
Issues

Good Cooking

1958

Good Cooking Vol. 01, No. 12, December, 1958: Christmas Special

Good Cooking

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Good Food

AND BETTER COOKING

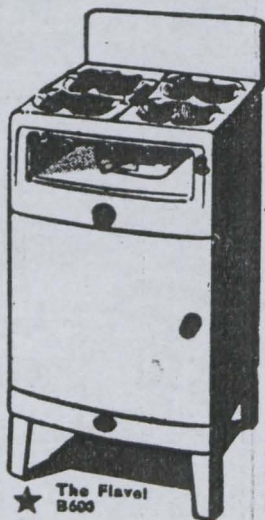


Christmas
Number 1958



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* Four fast-boiling hotplate burners with safety-lock taps, high-speed grill, exceptionally large oven with thermostatic control, easy-to-clean splash-plate, finished throughout in pearl-grey, mottled stain-resisting enamel.

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This service organisation ensures that you need never be without 'Calor' Gas, every dealer being trained in installation and maintenance and carrying stock of 'Calor' Gas at all times.

For trouble-free Cooking, Heating, Lighting, etc., insist on 'Calor' Gas.

Write now for illustrated list of appliances and name of your local dealer to :—

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USE MILLARS WINES IN GOOD COOKING

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Those who understand the secret of Good Cooking appreciate the extra piquancy which results from the use of wine. The mention of wine in cooking naturally causes the housewife to hesitate owing to the possible expense involved. This need not be so as amongst the recommended

wines
are

VINOVA
AMICARDO

6'6 per Bottle
7' - per Bottle

A. Millar & C., Ltd., have been producing these and other wines in the country for many years and have thereby brought good wines to the means of the average purse.

European

Vineyards. . . .

★ ★ ★

The cultivation of the vine is as old as the proverbial hills and the appreciation of the wines made from them is recorded many times and eloquently in ancient books by such as Virgil and Democritus, the laughing philosopher of the fifth century B.C. The Lord made wine and gave it His blessing but never before or never again will there be such a unique vintage. Perhaps it is just as well for if all wine was uniformly perfect there would be nothing to write about. (One prolific writer on the subject has already turned out about twenty books and is still going strong). Gone also would be the excitement and anticipation and finally the fond memories of that special bottle on a great occasion.

The greatest wines in the world are produced in Europe and France is peerless, both in the quantity and quality of the wine she produces. Germany also produces many great white wines. Spain and Portugal produce sherry and port for which they are rightly famous but they cannot be categorised with the vintage wines of France and Germany and must be treated separately. Apart from the countries mentioned a great lot of wine is produced in most other European countries, including Italy, Switzerland and Yugoslavia but I have yet to drink a really good bottle from any of these countries.

Unfortunately the demand for the French and German wines is far in excess of the quantities produced. This has led to great abuses in the wine trade, the unsuspecting public being the ultimate victims. So it can be truly said that it pays to know your wines. The French Government has played its part in endeavouring to stamp out these abuses but nevertheless a great quantity of poor wine, mainly Algerian, finds its way to the market, carrying a false label. To reduce one's chances of being disappointed to a minimum it is advisable to purchase from a reliable wine merchant or failing that only take wine carrying the label of a reputable shipper. There is a strong feeling that the German Government could do more in the interests of the wine consuming public. Take for instance the most popular hock of all which goes under the unusual name of Liberfraumilch label. However one does get some good wine under this name but it is never great and usually poor value for money. The name itself has no significance and providing it is up to a certain minimum standard any shipper or vineyard owner may label his wine Liberfraumilch. Good wine is never cheap so one should always steer clear of so called bargains.

The four greatest wine producing areas in France are Burgundy, the Rhone Valley, Champagne and Bordeaux. The wines of Burgundy are known the world over but to most people the name just suggests a type of wine rather than its place of origin. All the great Burgundies are made from vines growing on a hill running from Dijon in the north to Chagny at its southern extremity, a distance of 36 miles. This fabulous ridge is called the Cote D'or or golden slope. The whole area under vines here is only about 19,000 acres which explains why good Burgundy is both scarce and expensive. The Burgundy region can be carved up into a number of distinct regions each making its own particular wine. Starting from the north the first important area is Chablis. Chablis is a small town in the department (county) of Yonne about 100 miles south west of Paris. All the vines are planted on the gentle slopes around the town. The annual production of Chablis is very small, about 2,000 gallons in all. One vineyard owner in Chablis told me that he estimates that about 18,000 gallons of bogus Chablis is marketed each year! Genuine Chablis is a fine wine and of course is both the ideal and traditional accompaniment for oysters. It is pale yellow in colour with a slight green tinge (the hallmark of good Chablis). In comparison with the great white Burgundies it is a little bit hard but apart from this it would be difficult to find fault with it. One other thing before passing on, always be suspicious of chablis 1953, as only a negligible amount of wine was produced here in that year due to frosts. Most vintage charts rate the 1953 vintage highly.

The next great area, and by far the greatest and most important in Burgundy is the Cote D'or, the home of such great vineyards as Richbourg, Clos De Vougeot, Chambertin and in fact all great Burgundies. The Cote D'or is divided into two sections, the northern section is called the Cote De Nuits and the southern section the Cote De Beaune. The soil is of a gravelly nature and very rich in iron. The whole of the department is divided into communes (parishes) such as Vougeot, Gevrey, Pommard, Beaune etc. All these names are to be found in any wine list. However it must be pointed out that these are not names of vineyards and such names as Nuit St. George and Gevrey-Chambertin are really only parish wines (a mixture of wine from various vineyards in the parish) with the name of their most famous vineyard hyphenated on, to deceive the not so well versed customer. Commune wines never have the breed or refinement of the wines from their individual vineyards.

