\frac{1}{2}$ lb. of sugar. This mixture will then equal 1 lb. of sugar in sweetness. It may be stored in a covered jar and used as required. When using this "fortified" sugar only half the usual amount of sugar will be needed. For example, if a recipe normally requires 2 oz. sugar only 1 oz. of the fortified sugar will be required to give the same sweetening and if you generally have 1 teaspoon of sugar in tea or coffee only $\frac{1}{2}$ a teaspoon of fortified sugar will be needed.

Ways of using Honey, Golden Syrup or Treacle, Jam, Marmalade and Sweetened Condensed Milk

(1) If the above sweetenings are used in cakes, puddings, biscuits, etc., a little less liquid may be needed for mixing. The sweetening may either be added with the liquid or creamed with the fat. (2) In stewed fruit, honey, syrup or treacle are the best to use. (3) In toffee and sweets use honey, syrup, treacle. (4) In sauces, custards, rice puddings, cornflour moulds, etc., sweetened condensed milk is the best to use. If any of the others are used they should be stirred in at the end of cooking as they tend to curdle milk. In sauces and moulds where milk is not used, honey, syrup, treacle, jam and marmalade are all suitable. (5) In fruit drinks use honey, syrup, treacle, jam or marmalade. In tea, coffee and cocoa use sweetened condensed milk. (6) Honey and syrup can be used to replace some of the sugar in making jams and jellies. Only a proportion of sugar should be replaced, not more than half. When making

jams or marmalade with the above substitutes the fruit should be thoroughly cooked before the sweetening is added. This is important as if long boiling takes place afterwards sugar crystals may separate out. (7) Honey or syrup may be used in bottling fruit but the flavour will be noticeable.

General Hints

(1) Melt syrup and honey slightly before using. This makes them easier to use and prevents using too much. (2) Any syrup tins or jam jars which are just emptied should have a little hot water put into them to rinse out the remains. This sweetened water should be used to save sugar when mixing puddings or making sauces, etc. (3) A little bicarbonate of soda added to acid fruit while stewing will neutralize some of the acid, and the fruit will then need less sugar. Use $\frac{1}{2}$ a level teaspoon of bicarbonate of soda to 1 lb. of fruit, and stir it in slowly at the end of the cooking. (4) Use dried fruit to save sugar in biscuits, pie, cake and sandwich fillings. Dried fruit stewed with fresh fruit helps to save sugar as well as giving an interesting flavour.

RECIPES

N.B. All quantities are for 4 people. All spoonfuls should be measured LEVEL.

Plain cake with saccharin and sugar

3 oz. fat.	2 oz. sugar mixed with $7\frac{1}{2}$ saccharin tablets (crushed)
8 oz. plain flour and 4 tea- spoons baking powder or	Milk to mix (about $\frac{1}{2}$ pint)
8 oz. self raising flour	Flavouring if liked
2 tablespoons dried egg, dry	

Rub the fat into the flour, add the baking powder, dried egg, sugar and saccharin. Add enough milk to form a soft consistency. Turn into a greased 7 inch diameter cake tin and cook for $1\frac{1}{2}$ —2 hours in a moderate oven.

Mocha cake

3 oz. margarine	(using Golden Syrup and Sugar)
1 oz. sugar	7 oz. plain flour
2 tablespoons golden syrup	2 teaspoons baking powder
1 teaspoon vanilla	2 tablespoons cocoa
Pinch salt	A little strong black coffee —about $\frac{1}{2}$ pint.
2 dried eggs, dry	1 teaspoon bicarbonate of soda

Cream the margarine and sugar together, add golden syrup, vanilla, and salt. Beat well together. Mix together the dried egg, flour, baking powder and cocoa. Stir into the creamed margarine, adding enough cold strong coffee to make into a soft consistency. Dissolve the soda in a teaspoonful of coffee, and stir in last. Put into a greased tin (6 inch in diameter) and bake in a moderate oven for $1\frac{1}{2}$ hours.

Honey biscuits

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| 2½ oz. margarine | 6 oz. self raising flour |
| 1 oz. sugar | 1 teaspoon cinnamon |
| 1 dried egg, dry | Pinch salt |
| 2 tablespoons honey | |

Cream the margarine and sugar and beat in the egg. Add the honey, work in the flour, cinnamon and salt. Roll out until ¼ inch thick. Cut into rounds, place on a baking sheet, and bake in a moderately hot oven for 10 minutes. This quantity makes approximately 40-50 biscuits.

