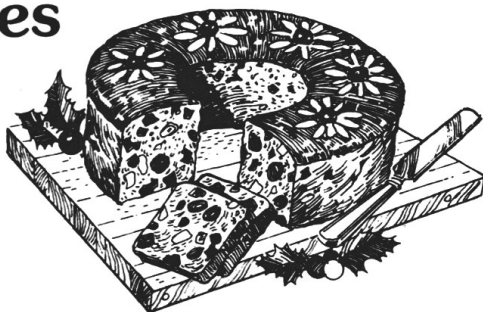


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Cakes



ALMOND CRUMBLE CAKE

The dough:

8 oz. flour	pinch salt
half Yeast Cake	1/8 - 1/4 pint milk
1½ oz. butter	1 - 1½ oz. sugar
grated peel of ½ lemon	(according to taste)

Dissolve the Yeast Cake in the tepid milk, after creaming it with a little of the sugar. Mix the rest of the ingredients and rub in the butter. Knead very well, with the yeast mixture, adding more tepid milk if necessary. Roll out and line a pastry tin as soon as it is kneaded.

Filling:

2 oz. soft butter	3½ oz. sugar
1 lb. curds	some cream or
Vanilla flavouring	condensed milk

Cream the butter and sugar, very well. Then whip in the curds and a little cream or condensed milk. Whip for about two minutes, till thick. Spread this over the bottom of the pastry in tin.

Crumble:

3½ oz. almonds	3½ oz. sugar
3½ butter	5 oz. plain flour

Mix all well together and sprinkle over the curd filling. Bake in a moderate oven for about 45 minutes.

SPICY APPLE CAKE

¾ cup stewed apple	4 oz butter
4 oz. sugar	1 tspn. Bi-carb.
6 oz. Self-Raising flour	1/4 tspn. ground
1 tspn. cocoa	nutmeg
½tspn. ground cinnamon	3 oz. seedless raisins

Cream the butter and sugar. Add the warm apple with soda mixed in. Stir in sifted flour, cocoa and spices mixed with the fruit. Put into lined 7-in. cake tin. Bake for 1 hour in a cool oven. Remove from tin, and when cool, ice with lemon water icing and dust the surface with ground cinnamon.

BALL CAKE

2 cups flour	6 tblspns. butter
3 tspn. baking powder	pinch salt
2 tblspn. sugar	2/3-cup milk

Sift dry ingredients together and rub in butter finely. Mix with the milk to a soft dough and knead lightly. Form into 12 balls and roll them in some melted butter and then in:

1/3-cup sugar mixed with 1 tspn. ground cinnamon. Arrange them closely together on a pie plate and bake for 15 to 20 minutes at 425° F.



Biscuits & Cookies

ALMOND COOKIES

1½ cups flour	½ cup sugar
1/4-lb. butter	pinch salt
1 tspn. baking powder	2 tblspns. ground
1 tspn. almond essence	almonds

Put all ingredients into basin and mix together using hands. Roll out thin and cut into shapes. Bake at 350° F for 10 – 15 minutes.

ALMOND COCONUT SLICES

Pastry base:

3 oz. plain flour	1 oz. cornflour
2½ oz. butter	pinch salt
2 level tspns. sugar	1 dssrtspn. water
1 tblspn. jam	

Rub butter into sifted dry ingredients. Mix sugar into water and mix into butter mixture. Roll into 12" x 4" oblong on floured board. Put on baking sheet and pinch edges with finger and thumb to form a ½-inch ridge round pastry. Spread base of pastry with jam.

Filling:

1½ oz. ground almonds, 1½ oz. desiccated coconut, 1 level tspn. cornflour, 3 dssrtspns. golden syrup, 1 oz. chopped blanched almonds.

Put all ingredients, except chopped almonds, into pan and heat gently till well mixed. Spread this over the jam on pastry. Sprinkle

with chopped almonds. Bake at 400° F for about 20 minutes. Cut into slices when cold.

ALMOND CRUNCH FINGERS

6 oz. shortcrust pastry	some smooth jam
4 oz. breakfast oats	3 oz. butter
3 oz. golden syrup	1 oz. brown sugar
almond flavouring to taste.	

Roll out pastry and put into the bottom of a greased 12" x 7" pan. Spread thinly with jam. Heat butter, syrup and brown sugar till melted. Stir in the oats and almond flavouring. Cover the jam with the oats mixture and bake at 375° F for about 25 minutes.

Cool a little and cut into fingers. Leave in pan until cold.

ALMOND CRESCENTS

½ lb. butter	1/3-cup sugar
2/3-cup ground almonds	1 3/4-cups flour
pinch salt	

Cream butter and sugar thoroughly. Add almonds and cream some more. Work in sifted flour and salt and blend well. Chill dough. Roll into pencil-thick pieces. Cut into 2½" lengths. Form into crescents. Bake on an ungreased tin at 350° F for about 12 minutes. While still warm, dip in icing sugar mixed with a little cinnamon.

