

A COLLECTION OF

# 50

## RECIPES & HINTS

from OAKRIDGE WOMEN'S INSTITUTE

to celebrate

50th ANNIVERSARY YEAR

1923 - 1973

# SAVOURY DISHES

## TOMATO and BUTTER BEAN PIE

- 1 can butter beans ( $\frac{1}{2}$ lb dried)
- 1 large onion
- 2 oz margarine
- 1 tabs tomato chutney
- 1 4oz can tomatoes
- salt and pepper
- 6 oz cheese shortcrust

Drain beans.

Peel and chop onion

and fry lightly in margarine.

Add chutney, tomatoes, season.

Cover with pastry.

Bake 450° for 15 minutes.

BETTY MERRETT

## HAM LOAF (using leftovers)

- 2 cups minced ham
- 1 small minced onion
- 2 slices brown bread (for crumbs)
- 1 15oz can baked beans
- Seasoning to taste, (i.e. pepper,
- Very little salt. thyme.)

Moisten with ketchup or leftover gravy and 1 beaten egg.

Bake in greased loaf pan 350° approx.  $\frac{3}{4}$  hour (only onion needs to cook).

Turn out of pan and "ice" with mashed potatoes and brown under grill.

Chopped celery may be used instead of onion or mixed vegetables.

## BARBECUED PORK CHOPS

- 4 pork chops
- 1 lemon
- 1 large tomato
- 4 teasp. demarara sugar
- 4 teasp. tomato ketchup
- About 1 lb mushrooms
- About 1 lb onions
- Salt and pepper

Place chops in deep baking tin.

Put a slice of lemon on each one, followed by a slice of tomato.

Sprinkle with sugar, salt and pepper and top with tomato ketchup.

Put chopped onions and buttered mushrooms in piles between chops.

(This makes a lovely sauce.)

Cook at 400° for about 45 minutes.

JILL HOBSON

This ham mixture can be put in greased casserole and topped with a baking powder biscuit crust. Brush with milk last 5 minutes and sprinkle with grated cheese. Serve with a sauce of warmed condensed cream of celery or mushroom soup. A baking powder biscuit crust, I think, would be similar to a scone mix without sugar.

GLADYS MONEY

### CURRIED RICE SUPPER DISH

ANN FRY

Enough ready-boiled and cooled  
Patna Rice for 4  
(1 cup dry uncooked served 2)  
1 large onion  
1 large apple  
handful of mushrooms (optional)  
Tablespoon of peas  
2 Tomatoes

Fry onion lightly in a little lard  
or dripping. Do not brown.  
Add the rest all chopped, and  
mushrooms sliced, to cook  
through gently.  
Last of all, add rice.  
Make up a curry sauce with  
4 teasps. curry powder to a  
smooth paste with a little cold  
water. Make up to  $\frac{1}{2}$  pint.  
Pour gently over ingredients in  
the pan. Cook until nicely coated.

Put in fireproof dish to keep warm in cool oven.  
Can be garnished with tinned pilchards or grilled bacon.

### LEEK AND BACON PIE

Cut some leeks in chunks and bring  
to the boil in salted water.

Drain well and put into a deep pie dish. Add as much bacon cut  
into small pieces (I use streaky) as you like. Season well with  
pepper and add a few knobs of butter. Cover with short crust  
pastry and bake in a moderately hot oven.

DOROTHY F. MEGGINSON

### FISH PIE

1 lb white fish, e.g. coley, whiting.	
2 oz breadcrumbs	) Save a little of each
3 oz grated cheese	) for grilled topping.
2 eggs	2 oz mushrooms
$\frac{1}{2}$ pint milk	2 tomatoes
1 oz margarine	

Partly cook fish in a little milk.  
Slice mushrooms and gently cook in margarine.  
Peel and chop tomatoes.  
Put layers of breadcrumbs, fish, mushrooms, tomatoes  
and cheese in pie-dish.  
Beat eggs, add milk, and pour over rest of ingredients.  
Bake in moderate oven at 350° F. for about  $\frac{1}{2}$  hour.  
When set, sprinkle over cheese and breadcrumbs  
and grill until crisp and brown.

