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Culinary History Pamphlets

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Meals without Meat

Issued with the compliments of
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WHO'S the lucky woman?

And she is indeed a lucky woman, because she is admiring the new electric cooker which will make such a difference to her kitchen and her purse. From now on all her meals will be perfectly cooked and her kitchen will look smart and up-to-date. She'll have more time to spare, too, because her new electric cooker has two wonderful high speed hotplates to quicken her cooking. She has a family of five and from now on her cooking will cost less than 4s. 6d. a week by electricity. If your cooking costs you more, it will pay you to follow her example and switch over to electricity.

An attractive three-plate G.E.C. cooker, fitted with high speed hotplates and a thermostatically controlled oven, is available on favourable hire purchase terms.

E. S. B. Showrooms

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Meals Without Meat

LENTEN COOKING can be a difficult task, because it is not an easy matter to provide variety in meals when meat may not be included.

This booklet has been prepared to help you with ideas and recipes for such meals, and we hope that you will find it of assistance.

Perhaps you do not cook by electricity at present. If you don't, a visit to your nearest E.S.B. Showrooms will repay you. Nowadays, electric cooking is cheaper than any other method and, thanks to the high-speed plates on every new cooker, it is extremely quick.

Electric cooking gives perfect results every time, and with the extremely low hire purchase terms now available it is easy to invest in an electric cooker.

CONTENTS

The first part of this booklet has been devoted to complete menus for lunches without, of course, using any meat dishes. On page 18 and following pages you will find a selection of light meals and snacks suitable for use on days of abstinence.

Luncheon Menus for Lent

STUFFED FILLETS OF SOLE CELERY WITH CREAM SAUCE CHOCOLATE MERINGUE CHEESE SAVOURIES



STUFFED FILLET OF SOLE

INGREDIENTS:

6 fillets of sole or plaice	1 teacup milk
3 tablespoons crumbs	1 small onion
1 dessertspoon parsley	6 potatoes
Salt and pepper	1½ ozs. margarine
Egg or milk to bind	1 egg

METHOD:

Lay three fillets in casserole. Put stuffing on top and cover with other three fillets. Pour milk round and add sliced onion. Cover and bake in oven 400° for 30-35 mins. Add margarine and egg to mashed potatoes and pipe over cooked fish to completely cover. Put back in oven for 10-15 mins. to brown. Serve with cream sauce.

CELERY WITH CREAM SAUCE

INGREDIENTS:

1 head celery	Squeeze lemon juice
Boiling water	Salt

METHOD:

Wash and trim celery, place in casserole, add boiling water, lemon juice and salt. Place in oven about 400° and cook 30-35 mins. When cooked drain and coat with Cream Sauce.

CREAM SAUCE

INGREDIENTS:

1 oz. margarine	Salt and pepper
1 oz. flour	1 tablespoon of cream or
$\frac{1}{2}$ pint milk	one yolk of egg.

METHOD:

Make sauce in usual way and add cream or yolk of egg just before serving.

CHOCOLATE MERINGUE

INGREDIENTS:

1 pint milk	1 oz. ratafia biscuits
2 ozs. cake crumbs	2 ozs. sweetened chocolate
1 oz. bread crumbs	3 eggs
2 ozs. sugar	Vanilla essence

MERINGUE:

2 whites of eggs	4 ozs. castor sugar
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DECORATION:

Cherries and angelica.

METHOD:

Dissolve chocolate in $\frac{1}{3}$ of milk. Add rest of milk and dry ingredients. Allow to boil until mixture thickens. Add sugar and egg yolks and lastly fold in one stiffly beaten white of egg. Bake at 400° until set. Pipe meringue on top. Decorate with cherries and angelica. Return to oven to dry out.

CHEESE SAVOURIES

INGREDIENTS:

2 ozs. rough puff pastry	Beaten egg
1½ ozs. grated cheese	1 oz. butter
Pepper and salt	

METHOD:

Melt butter and add grated cheese, seasonings and enough egg to bind. Make pastry and roll into a square. Cut it in two and spread the mixture over one half. Lay other half on top and brush with egg. Prick well and cut into fancy shapes. Bake in oven 450° for 15 mins. Serve hot.