ALPHABET GINGETTES

4 oz. self-raising flour	1½ oz. butter
level dssrtspn. golden syrup	1 oz. castor sugar
	1 tspn. ground ginger

For Icing: Add 1 dssrtspn. cocoa to your favourite butter icing.

Rub flour and butter together till it resembles fine crumbs. Add ginger and sugar. Mix well. Stir in syrup and work to a soft dough. Knead lightly on a floured board and roll out to 1/4-inch thickness. Bake at 425° F for about 6 or 7 minutes. Ice as desired.

ANZAC NATTIES

2 oz. wholemeal flour	1 tblspn. hot water
2 oz. desiccated coconut	1 oz. chopped nuts
1 tblspn. golden syrup	4 oz. brown sugar
2 oz. white flour	2 oz. butter
½ tspn. Bi-carb.	

Mix all dry ingredients in a bowl. Melt the butter and syrup until hot, but not boiling. Mix the water and soda and add both liquids to the dry ingredients. Mix well. Roll in small balls and place on baking trays, leaving plenty of room for spreading. Bake in a moderate oven for about 20 minutes. Leave on the tray to cool, when they will become quite crisp.

APPLESAUCE CAKE

1 cup applesauce (unsweetened)	1 cup raisins
	1 cup water
1 cup cashew nuts (or others, if preferred)	
1 - 1½ -cups sugar	1 cup butter
½ tspn. cinnamon	½ tspn. allspice
½ tspn. nutmeg	

Boil the above ingredients for 5 minutes and let cool. Add 1 tspn. baking soda and 2 cups flour. Bake in small muffin tins at 350° F for 30 minutes.

AUSTRALIAN ANZACS

4 oz. rolled oats	4 oz. flour
4 oz. desiccated coconut	4 oz. sugar
½ tspn. baking powder	4 oz. melted butter
1 tblspn. golden syrup	

Mix all dry ingredients together. Stir syrup into melted butter and mix in. Roll into small balls and flatten slightly. Place on a greased baking tray. Bake in a cool oven - about 300° F.

AUSTRIAN ALMOND SLICES

8 oz. shortcrust pastry	4 oz. butter
3 oz. ground almonds	4 oz. sugar
few drops almond essence	apricot jam

Roll out pastry and use it to line a shallow greased 11" x 7" tin. Prick bottom with fork and spread thinly with apricot jam. Melt the butter over a gentle heat. Stir in the sugar, almonds and essence. Spread this filling over the jam. Bake at 350° F for about 35 - 40 mins. Cut into slices while still warm. Lift out and cool on a wire tray.

BASIC MIX BISCUITS

6 cups flour	2 cups sugar
6 tspns. baking powder	pinch salt
1 cup dry milk powder	1½-cups margarine

Rub margarine into other ingredients till like crumbs. Store at room temperature. Keeps well.

Use as follows:

RAISIN BISCUITS:

2 cups Basic Mix	1/4-cup cocoa
1 tspn. vanilla	1/4-cup sugar
½-cup seedless raisins	2½-tblspns. water

Mix all well together. Form into balls and bake at 350° F.

DELICIOUS, NUTRITIOUS DATE SCONES

4 tspns. baking powder 2 tblspns. sugar
1 cup chopped dates 2 tblspns. butter
1 tblspn. wheatgerm

2 cups wholewheat flour
plus milk and water to make 1 cup

Blend dry ingredients, rub in butter, add milk and water mixture. Mix lightly, tip out and flatten slightly and cut out with pastry cutter, or drop spoonfuls onto a greased baking sheet. Bake at 450° F for 10 – 15 minutes.

EDINBURGH SCONES

2 cups flour 1 cup buttermilk
½ -tspn. baking powder 1/4-tspn. salt
½ -tspn. cream of tartar

Sieve dry ingredients and gradually add the buttermilk to make a soft dough. Turn onto a floured board and knead lightly. Roll out ½" thick and cut into rounds. Bake in a hot oven or on a hot griddle until light brown underneath and well risen.

GRIDDLE SCONES

2½ breakfast cups flour 1 tspn. golden syrup
1 tspn. cream of tartar buttermilk
1 tspn. Bi-carb. 1 oz. butter
pinch salt

Sieve the flour, cream of tartar, soda and salt. Rub in the butter. Add the syrup and mix to a soft consistency with the milk. Turn onto a floured board and roll quickly. Cut into shapes. Grease and heat a griddle and cook scones on both sides. Cooking time 10 mins.

HEALTH SCONES

½ -lb. Boermeal flour (unsifted)
1 dssrtspn. baking powder
1 tblspn. sultanas 1 dssrtspn. butter
1 dssrtspn. brown sugar pinch salt
fresh milk to mix

Mix flour, sugar, baking powder and salt, then rub in butter, add milk and sultanas. Make dough rather soft. Form into scone shapes to size desired, and bake in a fairly hot oven for 10 minutes.

