



Junior Recipes

Almond Tarts	1
Butterfly Buns	2
Butter cream	3
Scotch Pancakes	1.
Butterfly Buns	3
Almond Tarts	4
Sausage Rolls	8
Slab of Pastry	10
White Bread	9
Milk Bread	11
Rough puff pastry	11
Apple Cakes	13
Maid of Honor	14
Fruit Flan	16
Short crust pastry	15
Cream horns	18
Vanilla Slices	18
Shrewsbury Bisc.	19
Spring Flan	20
Cherry Strudel	20
Hot cross Buns	21
Sausage Loaves	23
Patties	25
Mince pie filling	25
Saucy Flan	23

Almond Tarts

3 oz short crust

white of an egg

1 heaped table sp ground almonds

1 heaped table sp sieved icing or castor sugar

2 tea sp raspberry jam.

- ① line the pastry in tin
- ② a little Jam in the bottom of each
- ③ beat egg white till stiff
- ④ stir in almonds and sugar
- ⑤ put a spoon full of the mixture on top of the jam
- ⑥ decorate with strips of pastry

may use coconut instead of almond

Scotch pancakes

½ lb flour

salt

2 oz sugar

1 egg

¼ pt milk.

Method

1. sieve flour and salt
2. add sugar and well beaten egg
3. Mix together with the milk, till a thick past.
4. grease gently a frying pan, and drop a small amount of this batter on the frying pan, till it browns, then turn over. do not cook too quickly, as allowance has to be made for the middle to be cooked.
5. serve with butter.

Butterfly BunsRich mixture.

- 2 eggs
- 4 oz marg
- 4 oz castor sugar
- 6 oz self raising flour
- milk to mix

Method

1. cream marg and sugar

2. add eggs gently
3. add the flour and milk to a soft dropping consistency
4. put in paper cases, and bake in oven for 15-20 minutes Regulo 6-7
5. cur of the tops, add butter cream, cur top in shell, and arrange on top like wings.

Butter Icing

- 2 oz marg
- 3 oz icing sugar

method

1. cream the marg
2. add icing sugar, and beat till white.

Butterfly BunsBeaten egg mixture.

- 1 egg
- 1 1/2 oz castor sugar
- 1 oz flour
- 1/8 tsp Baking powder

Method

- 1) prepare moderate oven and tin
- 2) Beat the eggs with the sugar, until very thick and white. (spirit of the Whisk may be seen)
- 3) sieve the baking powder and flour, and fold into the mixture.
- 4) place in bun cases, back in the middle of the oven,
- 5) after buns are cool, cut off tops, add butter cream.

Swiss roll.

- 2 eggs  
 3 oz, casta sugar  
 2 oz flour  
 1/2 teaspoon Baking powder  
 1 dessert spoon of hot water

- 1) prepare a hot oven.
- 2) grease a swiss roll tin, line with paper and grease paper.
- 3) heat the eggs and sugar stiffly, (fill

the spirit of the Whisk can be seen)

- 4) fold in the flour.
- 5) add the water
- 6) put in the tin and bake.
- 7) before the cake comes out of the oven, prepare a piece of grease proof paper with casta sugar on.
- 8) before the roll cools, turn the top onto the paper prepared, take off the back paper, spread on jam, ~~as~~ cut off the edges of the sides, and make an imprint with a knife 1/2 inch across the top, (enough to roll easier) roll the roll, taking the paper from it as you roll, leave in the paper till cool, serve.

This recipe may be varied by adding 2 teaspoons of coffee with the flour, or taking 1/2 lb flour out, and adding 1/2 lb cocoa, when the roll comes out of the oven, it is rolled up with a piece of paper in the middle, when it cools, it is unrolled, and butter cream

is then spread on it, it is then rolled up again as before.