FISH PIE

DUCHESS POTATOES

STEWED CELERY

WEST RIDING PUDDING

CHEESE FINGERS



FISH PIE

INGREDIENTS:

7 ozs. flour	Lemon juice
5 ozs. butter	Egg
Cold water	

FILLING:

1½ lbs. white fish	Lemon rind and juice
1 hard boiled egg	2 tablespoons White Sauce
1 teaspoon parsley	Pepper and salt

METHOD:

Fillet fish, wash dry and cut into small pieces. Slice hard-boiled egg and make white sauce.

Roll out some rough puff pastry into a square, trim edges, arrange fish, hard-boiled egg and sauce in layers on centre of pastry. Damp edges and fold each corner towards the centre. Lift on to a greased tin, decorate with trimmings of pastry and glaze with beaten egg. Bake in a hot oven 475° 40 to 45 mins. Lift on to hot dish, garnish with lemon and parsley.

DUCHESSE POTATOES

INGREDIENTS:

<i>½ lb. cooked potatoes</i>	<i>Pinch nutmeg</i>
<i>1 oz. butter</i>	<i>Pepper and salt</i>
<i>1 yolk egg</i>	<i>Beaten egg</i>
<i>1 or 2 tablespoons milk</i>	

METHOD:

Sieve the potatoes, melt butter in saucepan, add potatoes to it with the yolk of egg, seasonings and enough milk to bind all together. Turn on to a lightly floured board. Form the mixture into small round cakes, place on greased baking tin. Brush them over with a little beaten egg and bake in the oven until nicely browned. Serve piled up in a hot vegetable dish.

STEWED CELERY

INGREDIENTS:

<i>1 head celery</i>	<i>Milk and water to cover</i>
<i>Lemon juice</i>	

SAUCE:

<i>½ pint milk</i>	<i>1 small onion</i>
<i>1 blade mace</i>	<i>1 oz. butter</i>
<i>1 bay leaf</i>	<i>1 oz. flour</i>
<i>1 tablespoon cream</i>	<i>Pepper and salt</i>

METHOD:

Wash and trim celery. Rinse in plenty of cold water, and cut into pieces 4" or 5" long. Put in casserole and cover with milk and water. Add salt and lemon juice. Cook until tender $\frac{3}{4}$ hr. to 1 hr. Lift on to hot vegetable dish and cover with sauce.

BECHAMEL SAUCE:

Put milk, mace, bay leaf and onion into saucepan, cover and bring slowly to the boil. Strain. Make sauce in the usual way. Add seasonings and cream last.

WEST RIDING PUDDING

PASTRY:

4 oz. flour
Cold water

2 oz. butter
Lemon juice

FILLING:

4 oz. sugar
5 oz. flour
4 oz. butter
 $\frac{1}{2}$ teaspoon B.P.

Lemon rind
2 eggs
2 tablespoons jam.

METHOD:

Line pie dish with short crust pastry, decorate edges, spread jam at bottom of dish. Cream butter and sugar and lemon rind; add beaten egg and flour by degrees. Beat well, add B.P. with last lot of flour. Pour the mixture into pie dish and bake in moderate oven 425° $1\frac{1}{4}$ hrs.

CHEESE FINGERS

PASTRY:

4 ozs. flour
3 ozs. margarin

Cold water

FILLING:

1 egg
2 ozs. cheese

Pepper and salt

METHOD:

Roll out pastry into oblong strips. Spread cheese mixture on one half and fold in two. Press lightly together. Cut into fingers. Lay on a baking sheet. Brush over with a little egg and sprinkle with cheese. Bake 10 mins. in hot oven. (Oven 475°).