Fig biscuits

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| 8 oz. plain flour | } pastry | 2-3 oz. figs |
| Pinch salt | | 4 tablespoons water |
| 1½ tablespoons dried egg, dry | | ½ teaspoon ginger and mixed spice |
| 2 oz. cooking fat | | Few drops lemon essence |
| Water to mix | | |

Mix flour, salt, and dried egg, and rub in the fat. Mix in water and work to a stiff dough. Chop up the figs and simmer in the water till quite soft. Add spice, and lemon essence, and allow to become quite cold. Roll pastry out into an oblong 12 inch x 24 inch and ¼ inch thick. Spread half of the pastry with the filling. Cover with the other half and cut into squares, diamonds, circles, etc. Bake in a hot oven for 10 minutes. This quantity makes approximately 40 biscuits. If liked this may be cooked in one big slab, cut into squares and used as a pudding.

Chocolate filling for tarts

(using Saccharin)

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| 3 saccharin tablets | 3 oz. breadcrumbs |
| 4 tablespoons milk | 4 teaspoons cocoa |
| 1 dried egg, reconstituted | A few drops vanilla |

Dissolve the saccharin tablets in the milk. Beat the reconstituted egg with the sweetened milk. Pour over the breadcrumbs mixed with the cocoa. Beat well in a pan over the heat for a minute or two. Add vanilla. Cool and pour into a deep plate (7½ inch in diameter) previously lined with pastry. Cover with a pastry lid, and bake in a moderate oven for 30 minutes.

Date filling

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| 4 oz. dates | 2 teaspoons custard powder |
| 4 tablespoons water | 1 teaspoon lemon essence |

Stone the dates and stew in the water until soft. Mix the custard powder to a smooth paste with a little cold water. Add it to the dates with the lemon essence. Bring to the boil and cook for 2-3 minutes stirring the whole time. Press the dates on the side of the pan to help to break them down. Line a 7 inch tin with pastry and spread over the filling. Bake for 20-30 minutes.



Custard tartlets

(using Jam or Marmalade)

6 oz. pastry
3 dried eggs, reconstituted

2 tablespoons jam or marmalade
 $\frac{1}{2}$ teaspoon almond essence

Line patty tins with the pastry. Mix the egg, and the jam together and add the essence. Put the mixture into the pastry cases, and bake in a hot oven for 15-20 minutes. This mixture makes approximately 12 tartlets.

Prune Fritters

4 oz. plain flour
3 teaspoons baking powder
Pinch salt
2 dried eggs, dry

2 oz. prunes, chopped
 $\frac{1}{2}$ pint water
Fat for frying

Mix the flour, baking powder, salt and egg to a batter with the water, add prunes. Fry in tablespoonsful in hot fat until brown on both sides. Serve with a little sugar sprinkled over or with some melted syrup.

Stewed fruit sweetened with saccharin

1 lb. apples or other fruit
A little water

Sweeten to taste, taking 4 saccharin to equal each oz. sugar required.

Peel and core the apples, and put them into a pan with a little water to boil gently. When soft add the saccharin tablets. Serve when these are dissolved.

Peppermint sticks

(using Golden Syrup)

1 lb. golden syrup
5 tablespoons water
Pinch cream of tartar or 1 teaspoon vinegar.

$\frac{1}{2}$ teaspoon peppermint essence or few drops of oil of peppermint.

Bring the syrup, and water to the boil slowly, and add the cream of tartar or vinegar. Boil until a little snaps when tested in cold water. Add the peppermint, and pour on to a greased plate. Leave till the edge takes the mark of the finger. Fold the sides of the mixture into the centre. Remove from the plate and pull the mixture until it becomes lighter in colour. Cut into 12 or 18 pieces, and pull into sticks. Leave to set on a flat greased surface.

Chocolate Crunch

(using Golden Syrup)

$\frac{1}{2}$ oz. margarine
2 tablespoons syrup
1 tablespoon cocoa

Pinch of salt
4 oz. rolled oats.

Warm margarine and syrup and beat well. Add cocoa and salt and beat again. Gradually work in the oats. Spread on a shallow greased tin (about 4 inch x 6 inch) and bake in a moderate oven for 20 minutes. Mark into fingers and cut when cold.