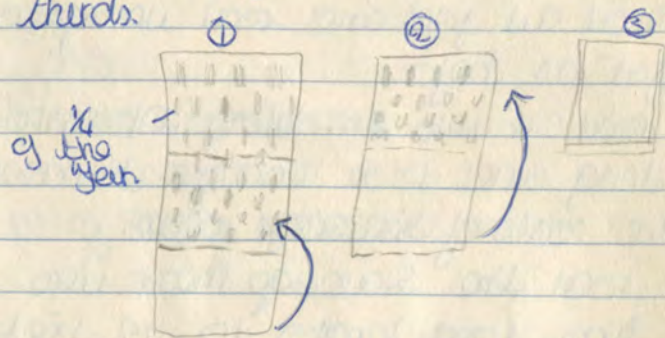
### (103) Flaky pastry

4oz flour  
 12oz margarine  
 1oz lard  
 1/4 tea spoon salt

#### Method.

- 1) Blend the two kinds of fat together. divide the fat into four, and put 1/4 of the fat into the bowl.
- 2) add flour and salt to the 1/4 of fat in the bowl, and rub the fat and flour together.
- 3) add enough cold water to mix to an elastic consistency, mix with a knife.
- 4) lift on to a lightly floured board and shape into an oblong.
- 5) Roll into an oblong strip evenly, about 12 inches long.

with  
 6) divide the oblong in thirds, and dab 1/4 of the fat onto two of the thirds.



Then fold the pastry, as in the diagram, making sure that they are folded pastry to fat. (seal the ends)

- 7) The pastry is then turned so that the 1, folded end is at the side, it is then rolled out again into a 12 inch oblong, marked into thirds, and another 1/4 of fat put on 2/3.
- 8) This is then done again, and repeated, but not using any fat, (ends must be sealed)
9. put the pastry in a bag in the fridge for 1/2 an hour.  
 pastry finished.

## Sausage Rolls

1. Take the pastry out of the bag  
Roll out fold and roll using no  
fat as before.
2. roll out into An oblong about 10-12"  
long and wide enough to cover  
two rolls of Sausage meat.
3. roll the Sausage meat into  
two long lengths 10-12 inches.
4. Cut the pastry lengthways  
down the middle.
5. place each of Sausage on double strips  
b. strips, fold pastry over and seal  
by pushing butter into the  
join.
8. Cut into size
9. put on a greased baking tray
10. bake in a hot oven.

## White bread.

- 1/2 lb flour
- 1/2 oz fat
- 1/2 yeast
- 1/2 jar teaspoon Sugar
- 1 level teaspoon
- 1/4 pt of Tepid water and milk.

### N.B.

1. Fat and milk in bread make the  
bread more nourishing, but may be  
omitted for economy.

2.

### method.

1. Weigh flour into a warm bowl, and  
collect ingredients.
2. rub fat into flour
3. ~~mix the yeast in the water~~  
mix yeast in the salt water  
and flour mix in the salt water
4. cream yeast and sugar together in  
a warm cup, mix until they  
become liquid, and then add  
to the tepid water and milk.

5. pour them into a bowl made in the jar and flour.
6. cover the liquid with the flour put the bowl over a pan of hot water cover with a hot towel and leave for about 10 - 20 mins.
7. When the yeast has risen through the flour. mix to a do with warm hands.
8. roll well until smooth.
9. make into rolls or loaf.  
Stand in a warm place to rise to twice the size.
10. cook at 4.25 - 4.50 for 10 mins.
11. When the bread is cooked it should be golden brown, and when you tap the bottom, it should sound hollow.

### Milk Bread.

- 1/2 lb flour
- 1 oz margarine
- 1 oz yeast
- 1 flat tea sp sugar
- 1 flat tea sp salt
- 1/4 pt tepid milk.

### method

use white bread method.

### Rough puff pastry.

- 4 oz flour
- 2 oz marg
- 1 oz lard
- 1/2 tea sp salt

### method

1. blend two kinds of fat together
2. put mixed flour and salt into a bowl
3. cut the fat into the flour and

leave in the flour like knots.

5. mix with a knife and add enough cold water to make an elastic consistency, (do not mix in the fat out of its lumps)
7. lift onto a lightly floured board, shape into an oblong
8. mark into thirds, fold bottom to middle and top over (like ~~plait~~ pastry)
9. seal edges ~~quarter turn~~
10. repeat the process twice more.
11. leave to cool
12. roll fold quarter turn
13. ready for use.
14. Cook in a hot oven.

### eccles cakes.

4oz rough puff pastry  
Filling

- 3 g currents
- 1 g sugar
- $\frac{1}{2}$  g marg.