CASSEROLE OF FISH

BOILED POTATOES

CAULIFLOWER AU GRATIN

BANANA AND RICE PUDDING

WELSH CHEESE CAKES



CASSEROLE OF FISH

INGREDIENTS:

POTATO CASE:

1 lb. *cooked potatoes*
1 *yolk egg*
1 oz. *butter*

1 *tablespoon grated cheese*
Pepper and salt

FILLING:

$\frac{1}{2}$ lb. *cooked fish*
1 *hard boiled egg*

2 *tablespoons White Sauce*

TO GARNISH:

Lemon and parsley

METHOD:

Melt butter in saucepan, add sieved potatoes, yolk of egg, grated cheese and seasonings. Mix well and heat through. Turn on to a floured board: mould into a case leaving a hollow in centre. Slip on to a greased tin or enamel plate, brush over with yolk of egg, bake in oven until evenly browned.

FILLING:

Make white sauce, add flaked fish, seasoning, and sliced hard-boiled egg. Make hot and turn into potato case. Garnish with lemon and parsley. Serve hot.

BOILED POTATOES

Wash and peel potatoes thinly, put into casserole with a little salt—if old cover with cold water, if new hot water—put lid on casserole and cook in oven until soft. Drain well.

CAULIFLOWER AU GRATIN

INGREDIENTS:

1 cauliflower	Boiling water
Salt	

CHEESE SAUCE:

1 oz. butter	Pepper and salt
1 oz. flour	2 oz. grated cheese
$\frac{1}{2}$ pint milk	

METHOD:

Cook cauliflower, arrange it on a vegetable dish. Make a white sauce, season and fold in 1 oz. grated cheese. Coat cauliflower with it, sprinkle remainder of cheese on top and brown in hot oven.

BANANA AND RICE PUDDING

INGREDIENTS:

1 oz. ground rice	$\frac{1}{2}$ oz. butter
1 pint milk	Jam
$\frac{1}{2}$ oz. sugar	Vanilla Essence
4 bananas	Carmines

METHOD:

Mix rice with a little cold milk. Bring remainder of milk to the boil and pour on to blended rice: return to saucepan and bring slowly to the boil. Cook for a few minutes, add sugar and butter and stir until melted. Spread jam on bottom of pie dish. Slice bananas and spread over jam. If liked, colour rice with a little carmine and pour into pie dish. Serve either hot or cold.

WELSH CHEESE CAKES

INGREDIENTS:

PASTRY:

4 oz. flour
2 ozs. butter

$\frac{1}{4}$ teaspoon baking powder
Little cold water

FILLING:

2 ozs. butter
 $3\frac{1}{2}$ ozs. flour
1 large egg
1 dessertspoon milk

2 ozs. castor sugar
Lemon rind
 $\frac{1}{2}$ teaspoon B.P.
Little raspberry jam

METHOD:

Make short pastry and roll out thinly; stamp into rounds with a cutter. Line some patty tins with this, put a little jam into each and a large teaspoon filling over jam. Bake in oven 425° for 25 minutes.

FILLING:

Cream butter and sugar with lemon rind, beat egg. Add egg and flour to creamed butter and sugar, beating well between each addition. Add baking powder with last lot of flour and beat until mixture stands in points at end of spoon. Use a little milk if necessary to make to correct consistency.

Comfort in your home

Think of the advantages of having an electric fire in your home. It is completely clean—needs no preparation and no cleaning up. It is light in weight and may be used in *any room*. There is no waiting—it gives radiant warmth the minute you plug it in. Electric fires may be purchased in any showrooms of the Electricity Supply Board.

STEAMED SALMON OR HALIBUT

PARSLEY SAUCE

STEAMED PARSNIPS

STEAMED POTATOES

CANARY PUDDING

LEMON SYRUP SAUCE

STEAMED SALMON OR HALIBUT

INGREDIENTS:

2 salmon or halibut cutlets

METHOD:

Wash fish. Lay on greased plate. Place in steamer. Cook until fish leaves the bone easily. Lift out. Drain well. Remove skin and serve on hot dish. Garnish with lemon and parsley.

PARSLEY SAUCE

INGREDIENTS:

1 oz butter

1 oz flour

½ pint milk

1 dessp. chopped parsley

Pepper and salt

Squeeze lemon juice

METHOD:

Melt butter in saucepan, stir in flour, add milk slowly. Cook for 2-3 minutes. Add finely chopped parsley, pepper and salt and lastly squeeze of lemon juice.