DAPHNE BINNS



CHICKEN  
COUNTRY  
MAID

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Cut a roasting chicken into 8 pieces. Brown on all sides in olive oil. Add a small chopped onion, a crushed clove of garlic and a tablespoon of chopped celery. Season with salt and pepper and a pinch of rosemary. When the vegetables are slightly browned, add a cup of peeled chopped tomatoes, half a cup of red wine, chopped parsley and a cup of sliced mushrooms. Put into a casserole and simmer until tender.

DOROTHY F. MEGGINSON

## QUICK FLAN

2 eggs  
A little milk  
Salt and pepper to taste  
Pastry flan case  
Any left-over bits of  
meat, vegetables  
(peas are good)  
or bits of raw bacon.  
The choice is yours.  
I use lots of different  
left-overs with success.

Liquidise all together.  
Pour into flan and cook  
in medium oven until  
golden and nicely risen.  
Serve hot or cold  
with salad or pickles.

JOY WOOLLS

BACON  
FLAPJACKS

4 oz plain flour  
2 tblsp. fine semolina  
2 level tsps baking powder  
 $\frac{1}{4}$  level tsp salt  
pinch of pepper

$\frac{1}{2}$  level tsp. mustard  
 $\frac{1}{2}$  onion, finely chopped  
1 egg      Milk to mix  
 $\frac{1}{2}$  lb streaky bacon and fat for frying

Sift flour - semolina - baking powder and  
seasoning into mixing bowl.

Hollow out centre.

Add dopped onion and crack egg into  
middle.

Stir, adding milk to make a smooth,  
thick batter, and beat well.

Trim bacon rashers.

Chop  $\frac{1}{2}$  finely and fry. Add to batter.  
Melt a little fat in a heavy pan or griddle.  
Drop tablespoon of butter in and cook  
over moderate heat until bubbles form  
and burst. Flip over.

Serve garnished with remainder of bacon  
grilled.

Bakes beans go well with these.

MARY FERN

A USEFUL CASSEROLE

Enough for four

2 lb potatoes  
1 lb onions  
1 lb beef sausages  
1 pint boiling water  
1 meat extract cube  
salt and pepper

Wash, peel and slice potatoes.

Skin onions and slice.

Layer alternately in  
fireproof dish.

Make up the cube or use stock.

Pepper and salt vegetables  
and pour stock over.

Arrange the sausages on top.

Cover with foil or lid of dish.

Cook at 350°, reg.F  
for 1½ hours.

Remove cover for last 30 minutes.

EVA SHIPTON

CASSEROLLED PORK FILLET

Cut a pork fillet into large pieces  
and seal in hot butter in a  
frying pan and then put into a  
casserole.

Slice a small onion and a few  
mushrooms and fry gently in  
the remaining fat.

Add to casserole together with  
12 prunes and a tablespoon of  
flour and a tablespoon of  
tomato purée.

Pour on half a cup of red wine  
and about a cup of boiling water.  
Season with salt and pepper.

Cook in a moderate oven.

This does not need a long time  
in the oven as pork fillet is  
never tough.

DOROTHY F. MEGGINSON



## CAKES &amp; SWEET DISHES

## LADS' CAKE

10 oz sultanas and currants mixed  
 10 oz soft brown sugar  
 1 egg  
 1 large cup cold tea  
 1 lb S.R. flour  
 Milk to mix if necessary

Soak overnight the fruit, sugar and tea.

Mix with flour and egg and milk till a dropping consistency.

Turn into two 1 lb loaf tins, and cook at 325° for about an hour.

Remove from tins after 10 mins. To serve, slice thinly and spread with butter.

This loaf keeps well in a plastic bag in the fridge.

DOROTHY F. MEGGINSON

## GINGER LOAF

1½ cups flour	2 oz butter
( pinch bicarb.)	2 oz sultanas
(2 tsp B.Powder)	½ cup sugar
	½ cup molasses
1 tsp ground	1 egg
ginger	½ cup milk

Warm butter, milk and molasses. Add flour, sugar, ginger, then egg. Beat well.

Lastly add sultanas.