The next area travelling south is the Cote Chalonaise. Here all the vineyards are on a range of hills facing the right bank of the Saone. There is a certain amount of good wine produced here but none to compare with the magnificent wines of the Cote de Nuits. The wines made here usually pop up in the wine lists as Mercurey.

The Cote Maconnaise is the next distinct region. The vineyards here too are on the hills facing the Soane. The wines from here reach the market as Macon Red or Macon White depending on their type. They are all very ordinary wines.

Lastly we come to Beaujolais in the Department of the Rhone. The wines from here are not of great note and can be drunk the minute they are bottled. In fact they are best when taken young, when their delicious fruitiness is more easily appreciated.

Cooking With Cointreau



COINTREAU'S FLAMING OMELET

Beat separately 4 egg whites and egg yolks. Blend, add pinch of salt. When done, fill with bitter orange marmelade and fold over.

Warm 3 tsp.
Cointreau; pour
over omelet and
serve flaming.

And for all your meals,
It's cheering to know
There's music in the air
when you sip

COINTREAU
Liqueur

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its 200-millionth bottle anniversary



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the 'handy width' rolls

MarleyFlor

SEA



HARVEST

It is a great pity that we in Ireland do not make better use of the vast assortment of fish found in the waters which surround the country. Among all the foodstuffs fish is one of the most valuable, supplying several of the basic needs for the body's metabolism.

Perhaps one of the reasons why people, especially children, are reluctant to eat fish, is the unfortunate tendency to cook and serve it without relish or a little imagination. Even the cheapest variety can be made to look attractive if it is cooked, garnished and served with care. Likewise the taste can be developed and enhanced to appropriate culinary methods.

In many households when fish is mentioned it tends to have the same unpalatable associations that are sometimes linked with milk puddings. There is no reason why this should be so, and housewives should make an effort to use fish much more often; however, until they realise that a simple white sauce is not sufficient accompaniment, there is little hope of fish becoming popular in the average household.

Fish contains animal proteins which are necessary for the growth and development of the body tissues. Fish compares very well with meat in this nutritive constituent. The texture of most varieties of fish is excellent, so that it may be introduced into an invalid's menu as soon as solid food is allowed. However, salmon, which contains a lot of fat, should be reserved until the patient has recovered completely, likewise lobsters are seldom used for invalids because of the coarseness of the meat and its strong flavour.

Fish has, when compared with meat, less connective tissues, so that it is on the whole much more tender. Fish has, in addition to proteins and fats, some vitamins and minerals and it is important when cooking fish to try to retain these. Many housewives do not utilise to the full the stock in which fish is cooked; this is a mistake, as much of the nutriment is retained and can be used to make excellent soups and sauces, which not only benefit those who are in good health, but is of even greater importance for those who are recuperating from illness.

Some fish have very little fat in the edible portions, but have a comparatively large amount in the liver. Fish liver furnishes oil rich in Vitamin A and D—for example, cod, which is commonly used, but mackerel, tuna, sardines and herrings yield liver oils which are even more potent.

The value of herrings is now universally admitted and it is a great pity that they are not used more frequently in a country where they are in such abundance. Herrings not only produce first class proteins equal to that of meat, but they have fats, calcium and Vitamin D in abundance. Fish is the richest natural source of Vitamin D and half-a-pound of herrings will give many times the daily basic requirement.

Salt water fish is extremely valuable, because of its iodine content, but other minerals, including phosphorus, calcium and iron, are present to enhance its nutritive qualities. Shell fish, like all other sea foods, are valuable for their protein percentage composition and they too have minerals and vitamins. Oysters have a low calorific value while their digestibility and flavour are good and they have, in addition, comparatively large amounts of Vitamin B complex.

Fish is a food which has always been ranked high in treating various forms of digestive disturbances; however, a diet consisting of fish for a long period of time becomes monotonous, but fish is not unique in this respect.

Unfortunately we do not avail of the many varieties of fish which are plentiful but instead we supplement our diets with synthetic vitamins and oils which, at their very best, are only second rate when compared to the natural sources.

Although fish is of great importance in helping to maintain a well-balanced diet, it can also be a great source of danger as it is very easily contaminated and when exposed for comparatively short periods of time it becomes unfit for consumption, even though it may appear reasonably fresh. It is important when buying fish to make certain that you get it from a reliable shop. If this precaution was taken more frequently there would be fewer cases of food poisoning associated with such a valuable article of diet. However, one must keep in mind that the shops are not always to blame when it comes to negligence in this matter. Fish should be kept in a cool place before use and it should always be covered to avoid contamination from flies and germs.

Since many nutriments which the body requires are distributed unequally in different foods, adequate nutrition can only be ensured by diets selected from a wide variety of foods, and if fish was included in menus more frequently, a correct balance could be achieved with little difficulty. A sensible housewife will try to purchase fish regularly and by taking care with its presentation she can be certain that it will increase in popularity and so benefit her family's health.