STEAMED PARSNIPS

INGREDIENTS:

2 parsnips

1 potato

Salt

½ oz. dripping

Pepper

METHOD:

Wash and scrape parsnips and cut into small pieces. Peel potato and put all into steamer; cook until tender. Drain, mash well, add dripping and pepper and turn into hot vegetable dish.

STEAMED POTATOES

INGREDIENTS:

Potatoes

Salt

METHOD:

Wash and peel potatoes thinly; put into steamer, sprinkle a little salt over and cook until tender. Drain well. Serve in hot vegetable dish.

CANARY PUDDING

INGREDIENTS:

$\frac{1}{4}$ lb. butter

3 eggs

7 ozs. flour

Rind of $\frac{1}{2}$ lemon

$\frac{1}{4}$ lb. castor sugar

$\frac{1}{2}$ teasp. baking powder

LEMON SYRUP SAUCE

INGREDIENTS:

Rind of $\frac{1}{2}$ lemon

$\frac{1}{4}$ lb. lump sugar

Juice of 1 lemon

$\frac{1}{4}$ pint water

METHOD:

Grease pudding bowl. Cream butter and sugar together, and lemon rind. Beat up eggs; sift flour and baking powder together. Add a little egg and flour and beat well between each addition. Turn into prepared bowl, tie down with greased paper and steam for $1\frac{1}{2}$ hours. Turn on to hot dish, and pour a little syrup sauce around.

SAUCE:

Cut rind from $\frac{1}{2}$ lemon and cut into thin shreds. Put sugar and water into saucepan, when sugar is dissolved and water boiling put in shreds of lemon and boil gently 5 to 7 minutes. Add strained lemon juice and serve in hot sauce boat.

CREAM OF VEGETABLE SOUP

GRILLED MACKEREL, OR WHITING

MUSTARD SAUCE

STEWED APPLE

COFFEE

CREAM OF VEGETABLE SOUP

INGREDIENTS:

<i>2 potatoes</i>	<i>3 pints stock</i>
<i>1 white turnip</i>	<i>1 oz. butter</i>
<i>1 carrot</i>	<i>1 oz. flour</i>
<i>2 sticks celery</i>	<i>Pepper and salt</i>
<i>1 onion</i>	<i>3 cloves</i>
<i>1 blade mace</i>	<i>$\frac{1}{4}$ teaspoon herbs</i>
<i>Chopped parsley</i>	<i>2 tablespoons cream</i>

METHOD:

Cut up vegetables small and toss well in melted butter. Bring stock to the boil, add vegetables and simmer slowly for 1 hour. Rub through a sieve, return to saucepan, add blended flour, bring to the boil again. Skim well. Add pepper and salt. Add cream. Pour into hot soup tureen. Sprinkle some chopped parsley on top.

GRILLED MACKEREL OR WHITING

2 mackerel or whiting

MUSTARD SAUCE:

<i>$\frac{1}{2}$ oz. butter</i>	<i>1 teaspoon vinegar</i>
<i>$\frac{1}{4}$ teaspoon mustard</i>	<i>$\frac{1}{2}$ pint milk</i>
<i>$\frac{1}{2}$ oz. flour</i>	

METHOD:

Pre-heat grill 7 mins. Clean fish, cut off head and fins, split in two and remove bones. Brush with melted butter. Lay on well-greased grill-pan. Cook about 10 mins. on the split side, and 3 to 4 on the skin side. Lay on very hot dish; garnish with lemon and parsley. Serve with Mustard Sauce.

MUSTARD SAUCE:

Make a white sauce. When cooked add mustard which has been blended with vinegar. Season with pepper and salt and serve in hot sauce boat.

STEWED APPLE

INGREDIENTS:

Apples

Little water

Sugar

METHOD:

Peel apples, cut in four. Remove core. Slice and put into greased saucepan with very little water. Cook gently until they begin to soften. Add sugar. Turn into glass dish.

COFFEE

INGREDIENTS:

1½ pints water

coffee

3 tablespns. freshly ground

METHOD:

Place coffee and water in coffee maker or saucepan and allow to infuse for 15 minutes.