Bake 400°  $\frac{3}{4}$  to 1 hour.

Loaf pan size: 8¼, 4¼, 2½.

Preserved ginger may be added if liked.

If using S.R.flour omit soda and B. powder.

GLADYS MONEY

## SCOTCH PANCAKES

4 oz S.R.flour  
 1 egg  
 1 tab. golden syrup  
 1 tab. sugar  
 Milk

Mix together with enough milk to make a soft dropping mixture (between a pancake and a sponge mix).

Heat greased girdle until faint smoke rises.

Drop mixture on in spoons.

When bubbles burst, turn and brown for a few seconds.

RENEE WAGSTAFF

## FIVE CUP LOAF

1 teacup each of : All Bran,  
 soft brown sugar, sultanas or  
 mixed fruit, milk and S.R.flour.

Allow all ingredients, EXCEPT the flour, to soak overnight.

Next day add 1 teacup flour and put into greased loaf tin lined on the bottom with greaseproof paper.

Bake at 5 for one hour.

JILL HOBSON

## A QUICK SWEET EVA SHIPTON

Make a thick batter in the usual way. Then grate a Brambley apple into it and fry as Scotch pancakes. Serve with caster sugar.

## TANGERINE CREAM FLAN

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6 oz ginger biscuits  
 3 oz butter  
 $\frac{1}{2}$  tangerine jelly  
 small evap. milk  
 11 oz can mandarin oranges

Melt butter, add finely crushed ginger biscuits. Line a flan dish with this, pressing it all well in.

Melt jelly with a little juice of can of mandarins, the least amount possible.

Then add evap. milk and whip thoroughly.

Last of all, add cut fruit.

Pour onto flan and allow to set.

Decorate with a few whole segments of mandarin.

ANN FRY

 GRAPEFRUIT AND MELON  
 COCKTAIL  
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This is an excellent way of using part of a melon:

2 oz sugar;  $\frac{1}{4}$  pint water;  
 1 tablespoon sherry;  
 little ground ginger;  
 2 large grapefruit, halved;  
 $\frac{1}{2}$  small melon.

Make a syrup by boiling together the sugar and water.

Flavour with the sherry and ginger.

Take the segments from the grapefruit, mix with the diced melon.

Put into glasses. Spoon over syrup and chill.

JILL HOBSON

## QUICK TRIFLE

Very popular with my family and friends!

Drain the fruit from a large tin of peaches, apricots or pears and place in a glass bowl. Cover with a Swiss Roll (jam filled) cut in thick slices. Moisten with juice from the fruit and, if liked, sherry. Cover with a thick layer of whipped cream. Grate chocolate on top and decorate with walnuts or roasted almonds.

DOROTHY F. MEGGINSON



## MAIDS OF HONOUR

(circa 1870)

or Cheese Cakes

2 oz lard )  
 2 oz butter ) melted  
 1 breakfast cup ground rice  
 1 breakfast cup moist sugar

Stir all together, then add one egg  
 beaten thoroughly.

Line patty tins with pastry and  
 place a spot of jam in each  
 (if liked); then fill with mixture.  
 Place crossed strips of pastry  
 on top and bake in fairly hot  
 oven until lightly browned.

Reg. 6, about 20 mins.

HELENA SQUIER

## RAISIN CAKE

(New England)

$1\frac{1}{2}$  cups raisins  
 $\frac{3}{4}$  cup sugar  
 $\frac{1}{4}$  cup shortening  
 1 beaten egg  
 $\frac{1}{2}$  cup raisin water  
 $1\frac{1}{2}$  cups flour  
 1 teaspoon each cinnamon,  
 soda and nutmeg

Simmer raisins in water to cover  
 for twenty minutes. Set aside.  
 Cream sugar and shortening.  
 Add egg and mix well.

Mix water alternately with  
 remaining ingredients, sifted  
 together.

Add raisins and mix well.

Bake at 350° F. in a flat tin  
 or loaf pan for 30 - 40 minutes,  
 depending on depth of pan.

Don't try to cut the preparation  
 time by skipping the first step.  
 It is the secret of the cake's  
 moistness.