### method

1. prepare hot oven
2. melt marg and sugar in pan add fruit.
3. roll pastry  $\frac{1}{4}$  inch thick cut in rounds
4. divide the filling onto each round
5. damp edges of pastry.
6. gather up edges, press lightly together.
7. Turn to gain is under with flatter into neat rounds so currents can be seen.
8. place on ungreased tray.
9. mark the top
10. sprinkle sugar on top
11. Cook for 15 - 20 mins.



Maid of Honour

§ 14-18

Jam  
 1 egg  
 2 oz caster sugar  
 2 oz flour  
 2 oz butter or margarine  
 ½ teaspoon baking powder

- 1) Make the pastry, line patty tins.
- 2) cover pastry with ½ teaspoon of Jam
- 3) cream Butter and sugar until smooth and white
- 4) Beat the egg, and add flour and egg alternately to mixture until it is all used up.
- 5) place 1 hea spoon of this mixture over the jam
- 6) Bake in a moderate oven for 20-30 minutes

→ Short crust pastry.

4 oz flour  
 salt  
 1 oz fat, lard, dripping, or margarine  
 cold water.

preparation

1. Light the oven
2. prepare tins
3. Into bowl place flour salt and fat
4. Have cold water in measure.

Method

1. chop fat into small pieces
2. rub fat into flour
3. Mix, using a knife to a stiff dough
4. roll out lightly.

Fruit Flan

4 people

Flan pastry

4oz flour

pinch salt

2oz margarine

1 teaspoon sugar

1 egg yolk

very little cold water

Method

- 1) prepare a fairly hot oven. grease a Baking tray and place the flan ring on it
2. sieve flour and salt
3. rub fat into flour
4. add sugar and mix well with a knife
5. add the beaten egg yolk and a little water to make a stiff paste.
6. roll lightly till smooth
7. Fit the flan ring
8. prick the base

9. grease a round of grease proof paper the size of the flan ring plus 2 inches extra round.
10. placed greased side down.
11. Bake blind.
12. Bake in the centre of a fairly hot oven until pastry is firm about 15 min.
13. carefully lift the paper with the board return to the oven till base is cooked.

Fruit

a small can of fruit without the juice may be used, or fresh or cooked fruit without juice.

Glace

1. Blend one Teaspoon of corn flour or arrowroot in a small saucepan with a little of the  $\frac{1}{4}$  pint of juice
2. When smooth add the rest of

the juice, bring to the  
boil for a few minutes.

3. Boil glaze to a coating  
consistency.

### cream Homes.

4oz flakey pastry

cream

Jam.

1. cut flakey pastry into 3  
strips about 1 inch wide  
wind round cream from maker.
2. Bake - allow to cool
3. put a little Jam at the  
Bottom of each, then fill with  
cream (beaten)

### Vanilla slices.

4 oz flakey pastry

custard (thick)

Icing sugar

1. bake the flakey pastry  
in oblongs about  $4\frac{1}{2}$  inches  
long in sets of 2
2. allow to cool
3. add Icing sugar to the top  
of 1
4. Sandwich between custard.

### Shrewsbury biscuits

10

$\frac{1}{4}$  lb flour

2 oz marg

2 oz castor sugar

$\frac{1}{2}$  egg

salt

grated lemon rind

1. moderate oven
2. cream sugar and marg.
3. mix to a stiff consistency adding  
flour and egg alternately.
4. Roll out  $\frac{1}{8}$  of an inch thick, cut,  
and prick with a fork
5. cook 10-15 mins.

Sponge Flan (6 inch flan ring)

- ① Grease and prepare sponge flan Tin use Swiss roll machine.
- ② Fill a sponge flan tin
- ③ Bake in about  $375^{\circ}\text{F}$  oven
- ③ Allow to cool slightly
- ④ Turn on to serving ~~flan~~ plate.
- ⑤ allow to cool, fill with fruit, cover with glaze

cheese Straws

1oz flour  
 Pinch salt  
 1oz margarine  
 2oz grated cheese  
 water to mix.