Trouble-free Cleanliness

Hot water is an essential in any modern home, and the most reliable and trouble-free way of providing it is by installing an electric water heater. With it you have unlimited piping hot water at your service and for the minimum expense too. Immersion groups may be purchased on convenient hire purchase terms from any showrooms of the Electricity Supply Board.

LENTIL SOUP
 POTTED HERRINGS
 POTATO PIE
 MACARONI CHEESE
 APPLE CAKE



LENTIL SOUP

INGREDIENTS:

<i>½ lb. red lentils</i>	<i>1½ oz. butter</i>
<i>3 pints water</i>	<i>1 oz. flour</i>
<i>1 onion</i>	<i>½ pint milk</i>
<i>1 carrot</i>	<i>Pepper and salt</i>
<i>1 white turnip</i>	<i>2 cloves</i>
<i>1 blade mace</i>	<i>¼ teaspoon herbs</i>
<i>3 sticks celery</i>	

METHOD:

Wash lentils, put to cook in cold water with flavourings tied in muslin. Bring to boil, add vegetables sliced and simmer gently until carrots are tender. Pour soup through a sieve, rub vegetables, etc., through, melt butter in saucepan, stir in flour and add soup gradually. Put back on boiling ring and stir until it boils. Boil 4 mins. Skim, season, add milk, boil up again and serve in hot soup tureen.

POTTED HERRINGS

INGREDIENTS:

<i>3 herrings</i>	<i>1 small onion</i>
<i>Salt and pepper</i>	<i>Equal parts of vinegar</i>
<i>2 bay leaves</i>	<i>and water</i>

FILLINGH

Clean herrings, cut off fins and head and remove scales. Wash and dry herrings, split and take out back bone. Sprinkle each fillet with pepper and salt, roll up and lay in a pie dish, and put in sliced onions and bayleaves. Cover them with equal parts of vinegar

and water. Tie down with greased paper and bake in a slow oven 1 - 1 $\frac{1}{4}$ hrs. 375°. Leave aside to cool and serve in pie dish garnished with parsley.

POTATO PIE

INGREDIENTS:

1 $\frac{1}{2}$ lbs. potatoes	1 oz. butter
2 ozs. grated cheese	Pepper and salt
1 oz. bread crumbs	$\frac{1}{2}$ pint white sauce
2 hard-boiled eggs	

METHOD:

When potatoes are cooked cut them into slices $\frac{1}{4}$ " thick. Hard boil eggs and slice. Grease dish and fill with layers of potato and cheese and egg, seasoning and sauce. Sprinkle top of dish with crumbs and cheese, put a few pieces of butter on top and brown in moderate oven 425°.

MACARONI CHEESE

INGREDIENTS:

3 ozs. macaroni	$\frac{1}{2}$ pint milk
3 ozs. grated cheese	Pepper and salt
$\frac{3}{4}$ oz. butter	$\frac{1}{4}$ teasp. made mustard
$\frac{3}{4}$ oz. flour	

PASTRY:

Break macaroni into inch lengths, put into a strainer and wash in cold water. Cook in boiling salted water until cooked $\frac{3}{4}$ hr. Drain off water. Make white sauce, add seasonings, macaroni and grated cheese. Turn into greased pie dish, sprinkle cheese on top and brown in oven.

APPLE CAKE

PASTRY:

8 oz. flour	Cold water
5 ozs. butter	Lemon juice

FILLING:

1 lb. apples	Sugar
Lemon rind	

METHOD:

Sift flour into bowl, rub in butter, add lemon juice, and mix to a loose dough with cold water. Turn on to a floured board, divide in two, knead lightly and roll out size of plate or tart tin. Line with pastry, put on apples cut into small pieces, sugar and lemon rind, and cover with a second round of pastry, decorate edges and bake in a hot oven 450° 30-35 mins. When cooked, frost with white of egg and sugar, and dry out in cool oven.