GLADYS MONEY

BISCUITSQUICK  
SHORTBREAD

8 oz marg or butter  
4 oz granulated sugar  
12 oz S.R. flour

Melt marg and sugar together in a saucepan, remove from heat, add flour.

Press into two sponge sandwich tins and mark right through in 8 sections before baking for 15 - 20 minutes on middle shelf of oven, temp. 350° F.

ANN FRY

HAZELNUT  
PETIT FOURS

2 oz ground hazelnuts  
1 oz caster sugar  
1 oz butter  
Melted chocolate  
12 whole nuts

Cream butter and sugar. Add nuts. Bake in small tins or paper cases at 350° for 10 minutes. Whilst cooling, make a small depression in each with teaspoon handle. When cold, fill in depressions with melted chocolate and place a whole blanched hazelnut on each.

DAPHNE BINNS

## GINGER BISCUITS

Cream 4 oz margarine  
4 oz sugar  
Add 4 oz flour  
1 to 2 level teaspoons of  
ground ginger  
1 tablespoon of beaten egg

Work it all together. It will be quite firm. Make into small balls and bake till golden brown in a moderate oven.

EVA SHIPTON

## BUTTERSCOTCH SHORTIES

4 oz margarine  
3 oz soft brown sugar  
4 oz plain flour

Cream margarine and sugar.  
Mix in flour.  
Do not add liquid.  
Form into small balls  
and bake on tray at 350°  
for about 15 minutes.

DAPHNE BINNS

## LEMON SHORTIES

4 oz butter  
 3 oz sugar  
 1 egg yolk  
 Grated rind of 1 large lemon  
 5 oz S.R. flour  
 Cornflakes

Cream the butter and sugar thoroughly.  
 Beat in egg yolk and lemon rind.  
 Stir in flour.  
 Divide into 24 pieces.  
 Form each into a ball.  
 Roll in cornflakes.  
 Place, apart, on greased baking sheets.  
 Bake at 375° (Mark 5) for 15 - 20 minutes.  
 Cool for a few minutes before lifting from baking sheet.  
 Makes 2 dozen.

JILL HOBSON

## PLAIN BISCUITS

4 oz S.R. flour  
 2 oz caster sugar  
 2 oz margarine  
 1½ tablespoon milk  
 6 drops vanilla

Mix flour and sugar together.  
 Rub in margarine.  
 Add milk and vanilla and mix well.  
 Roll thinly and cut into rounds.  
 Bake on greased tin at Reg.4 for 15 minutes.

DAPHNE BINNS

WINE, SALADS, SAUCES, TOFFEE, CHUTNEYWINE

Good colour and interesting flavour.

Equal quantities of blackberries  
and elderberries gathered on a  
dry day.

6 lb berries to  $\frac{1}{2}$  gall. boiling water.  
3 lb sugar to each gallon juice.

Pour boiling water over the fruit.  
Bruise well. Leave to ferment  
6 days. Skim or strain.  
Add sugar. Stir till dissolved.  
Leave to ferment without corks.

Keep wine covered always;  
if air gets in the wine will become  
vinegar.

The longer the sugar is left before  
straining, the sweeter the wine.

This recipe is good with black-  
berries only.

EVA SHIPTON

MY GRANDMOTHER'S  
GINGER WINE  
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To be made up at the chemist:

1 drm. essence of Cayenne  
4 drm. essence of Ginger  
1 oz burnt sugar

In a bowl place  $1\frac{1}{2}$  lb of lump sugar  
and pour the essences over. Then  
add  $4\frac{1}{2}$  pints of boiling water.

When almost cold stir in 1 oz of  
Tartaric Acid crystals.

Bottle when quite cold.

DOROTHY F. MEGGINSON

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CUCUMBER SALAD

1 carton of lemon  
or plain yoghurt  
Cucumber  
Fresh mint  
Seasoning

Dice the cucumber and mix  
into yoghurt with pepper,  
salt and a little sugar -  
and chopped mint. Pile  
on to lettuce leaves.