- ① Rub fat into flour + salt
- ② add cheese
- ③ mix with water to a smooth paste
- ④ Roll out,
- ⑤ mark into strips, and cut

cut some circles

⑥ Bake



⑦ Arrange as diagram shows.

HOT CROSS BUNS

1/2 lb flour  
 1 oz lard or margarine  
 3/4 oz yeast  
 1/2 Teaspoon sugar  
 1/2 oz salt  
 1 egg  
 1/8 pt warm milk  
 1 1/2 oz sugar  
 1 oz currents  
 3/4 Teaspoon spice.

- ① Warm bowl and cup.
- ② prepare dry ingredients
- ③ Sieve flour, sugar, spice
- ④ make a well in the centre
- ⑤ cream yeast + sugar

- ⑥ put creamed yeast egg and milk into the bowl, allow to cream,
- ⑦ add flour, and mix to a dough
- ⑧ roll + shape
- ⑨ leave to double size
- ⑩ Bake in 400° oven
- ⑪ about 2 mins before ready glaze.
- ⑫ re Bake.

### Savoury flan

4oz flour  
 pinch salt  
 2oz margarine  
 1-2 ~~tbl~~ ~~spoon~~ ~~oz~~ of Choes  
 1 egg yolk  
 Water.

### method

use fruit flan.

### Sausage loaves

#### Filling

8oz pork sausage  
 2 level tablespoons sage & onion stuffing  
 1 rounded Table spoon chutney  
 1 onion finely chopped  
 Gas no 5

#### pastry

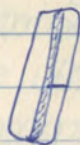
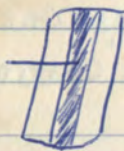
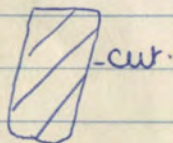
marg.	4oz	5oz	8oz	10oz
plain flour.	6oz	8oz	12oz	11oz
litharin	1	2	3	4
tab sp				

Method (Pastry)

- ① prepare oven at  $400^{\circ}\text{C}$  gas 1006
- ② put marg, Water  $\frac{3}{4}$  flour in bowl
- ③ cream with fork until mixed well
- ④ stir in remaining flour to firm dough
- ⑤ turn out onto lightly floured board
- ⑥ knead until smooth
- ⑦ Roll out
- ⑧ Bake on 2nd shelf unless recipe states differently.

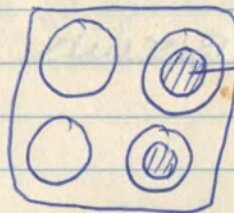
Sausage loaf's cut.

Roll out pastry

sausage  
meatoverlapped  
pastrypatties

4oz flakey pastry.

- ① cut two round large rings out of pastry, and cut smaller ring out of one of them.

shaded part not  
required.

- ② stick ring with water onto round base,
- ③ prick the bottom
- ④ Bake

mushroom filling

- $\frac{1}{4}$  lb mushrooms finely chopped  
 1 oz margarine  
 $\frac{1}{4}$  pt milk  
 1 Teaspoon cornflour.

- ① Fry gently the mushrooms with the

Yak in the pan.

- ② Blend cornflour with a little of the milk, and then pour back with the rest.
- ③ add milk and cornflour to mushrooms, and cook until thick.
- ④ allow to cool.

fruit scones      Biscuits

- 1/2 lb flour  
 5 oz marg  
 5 oz castor sugar  
 3-4 eggs  
 2 level tea sp Bp  
 2 oz fruit

Brown STEW.

4 people

- 1 lb stewing steak  
 1 oz lard or dripping  
 1 oz seasoned flour  
 3/4 pt stock (1 onion cube)  
 Pepper + SALT  
 1 carrot  
 Parsley for garnish

Roast meat \$ 6 oz bread  
 Wet fish <sup>Tail</sup> 1/4 lb / person <sup>Scotch eggs</sup>  
 Roast meat on Beans 8 oz  
 Veg 4 oz  
 specks 8 oz

Dumplings 3oz  
 COOL 1, 2, 3,  
 moderate 3, 4, 5,  
 HOT 6, 7, 8

2 1/2 Hrs.

6 | 130  
 130  
 ---  
 6  
 2.

Cheese + tomato potatoes  
 Tea carbon  
 Curry Jams  
 Bran bread