So now the nobs, who've
realised
How high this wholesome fish
should rate,
Cry up and rehabilitate
The cod we've overlong
despised . . .
If any shoulder her neighbour
slate

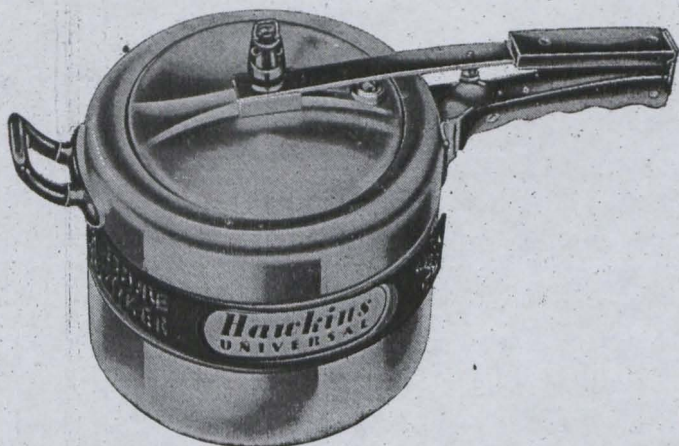
With 'Fishwife', the
apostrophized
Takes no offence. How out-of-
date
The notion that she's been
misprized
In street-boy's slang, when all
that's meant
Is plaudit, homage, compliment!



England has three sauces and three hundred and sixty religions,
whereas France has three religions and three hundred and sixty sauces.

—TALLEYRAND.

Tasty Meals . . .



- in Moments

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KIPPERS

Saile Kippers are readily recognised by the discriminating housewife.

Saile Kippers are produced only from best quality home-landed herrings.

Their distinctive golden colour is produced without the aid of any dye

Insist on obtaining only genuine **Saile** Kippers from your fishmonger or grocer

**Maximum
Retail Price 1'8** per lb.

Wholesale supplies in 14lb. boxes

An Bord Iascaigh Mhara
LOWER MOUNT STREET DUBLIN

WHOLESALE SUPPLY DEPOTS:

DUBLIN: Fishmarket. Phone 43561. CORK: Alfred Street. Phone 21171
LIMERICK: Thomond Weir. Phone 1012. GALWAY: New Docks. Phone 58
KILLYBEGS: The Pier. Phone 10.

BATTER:

- $\frac{1}{2}$ lb. flour
- $\frac{1}{2}$ pint milk and water
- Pinch of salt
- 2 eggs
- Liqueur glass rum or brandy

TARTARE SAUCE:

- Yolks of 2 eggs
- Salt and pepper
- Vinegar
- $\frac{1}{2}$ pint olive oil
- Small gherkin
- 2 teaspoons capers
- 2 teaspoons parsley
- $\frac{1}{2}$ teaspoon mustard
- awn, fresh or frozen



Dublin Bay Prawns with Tartare Sauce

If using fresh prawns, shell and boil in salted water for seven or eight minutes.

To make batter, put flour in basin, add salt, eggs and rum, and mix. Now add warm milk and water (equal quantities) and mix to consistency of thin cream; if in any way lumpy run through sieve or Moulinette. Let this mixture stand for at least an hour.

Fry some finely-chopped parsley in a little butter and keep warm.

Prepare Tartare Sauce as follows: break egg yolks into a bowl previously washed in warm water, mix with a wooden spoon, add salt and pepper and a few drops of vinegar, then the olive oil a few drops at a time, very gradually, till sauce begins to thicken, and continue adding oil till all is used. Add small quantity of vinegar and chopped gherkins, capers and parsley and a little mustard.

Cover prawns with very thin covering of batter and fry in deep fat (olive oil for choice). Serve sprinkled with fried parsley and accompanied by Tartare Sauce.

- 2 lbs. tomatoes
- 3 onions
- 1 tablespoon curry powder
- Pepper and salt
- Butter or fat
- Flour
- Fillets of sole
- Chopped parsley
- $\frac{1}{4}$ pint cream



Sole au Curry

Combine chopped and peeled tomatoes and onions and let them cook over a slow heat till mixture is well concentrated; add curry powder, salt and pepper to taste. Drop fish in flour and fry in butter or fat till nicely browned. Salt and pepper to taste, and sprinkle with chopped parsley. Arrange on a hot dish.

Combine the cream with the sauce and let it heat just to boiling point. Pour sauce over fish and serve at once.

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PARADISO RESTAURANT

Westmoreland St. Dublin.

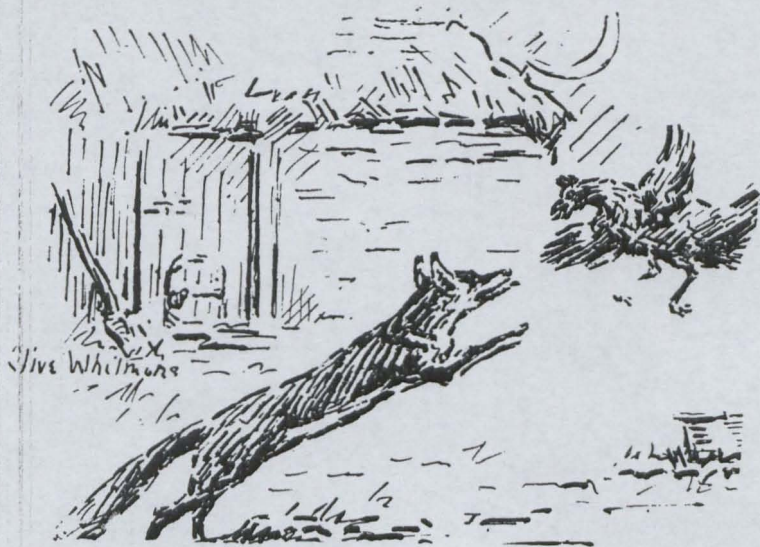


Swiss Tea Rooms
Ship's Grill

Open until 3 a.m.