Suddenly it's Spring

Suddenly it's spring—and how tired and shabby our clothes can look in the longer, brighter days. However, it's amazing what a difference careful laundering can make to them, and perhaps the most important part of laundering is ironing, for that's what gives your clothes the well-groomed finish that makes them look like now. And to make this finish really professional it's important to iron them at the *exact* right temperature, and that is what this latest electric iron will do for you. Now you can buy an electric iron that *automatically* give the right heat for the material in hand! This iron can be yours for only 5s. 7d. every two months. It's a wonderful offer and can be purchased in any E.S.B. showroom. A standard electric iron can be yours for only 3s. 1d. every two months.

Light Meals Without Meat



LEMON SOUFFLE PUDDING

INGREDIENTS:

2 ozs. butter
2-3 ozs. castor sugar
2 eggs
2 ozs. flour
 $\frac{1}{2}$ teaspoon baking powder
Juice and grated rind of 2 lemons
 $1\frac{1}{2}$ teacups milk.

TO DECORATE

Cherries and strips of angelica.

METHOD:

Cream butter and sugar until soft. Add egg yolks, lemon rind and juice, milk, and flour sieved with baking powder. Lastly fold in the stiffly beaten egg whites. Cook about one hour at 300 degrees. The top and bottom layers will separate, and give a lemon curd layer, and a souffle-like top. Decorate with cherries and angelica.



CHEESE PUFFS

INGREDIENTS:

4 rounds of bread
1 oz. butter
4 ozs. grated cheese
1 egg yolk
2 egg whites
Seasoning.

METHOD:

Toast the bread on one side only. Mix the cheese, seasonings,

and egg yolk together, and fold in the stiffly beaten whites. Butter the bread on the untoasted side, cover with the cheese mixture, and brown under the grill.



BAKED BANANAS

INGREDIENTS:

6 bananas
About 1 oz. butter
Juice of 1 lemon
2 ozs. brown sugar

METHOD:

Peel and halve the bananas lengthwise. Butter a shallow fire-proof dish. Arrange bananas in dish, side by side. Sprinkle with lemon juice. Dab here and there with butter, and cover with brown sugar. Bake 20-25 minutes at 400 degrees. Serve with whipped cream or custard.



COLCANNON

INGREDIENTS:

2 small onions
1½ lbs. cold mashed potatoes
Seasoning to taste
¾ lb. boiled cabbage
3 ozs. bacon fat.

METHOD:

Peel, chop, and fry onions in melted *bacon* fat in saucepan, then stir in cabbage and mashed potatoes; season to taste and fry a little, mixing well; then either serve piled up on a hot dish or turn into a greased pie dish and heat in the oven again before serving.

APPLE AMBER

INGREDIENTS:

- 2 lbs. cooking apples
- 2 ozs. butter
- 4 ozs. castor sugar
- 2 eggs
- Grated rind and juice of 1 lemon
- $\frac{1}{2}$ teaspoonful ground cinnamon
- 2 extra tablespoons castor sugar

METHOD:

Peel and slice apples into a saucepan. Add cinnamon, butter, strained juice and rind of lemon, and the $\frac{1}{4}$ lb. of sugar. Cover and simmer until tender. Beat till smooth. Stir in egg yolks. Pour into a buttered pie-dish. Beat egg whites to a stiff froth, fold in remainder of sugar, and pile on top of apple mixture. Bake about 15 minutes at 300 degrees.



HALIBUT WITH CHEESE

INGREDIENTS:

- 1 lb. Halibut steak
- 1 small carrot
- 3 peppercorns
- 2 heaped tablespoons grated cheese
- 1 shallot
- $\frac{1}{2}$ bay leaf
- 1 pint white sauce
- Pepper and salt

METHOD:

Place fish in a shallow saucepan half-filled with boiling salted water, add sliced carrot, shallot or a small peeled onion, peppercorns and bay leaf. Cover and simmer for 25 minutes. Drain well. Divide fish into small pieces and arrange in a buttered *fire-proof* dish, add cheese to sauce and pour over fish.

Sauce should be well-seasoned with salt and pepper.

Brown under electric grill for about 7 minutes.

Serve with mashed potatoes.

