

Domestic

By Maureen

Scrap Bread Pudding.

Ingredients: One breakfastcupful scraps of bread, two tablespoonsful flour, one tablespoonful sugar, two tablespoonsful currants, half teaspoonful mixed spice, half teaspoonful ground ginger, half teaspoonful baking powder, milk. Method: Soak bread in cold water about one hour till soft. Prepare suet and currants, squeeze water out of bread; beat up with a fork, and mix with other ingredients till it is of a dropping consistency. Steam steadily two hours. Serve with half a pint Bird's custard sauce.

Delaware Pudding.

Ingredients—Suet Pastry: Six ounces flour, two ounces suet, one small teaspoonful baking powder, pinch salt, cold water. Filling: One apple finely chopped, two tablespoonsful currants, one tablespoonful sugar, half an ounce peel, one tablespoonful water. Method—Prepare filling, make suet pastry, cut into rounds. Put layer of pastry and spoonful mixture alternately into basin. Boil or steam one and a-half to two hours.

Lentil and Potato Soup.

Ingredients: One teacupful lentils, four or five potatoes, piece carrot and turnip, one onion, one ounce margarine, one quart cold water, one teacupful milk, pepper and salt. Method: Wash and soak lentils over night. Prepare vegetables and cut into small pieces. Melt fat in pan, add lentils (drained from the water) and all vegetables, and toss till fat is absorbed. Pour in the liquid lentils were soaked in, and rest of water, season, and simmer gently three hours. Pass soup through sieve or colander, return to pan, and add milk, if desired.

Steved Potatoes (a Scotch dish familiarly known as "Stovies").

Ingredients: Six potatoes, two onions, one tablespoonful fat, one teacupful water, pepper and salt. Method: Melt fat in pan, skin and slice onions, wash, peel, and slice potatoes. Toss in melted fat, add seasoning and water, put on lid and cook slowly about three-quarters to one hour, stirring occasionally.

Dutch Roll.

Ingredients: One and a-half pounds cold meat, two cupfuls breadcrumbs, one large onion (cooked), pepper and salt, one egg, two tablespoonsful water, one ounce dripping, two cupfuls boiling water. Method: Pass meat twice through mincer. Chop onion finely. Mix meat, crumbs,

onion, pepper and salt well together. Beat egg and mix with water; add to meat, keeping back a little of the egg. Form into a roll. Brush with egg. Make dripping smoking hot. Brown roll all over. Pour off fat; add boiling salted water. Simmer gently one and a-half hours. Serve hot or cold.

Mince and Dough Balls.

Ingredients: Half a pound of mince, one small onion, two tablespoonsful breadcrumbs or rice, half a teacupful water, pepper, salt, and half a teaspoonful gravy salt. Dough Balls: Four tablespoonsful flour, one and a-half tablespoonsful suet, half a teaspoonful baking powder, one teaspoonful chopped parsley or a pinch of herbs, pinch of salt, cold water. Method: Place mince in pan, stir over fire till thoroughly heated; add onion, cut in rings, water, pepper and salt; cook slowly one and a-half hours; half an hour before serving, add the breadcrumbs. Mix up ingredients for dough balls into a stiff paste with cold water. Cut into eight, form into balls, and place on top of mince one hour before serving.

Mashed Turnip.

Ingredients: One turnip, boiling salted water, one teaspoonful butter or margarine, half tablespoonful oatmeal, pepper and salt. Method: Wash the turnip, peel thickly, cut into blocks. Place in boiling salted water, and boil steadily till soft (about forty minutes). Drain and mash. Add seasoning, oatmeal, and butter, and mix all well together.

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