★ ★ ★

Candlelight and Music - Excellent Cuisine



Egg Dishes

3 eggs
 1 oz. butter or margarine
 $\frac{1}{2}$ pint strained tomato juice or
 puree
 $\frac{1}{4}$ lb. grated cheese
 Salt and pepper

Venetian Eggs

Melt butter, add grated cheese, stir till melted. Pour in tomato juice, and when this begins to thicken, add eggs, previously lightly beaten. Season with salt and pepper, and serve on hot buttered toast.

★ ★ ★

Scrambled eggs
 Hot toast
 Anchovy butter
 2 or 3 fillets anchovies
 A little grated cheese

Scotch Woodcock

Beat eggs well, add a little cream, salt and pepper; place in double boiler over hot water and stir continuously, adding a nut or two of butter till mixture thickens. Have ready some hot toast spread with a mixture of pounded anchovies and butter or margarine in equal quantities. Place scrambled eggs on this, sprinkle with grated cheese and brown quickly under grill.

★ ★ ★

$\frac{1}{4}$ lb. Cheshire cheese
 2 oz butter or margarine
 2 tablespoons pale ale or beer
 1 teaspoon French mustard

Welsh Rarebit

Melt small pieces of cheese with butter. When it is liquid add two egg yolks, salt and pepper, and

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PARTY

DISHES

2 lbs. cooked ham
4 tablespoons thick Bechamel
Sauce
 $\frac{1}{4}$ lb. brown breadcrumbs or rusks
Sprig of thyme, parsley and
tarragon
1 bayleaf
2 eggs

Dessertspoon of flour
Dessertspoon butter or margarine
 $\frac{1}{2}$ pint milk
1 red cabbage
2 eating apples
Wine vinegar
Salt and pepper
Mustard
Sugar
Olive oil

1 lb. small eating apples
1 tablespoon sugar, vanilla
Cinnamon powder
Peel of $\frac{1}{2}$ lemon, grated
Butter or margarine
1 oz. chopped almonds
Short crust or flaky pastry

2 lbs. potatoes, mashed or puree
1 tablespoon chopped watercress
1 teaspoon chopped mint, when
available

Ham Loaf

Mince ham and add to it the breadcrumbs and the chopped thyme, parsley, tarragon and the bay leaf. Melt a dessertspoonful of butter or margarine with a dessertspoonful of flour and add to it milk which has been boiled with a bouquet of herbs (thyme, parsley and bay leaf) and seasoned with salt and pepper. Add only sufficient milk to make a thick Bechamel Sauce. Add four tablespoons of this sauce to the ham mixture, mixing well. Beat two eggs lightly and add to mixture also. Place in a deep bread tin and bake in a moderate oven for 20 minutes. Allow to cool in the tin. When cold, turn out and garnish with parsley and slices of tomato.

Red Cabbage and Apple Salad

Shred uncooked red cabbage finely, pour a little wine vinegar over it and let it stand for an hour. Drain, mix with some peeled and shredded apple and dress with the following sauce)— salt, pepper, a pinch of mustard, $\frac{1}{2}$ teaspoon of sugar dissolved in a tablespoon of wine vinegar, and olive oil to taste. Pour dressing over salad at last moment before serving.

Cinnamon Tart—Flan a la Bavarirose

Peel, core and cut apples in quarters, put in a saucepan with vanilla-flavoured sugar and $\frac{1}{2}$ teaspoon of cinnamon powder and grated lemon peel; add a nut of butter or margarine and just enough cold water to cover the bottom of the saucepan. Put on lid and simmer gently till apples are cooked. Have a flan tin already lined with a fairly thick pastry dough. Cover this with the apple mixture, sprinkle with chopped almonds and a little cinnamon; add criss-cross of pastry and bake in a moderate oven.

Savoury Potatoes

Add watercress and mint (chopped) to mashed or preed potatoes. Put in a dish, put a few pats of butter or margarine on top and brown quickly under a grill. Serve piping hot.

SAVOURIES



1 tin of sardines
Equal quantity butter or margarine
Salt and pepper
A few cooked soft roes (optional)

Sardine Butter

Remove any bones from sardines and pound fish with the butter or margarine; add salt and pepper. Serve on toast. Sardine Butter should be the consistency of butter on a cold day, and may be kept for several days in a fridge.



Small raw carrots
Celery heart
A little cream
Pepper and salt
A little mustard

Carrot Spread

Grate carrot and celery. Whip cream stiffly, adding a little mustard to the cream. Mix raw grated vegetables in the cream in the proportion of half cream and half combined vegetables. Season with pepper and salt. Serve on cold toast or rolls.



Toast cut in rounds
4 oz. butter or margarine
2 oz. Gruyere cheese
2 oz. Parmesan cheese
1 dessertspoonful cream
Salt and cayenne pepper
Continental cooked sausage

City Toast

Mix together the butter or margarine and the cheeses grated (leaving some slices of Gruyere), add the cream, salt and Cayenne. Cover toast with mixture. Cover this with two half-discs of Continental cooked sausage which, when put together are equal in circumference to the rounds of toast. Half-discs. respectively Continetal sausage and slices of Gruyere, both very thin.



Cooked beetroot
Cooking fat or butter
Salt and pepper
A little grated lemon rind
Teapsoonful of wine vinegar
Hot buttered toast

Beetroot Toast

Cut up cooked beetroot thinly and fry in hot fat till well heated; remove from pan and drain. Season with salt and a little grated lemon rind and pour over a teaspoon of wine vinegar. Arrange slices of beetroot on hot buttered toast and serve immediately.