CHOCOLATE PUDDING

PUDDING:

*2½ ozs. each of butter or margarine, sugar, chocolate
and chopped almonds*
4 eggs

SAUCE:

4 ozs. chocolate
4 ozs. sugar
½ pint water

TOPPING:

Sweetened whipped cream.

METHOD:

Butter a pudding bowl, and sprinkle it lightly with sugar. Cream butter and sugar, beat in the egg yolks one by one.

Whip egg whites until stiff, fold into creamed butter, add the almonds alternately with grated chocolate. Turn into the basin. Steam for $\frac{3}{4}$ hour.

For the sauce, put sugar, water, and chocolate, broken into small pieces, into a saucepan and cook until thick.

Turn pudding on to a hot dish, top with chilled sweetened cream and pour the hot chocolate sauce over it.



FINNAN OMELETTE

INGREDIENTS:

2 eggs
1 dessertspoon butter
1 tablespoon cream or hot water
2 tablespoons flaked cooked finnan haddock
Pepper and salt.

METHOD:

Whisk the eggs lightly and mix with the other ingredients. Melt the butter in an omelette pan. Pour in mixture and stir till slightly set on top. Turn over and slightly brown the other side or brown beneath the electric grill.

PEACH ALASKA

INGREDIENTS:

- 1 *sponge cake*
- 1 *small ice cream brick*
- 1 *small tin sliced peaches*
- 3 *egg whites*
- 3 *ozs. castor sugar.*

METHOD:

Arrange peaches and ice cream on the cake. Beat egg whites until stiff and add sugar. Pile on top of ice cream, and put for one minute under hot grill. Serve at once.



STEWED APPLE

INGREDIENTS:

- Apples*
- Sugar*
- Little water*

METHOD:

Peel apple, cut in four. Remove core. Slice and put into greased saucepan with very little water. Cook gently until they begin to soften. Add sugar. Turn into glass dish.



PORRIDGE

INGREDIENTS:

- 2 *ozs. flake meal*
- 1 *pt. water*
- Salt*

METHOD:

Have water boiling, add salt, sprinkle in oat meal, and stir until it boils again. Boil quickly 3 or 4 mins. Cover saucepan and cook gently 15 to 20 mins. according to kind of meal.

SCRAMBLED EGG

INGREDIENTS:

2 eggs
2 tablespoonfuls milk
½ oz. butter
Seasonings
Slices hot buttered toast

METHOD:

Make toast, trim, butter and keep hot. Melt butter, add milk, pepper and salt and lastly slightly beaten eggs. Stir over gentle heat until mixture thickens. Pile on prepared toast. Garnish with parsley.



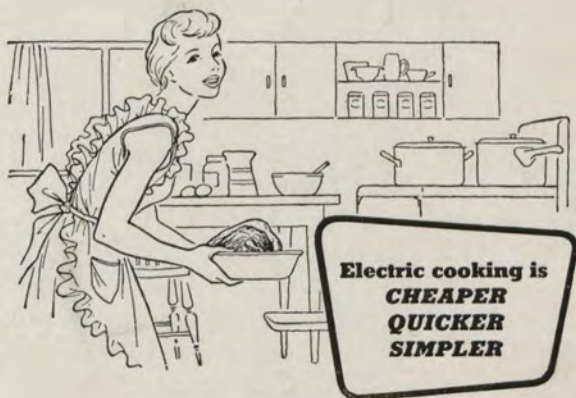
COFFEE

INGREDIENTS:

1½ pints water
3 tablespoonfuls freshly ground coffee

METHOD:

Place coffee and water in coffee maker, or saucepan and allow to infuse for 15 minutes.



For only one unit of electricity per person per day, you can prepare all the meals for the family on an electric cooker. No other means of cooking will give you this economy. No other means of cooking will give you the cleanliness of electricity either. Now is the time to change over to electricity—the modern method of cooking—and the cheapest.

A modern 3-plate cooker will cater for a family of up to eight. It has a thermostatically controlled oven and is fitted with the high-speed plate. You can buy it on convenient hire purchase terms.

E.S.B. SHOWROOMS