CARROT SALAD

(rich in vitamin C)

Grate or put through a  
Mouli as many carrots as  
required.  
Add finely chopped celery -  
not too much - or  
alternatively grate a piece  
celeriac.  
Pour over freshly squeezed  
lemon juice to moisten well.  
Season with pepper, salt  
and sugar  
Garnish with sultanas  
and sprigs of water cress.

DOROTHY F. MEGGINSON  
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MINT SAUCE FOR ALL YEAR ROUND

for deep-freeze owners

Collect mint at its best. Wash and liquidise with small amount of water. Empty into ice cube tray. Freeze. Place frozen cubes in bags in freezer.

MINT SAUCE: Two hours before use, remove cubed mint from freezer. Add to vinegar and sugar and leave to thaw.

JOY WOOLLS

GREEN SAUCE

Put equal quantities of chopped parsley, cooked minced spinach, tarragon, and the green shoots of spring onions, in a basin, and pound them well.

Add enough butter to bind them to a stiff paste. Rub through a wire sieve to remove any hard, stalky bits.

Add cold mayonnaise sauce to make it of a clotted cream consistency.

This sauce is served cold and is delicious with fried fish, fish cakes, etc.

JILL HOBSON

SWEET & SOUR SAUCE for pork

1 small onion, sliced  
1 oz margarine  
2 tablespoons crushed pineapple  
Strained juice of pineapple  
made up to  $\frac{1}{4}$  pt with water  
1 heaped teaspoon cornflour  
1 tablespoon syrup  
2 tablespoons vinegar

Gently cook onion in margarine. Add pineapple juice and water. Heat to boiling.

Mix cornflour with a little water and add to boiling liquid.

Stir until mixture thickens.

Add crushed pineapple, syrup and vinegar.

Serve hot.

DAPHNE BINNS

## TOFFEE

$\frac{1}{2}$  lb margarine  
cup of sugar  
2 tablespoons syrup

Put all ingredients in a saucepan. Boil gently for 10-15 minutes, stirring occasionally. Drop a little into a cup of cold water to test, if it forms into a hard ball. Then pour onto a greased tin, and cut when cold.

You can vary this by putting 1 tablespoon of black treacle, or adding nuts to mixture in the tin whilst cooling.

ANN FRY

APPLE CHUTNEY

3 lb apples  
1 lb onions  
 $1\frac{1}{2}$  lb brown sugar  
 $\frac{1}{4}$  lb crystalised ginger  
 $\frac{1}{4}$  teaspoon of cayenne  
2 cloves of garlic - crushed  
 $\frac{1}{2}$  pint vinegar  
1 level teaspoon of spice

Chop up coarsely and boil until thick.  
Put into warm jars and seal.

DOROTHY F. MEGGINSON

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Fry gently in butter -  
one large red or green pepper  
chopped,  
one large onion,  
and when half-cooked add  
one large coarsely chopped  
cooking apple.

This is delicious with  
grilled pork chops.

DOROTHY F. MEGGINSON



\*\* Prick 'blunt' end of egg with a needle, taking care to pierce the shell only. Result — Result — no more broken boiled eggs.

\*\* When flouring or bread-crumbing fish or liver, put flour etc. in a polythene bag. Pop item to be coated in bag and shake gently. No more messy plates and kitchen.

ANN FRY

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\*\* When poaching eggs, add 5 drops of vinegar to the water to prevent the whites spreading, thus making it easier to lift the eggs from the pan.

A sprinkling of grated cheese over poached eggs improves them.

\*\* Whiting is a fish for which many people do not care because of its lack of flavour. Cook it with grated cheese or after cooking sprinkle some over it, and you will consider it as tasty as any other.

DAPHNE BINNS

\*\* Bi-carbonate of Soda has many uses besides using for cooking.

1. Add to water when washing out your fridge.
2. For cleaning glass oven doors.
3. 1 teaspoon added to your vacuum flask. Fill with water and stand overnight. Clears tea and coffee stains.

\*\* Save odd pieces of soap. Add to foam in bottom of washing machine when emptying. Foam disappears.

\*\* Cleaning badly stained baths —  
Puff lavatory cleaner on stain. Leave to foam.  
Rub off with stiff brush.  
Works wonders on lime scale left by dripping taps.

JOY WOOLLS