We cater
for parties
of
all sizes



Three things are needed for a successful party—any old excuse, good company, and the House of Morgan. We can supply the choicest wines, spirits, cigars etc. at really keen prices and we will allow you for all unopened bottles returned. If you're low in glasses we can lend you what

you need—free! We can even lend you a barman, if necessary. In fact, the House of Morgan can supply all your needs (food included) for a party of three or three hundred. Our terms? Surprisingly reasonable. Our service? Up to traditional House of Morgan standards.

THE HOUSE OF MORGAN

36 DAWSON STREET, DUBLIN

Quality



There can only be one best
and in cream ices that means

H.B. Nothing is spared to
make certain that all H.B.
cream ices are supreme in
quality and flavour. And

remember H.B. cream ices cost
no more than ordinary ices.

LOOK FOR THE DISTINCTIVE

H.B. LABEL . . . It is your
guarantee of purity.

7 Varieties

BRICK

JUNIOR BRICK

RIPPLE

KUP

WRAPPED ICE

CHOC ICE

CREAM ICE CAKES

HUGHES BROTHERS LIMITED
HAZELBROOK DAIRY, RATHFARNHAM, DUBLIN

at Christmas Time

The Oyster and Shell-fish stall was probably the oldest established in the street markets. From being worth £3 (£18) a week in takings by the eighteen fifties, it had shrunk to three shillings a day (18/- in modern reckoning) but this was absolute profit. Oysters were sold three a penny (6d. in to-day's money). Frequently they were eaten "on the premises" with lots of pepper and vinegar. Bread and butter though seldom asked for, was always available in the Oyster stall.

There was an itinerant trade in pies. It was in fact one of the most ancient of the street callings in London, but the penny pie shops had so under-cut the pieman's prices that in Mayhew's days only about forty piemen could get any kind of a living in the streets.

Piemen generally were not fussy about the quality of the meat they bought, as they could season it up into anything, and the pies in Tottenham Court Road were said to be so "bloomin" 'ot (with pepper and spice) that they'd fair rip the mouth ofluf yah." It was a fluctuating trade, depending on the number of fairs and reviews held. A good review in Hyde Park might be worth 10/- (£3 our money); Greenwich Fair might be worth 14/- (£4-10-0). But this involved selling from four in the afternoon till long past midnight, and fairs and reviews were few and far between.

Boys were the pieman's best customer. "Tossin' the pieman" became one of the indoor sports. If the pieman won the toss, he took a penny from the loser and held on to his pie; if he lost he merely handed over the pie.

"Ere's all hot" he'd cry, selling his wares; "Toss or Buy"!

It is a tribute to the discrimination of Victorian women that they never are known to have bought a pie in the streets!

Finally we come to the still existing London street coffee-stall, which owing to the reduction on coffee grown in British possessions, in 1842, became a general feature of the London scene, Mayhew reckoning that there were at least 300 coffee-stalls in that year, which was double the quantity of the previous year. The increase in the number of stalls was due not only to the reduction in the price of coffee, but to the facility for a cheap adulteration by mixing ground chicory with the ground coffee, and, he added, the chicory in its turn was adulterated by mixing baked carrots and saccharine, which both had the advantage of being duty free. (Foreign chicory had a duty of 6d. a pound, and English chicory was cultivated in bulk for the express use of adulteration of coffee.)

The coffee-stall stood usually at the corner of a street. The best pitch was said to be Duke Street, Oxford Street and the "grandest" stall indeed stood there, it was "a large truck on four wheels, painted bright green." It had four coffee-cans of bright polished tin mounted with brass plates. There were compartments for cake and bread and butter, and sandwiches. At night it was lighted with three oil-lamps with bright brass mountings, and was covered with an oil-loth roof. At a busy time in the morning this stall could take as much as five shillings (35/- to-day's money) in ten minutes.

Use Spaghetti this way-



as a vegetable!

C & B

Ten o'clock Tested

SPAGHETTI

The smooth richness of the finest Spaghetti in Tomato Sauce savoured with Cheese, combines perfectly with steaks, chops, any kind of meat! So easy to prepare too. C & B Spaghetti is pre-cooked. Just heat it and it's ready to serve. Get a tin of C & B Spaghetti to-day—as a vegetable you'll find it suits everything—and everyone.



Branston Pickle · Soups · Beans · Salad Cream · Tomato Ketchup

Christmas



Ham Dishes

SWEDISH CHRISTMAS HAM

TO COOK:

- 1 ham or part of ham
- Water
- 1-2 bayleaves
- 10 white peppercorns
- 10 allspice (also known as Jamaica pepper)

COATING:

- 1 egg white
- 1 tablespoon mustard
- 2-3 teaspoons sugar
- Breadcrumbs
- 2-4 ozs. butter



GARNISH:

- Parsley
- Cooked prunes
- Cooked apple sections

Soak ham for 24 hours. Boil some water, place cleaned ham into the boiling water, making sure that it is entirely covered. Bring water to boil again. Skim and add bay leaves, peppercorns and allspice. Simmer for about 3 hours (for a 10-12 lb. ham). When cooked remove the skin and all loose fat, cool in the liquid in which it was cooked. When cold, remove, brush with beaten egg white mixed with the mustard and the sugar. Sprinkle with breadcrumbs. Bake in the oven till brown. When serving, the knuckle can be decorated with a red and white paper frill. Decorate the ham with zig-zag creamed butter, forced through a pastry tube. Place on a large plate, garnish with parsley, cooked and stoned prunes, and apple sections tossed in butter. Serve cold.

TIME—3-4 hours.

QUANTITY—Serves 20-30 persons.

HAM A LA CREME (French)—Jambon a la Creme

- | | |
|--|---|
| 1 ham | $\frac{1}{2}$ lb. carrots |
| Bouquet garni (thyme, parsley and bay leaf) | 2 or 3 slices of rasher |
| $\frac{1}{2}$ pint white wine | 1 glass of sherry |
| 8-10 grated peppercorns (half white, half black) | 2 tablespoons stock (veal, if possible) |
| $\frac{1}{2}$ lb. onions, sliced | $\frac{1}{2}$ pint cream |
| | Pinch of paprika |

Soak ham for 24 hours in cold water. Cook it in boiling water along with the bouquet garni, the white wine, pepper, $\frac{1}{2}$ lb. onions and $\frac{1}{4}$ lb. scraped and sliced carrots. Allow fifteen minutes to the pound. When cooked, drain and place on a deep covered braising pan on a bed of carrots, onions and the bacon cut in small pieces. Cook for a further 25 or 30 minutes. Remove ham and keep it hot. Strain liquid in braising pan into a saucepan, add the sherry, place on heat and reduce $\frac{1}{2}$ pint, allowing to boil fast for a few minutes. Season it well, add the stock and the cream and reduce till the sauce is the consistency of thin cream. Sprinkle with paprika. Have ham cut in slices, pour over the cream sauce and serve directly.

TIME—3-4 hours.

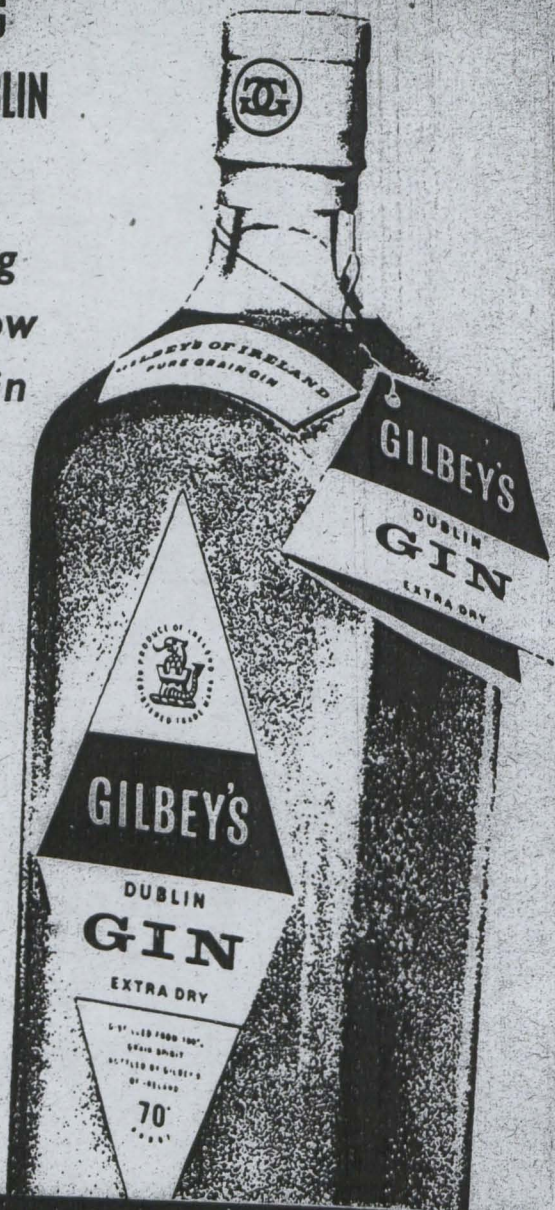
QUANTITY—Ham of 10-12 lbs. serves 20-30 persons; sauce serves 6-8 persons.

**ANNOUNCING
GILBEY'S DUBLIN
DRY GIN**

*this top selling
gin in America now
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A CHALLENGE TO YOUR JUDGMENT: Gilbey's, blenders and bottlers of the unique light Irish whiskey, Crock o' Gold, now makes history by distilling in this country the gin which has made them famous all over the world. In America Gilbey's Gin is a 'top-seller' brand — and when you drink it, you'll know why. Here it is known as Dublin Dry Gin and is fully distilled for purity and lightness to conform in every way to their international standard. Distilled in the most hygienic plant it is possible to install, Dublin Dry Gin is a really clean gin — a challenge to all who pride themselves on their judgment of an exceptionally good grain spirit. Look out for the distinctive bottle. Frosted, with a plastic vacuum-sealed stopper and a neat little book of recipes attached to help you to enjoy its qualities even more, Gilbey's Dublin Dry Gin is what smart people will be drinking from now on.

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GILBEY'S

MASTERS OF GIN-DISTILLING

A TRAIN WAS LATE AND POMMES SOUFFLES WERE INVENTED

Souffle potatoes were accidentally discovered on the date of the inauguration of the very first railway in France—the line from Paris to Saint-Germain.

There was a banquet to celebrate the occasion and fillets of steak with fried potatoes comprised one of the dishes to be served. But the "official train" was delayed and the unhappy cook had to remove his hot potatoes from the boiling fat when, alas, they rapidly cooled. When the train eventually arrived bearing King Louis-Philippe and his Queen, the cook had no choice but to replace the potatoes in the reheated fat and be prepared for a ghastly outcome.

But the result was spectacular . . . the "chips" puffed and swelled like fritters and were delicate, digestible and as light as air.



POTATO CAKES (French)

1 lb. freshly boiled potatoes	3 tablespoons sultanas
$\frac{1}{4}$ lb. flour	1 tablespoon chopped candied peel
Pinch of salt	
$\frac{1}{4}$ lb. sugar	2 or 3 tablespoons milk

Peel and mash freshly boiled potatoes, add the flour, salt and sugar. Mix well and then add the sultanas and candied peel, mix well. Add milk by degrees, mixture should have fairly stiff consistency. Roll lightly about $\frac{1}{2}$ inch thick, place on a buttered dish and bake in a moderate oven till browned. Serve hot with butter, or with cream.

TIME—30 minutes including cooking.

QUANTITY—Serves 4 persons.

POTATO SOUP PARMENTIER

$1\frac{1}{2}$ -2 lbs. potatoes	1 pint chicken stock
1 oz. butter or margarine	(packaged stock excellent here)
$\frac{1}{2}$ pint milk	Croutons of fried bread
salt and pepper	Sprig of parsley

Cook potatoes in their skins. Peel and pass through a sieve or Moulinette. Put butter or margarine into a saucepan, add the potatoes, milk, salt, pepper and chopped parsley, add the stock, bring to the boil, then simmer for about 20 minutes. Serve with croutons or fried bread.

TIME—45-60 minutes.

QUANTITY—4-6 persons.

STUFFED POTATOES

4 large potatoes	2 peeled tomatoes
1 onion, finely chopped	1 tablespoon chopped parsley
2 ozs. mushrooms	$\frac{1}{2}$ lb. breadcrumbs
1 oz. butter or margarine	

Peel and wash the potatoes and cut in half lengthways, scoop out a hole in each half. Partly cook them in the oven. Prepare stuffing as follows: toss chopped onions in butter or margarine till light brown, add peeled and chopped mushrooms, cook together for a few minutes, now add the tomatoes, peeled and roughly chopped, the parsley and the breadcrumbs, mix well together and stuff the potatoes with it. Place a nut of butter or margarine on top of each half-potato and cook in a moderate oven. Delicious with cold meat or ham.

TIME—About 30 minutes.

QUANTITY—Serves 4 or 8 persons.

CHRISTMAS PUDDING WITHOUT SUET

$\frac{1}{2}$ lb. figs	$\frac{1}{4}$ lb. shelled Brazil nuts
$\frac{3}{4}$ lb. breadcrumbs	Grated rind of 1, and juice of
$\frac{1}{2}$ lb. stoned raisins	2 lemons
$\frac{1}{4}$ lb. sultanas	3 eggs
$\frac{1}{4}$ lb. currants	1 teaspoon mixed spice
$\frac{1}{4}$ lb. mixed candied peel	Pinch of salt
$\frac{1}{2}$ lb. peeled sweet almonds	$\frac{1}{4}$ lb. moist or brown sugar
($\frac{1}{4}$ lb. pine kernels optional)	2 apples
$\frac{1}{4}$ lb. butter	$\frac{1}{4}$ lb. honey

Mince the figs, peel and chop the apples, chop almonds and nuts, clean the fruit, shred the candied peel. Put all the dry ingredients into a basin, add the honey and the lemon juice, beat the eggs and stir them into the mixture. Place in pudding bowls and steam for at least three hours. (If using pressure cooker follow makers' instructions).

TIME—At least 3 hours.

QUANTITY—Roughly 3 two-pound puddings.

PLUM PUDDING (A Recipe of Escoffier's)

1 lb. chopped suet	4 ozs. blanched and chopped almonds
1 lb. breadcrumbs	8 ozs. powdered sugar
$\frac{1}{2}$ lb. flour	Juice and chopped rind of $\frac{1}{2}$ a lemon and $\frac{1}{2}$ an orange
$\frac{1}{2}$ lb. Malaga raisins	$\frac{1}{2}$ oz. mixed spice, containing a large quantity of cinnamon
$\frac{1}{2}$ lb. currants	3 eggs
$\frac{1}{2}$ lb. sultanas	$\frac{1}{4}$ pint of rum or brandy
2 ozs. candied orange peel, cut in dice	$\frac{1}{2}$ pint of stout
2 ozs. candied lemon peel, cut in dice	If possible liqueur in which to soak the fruit
2 ozs. citron peel, cut in dice	
2 ozs. ground ginger	

Soak the fruit overnight in liqueur or rum and sherry mixed. Thoroughly mix all the ingredients. Pour into pudding basins, press well down, cover with buttered paper. Cook in boiling water or in steam for 4 hours or over. If cooking in a pressure cooker, cook for 30 minutes with the weight off and 90 minutes with the weight on.

TIME—4-5 hours.

QUANTITY—6-8 lbs. of pudding.

BRANDY BUTTER

3½ ozs. butter
1 oz. castor sugar

3 tablespoons liqueur brandy
A few drops of lemon juice

Work 3 ozs. of butter in a bowl till it is the consistency of ointment, mix the sugar and brandy with it, adding the remainder of the butter and a few drops of lemon juice. Place a little on top of pudding when serving and hand rest around separately.

TIME—5 minutes.

QUANTITY—4-6 persons.

PLUM PUDDING FLAMBEED

Rum or Brandy, 2 tablespoons.

Sprinkle plum pudding with heated rum or brandy place in small bottle in water that has just reached boiling point) and set alight.

SAUCE SABAYON WITH RUM

4 yolks of eggs
3 tablespoons castor sugar

¼ pint of rum

Put the egg yolks and the sugar in a bowl over boiling water, cook, whipping all the time till the mixture is smooth and like thick cream, then add the rum and continue whipping off the heat till the mixture is frothy—it should increase to four times its original size. Serve separately with the plum pudding.

TIME—About 30 minutes.

QUANTITY—4-6 persons.

SAUCE SUZETTE (Excellent for re-heated Pudding)

2 ozs. castor sugar
2 ozs. butter or margarine

Strained juice of 1 orange
Rind of 1 orange, finely chopped

Mix together the butter or margarine, sugar, orange juice and the grated orange rind, heat this mixture in a large flat frying pan, add the slices of cold cooked pudding, heat on one side, then turn on other side. Remove pudding, place in heated dish, pour over any remaining sauce and serve. Heated rum or liqueur can be poured over and set alight.

TIME—About 15 minutes.

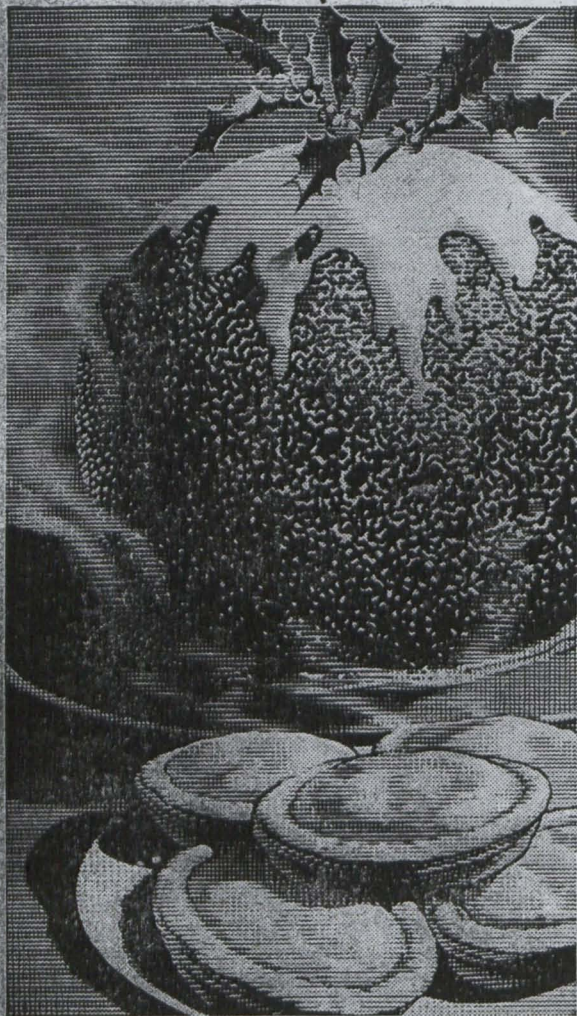
QUANTITY—4-6 persons.

CHRISTMAS again—busy time for housewives! But why go to all the trouble of making the pudding when you can get a delectable Christmas pudding made to a rich traditional recipe—the way Chivers make it. Just taste that real 'home-made' flavour. They're in the shops, hygienically packed in transparent wrapping—

$\frac{1}{2}$ lb. 1 lb. and 2 lb. sizes.

Prices are very reasonable.

And Mincepies?—make them with Chivers Olde English Mincemeat—it's got the real flavour.



CHIVERS
CHRISTMAS PUDDINGS
and MINCEMEAT

PRUNE MOULD

1 lb. soaked prunes	Whipped cream
1½ pints water	Juice and shredded rind of 1 lemon
½ lb. sugar	1 oz. powdered gelatine

Remove the stones from the previously soaked prunes. Chop them roughly and put them in a saucepan with the water, sugar, lemon juice and lemon rind. Bring to the boil, then reduce to a simmer and simmer gently for about 30 minutes. Then stir in the prune mixture 1 oz. of powdered gelatine that has been previously melted in a little water. Stir well. Turn out and serve with a little whipped cream.

TIME—Cooking time 30 minutes.

QUANTITY—Serve 4-6 persons.

PEACH ISLAND (South African recipe)

6 tinned peach halves	Pinch of salt
2 egg yolks	½ pint milk (hot)
2 egg whites	¼ teaspoon vanilla flavouring
2 tablespoons sugar	1 dessertspoon desiccated coconut

Place the peach halves in the dish in which they are going to be served. Beat together the egg yolks, the sugar and the salt. Add gradually the hot milk and cook over a double-boiler till it has the consistency of thick cream. Cool. Add to the custard the stiffly beaten egg whites and the vanilla flavouring. Pour over the peaches and sprinkle the top with some freshly-grated coconut or some desiccated coconut.

TIME (including cooling)—About 1 hour.

QUANTITY—Serves 6 persons.

FIG PUDDING

½ lb. dried figs	Pinch of salt
6 ozs. chopped suet	2 eggs
¼ lb. flour	¼ pint milk
¼ lb. sugar	

Chop the figs and mix them with the suet, the flour, the sugar and the salt. Add the beaten eggs and the milk. Put into a buttered basin, press well down and cover with greaseproof paper. Steam for 3-3½ hours or pressure cook for 20 minutes with vent off and 20 minutes at pressure or according to instructions of manufacturers.

TIME—3-3½ hours, or 40 minutes in pressure cooker.

QUANTITY—Serves 4-6 persons.