HONEY & WALNUT SCONE RING

8 oz. self-raising flour pinch salt
2 oz. butter 4 tblspns. milk (±)
2 level tblspns. clear honey

Topping:

1 dssrtspn. clear honey
approx. ½ -oz. chopped walnuts

Sieve the flour and salt into a bowl. Rub in the fat finely, then mix to a soft, but not sticky, dough with the honey and milk. Turn onto a floured board and knead until free of cracks. Roll out to about ½" thickness and cut into approximately nine 2 1/4" rounds with a biscuit cutter. Place on a greased baking tray in a circle, damp scones with milk where they touch and press well together. Bake in a hot oven (425° F - Mark 7) for 15 – 20 minutes until golden brown and firm. Brush the hot scones with the warmed honey and sprinkle with chopped walnuts. Serve hot, or cold, with butter and honey.

Fruit Cocktails & Frozen Desserts



APRICOT CUP

1 lb. ripe apricots ½-cup water
½-cup sugar ice cubes

Wash, halve and stone the apricots. Place together with sugar and water in enamel saucepan. Boil for 10 – 15 minutes. Rub through a fine sieve. Serve in cocktail glasses with an ice cube in each.

BANANA CHIFFONADE

4 ripe, sliced bananas ½-cup honey
few drops vanilla 4 cups milk
few drops almond flavouring

Put all ingredients in a mixer. Chill and serve in frosted glasses with a dash of nutmeg.

CARDAMON FRUIT MEDLEY

6 oz. dried apricots ½-lb. dessert prunes
½-tspn. ground cardamon grape juice
½-tspn. grated lemon rind whipped cream
4 tblspns. sugar

Soak apricots several hours, or overnight, in sufficient grape juice to cover. Place in pan with prunes (add extra grape juice if necessary to cover fruit), sugar, cardamon and lemon rind. Cover and simmer gently until fruit is tender. Remove fruit from liquid, continue

cooking until thick and syrupy. Pour over fruit; cool, then chill. Serve with whipped cream.

SAVOURY APPLE

Make a savoury filling of ¾-cup finely grated cheese, 2 dssrtspns. grated onion and a pinch of dried mixed herbs, adding a good pinch of salt and a shake of pepper. Blend all well together and put the mixture into the cavities of half-a-dozen cored cooking apples. Bake in a covered dish with a little water.

AVOCADO COCKTAIL

Peel and stone 2 ripe avocados and dice them. Add 1½-cups grapefruit sections. Chill. Whip ¾-cup chilled cream and mix in ½-tspn. tomato catsup, 1/2-tspn. hot sauce and 1 tspn. lemon juice. Stir into the fruit mixture. Pile into chilled cocktail glasses.

BANANA DELIGHT

Mash one banana per serving. Add 1 dssrtspn. castor sugar and mix well. Put into tall glass and add cold milk to fill glass. Top with whipped cream and grated chocolate or chocolate sprinkle.

PEACH CRISP

2 tspns. baking powder	1 cup flour
½-cup brown sugar	½-cup butter
½-tspn. cinnamon	grated rind of 1 lemon
4 cups sliced peaches	½-cup sugar
1/4-tspn. nutmeg	1/4-tspn. salt
juice of ½ lemon	2 tblspns. water

Mix dry ingredients together, then mix in butter until it resembles coarse crumbs. Put sliced peaches in a shallow 9" baking dish. Mix rind, juice and water and sprinkle over fruit. Cover fruit with the crumb mixture, patting it down so it sticks to the fruit. Cover and bake in a moderate oven for 15 minutes, then remove lid and bake for a further 30 minutes. Serve with cream, or custard.

BAKED ALMOND PEACHES

1 large tin peach halves	whipped cream
½-cup ground almonds	½-cup sugar
½-tspn. grated lemon rind	extra sugar
1 tblspn. butter	½-cup orange juice

Drain peaches — reserve 1 cup of syrup. Combine almonds, sugar, butter, lemon rind and mix well. Stir in just a very little of the orange juice, just to give a good moulding consistency. Stuff centres of peaches with this and join two together, making whole peach shapes. Arrange in a greased oven dish. Pour over remaining orange juice, combined with syrup. Sprinkle with sugar and bake in a moderate oven for 10 — 15 minutes — till hot, basting with juice in dish. Serve with whipped cream.

PEACH PIE

1 lb. dried peaches	5 tblspns. brown sugar
flaky or short crust pastry	
1 oz. peeled, chopped almonds	

Soak peaches for 4 — 5 hours, depending on

the kind of peach. When soft, drain and barely cover with fresh water. Add sugar and simmer gently in a covered pan until peaches form a thick pulp. Stir in almonds and leave to cool. Bake inside a pastry crust at 400° F for 30 — 35 minutes. Sprinkle with castor sugar and serve hot, or cold, with whipped cream.

PEACH FOOL

Follow the recipe for Plum Fool, but use vanilla in place of the cinnamon.

PEACH ROYAL

10 peach halves	8 oz. berries
slivered almonds	1 tblspn. lemon juice
1/4-pint cream	icing sugar

If using fresh peaches, prepare and simmer in 1/4-pint of water and 2 oz. sugar and the lemon juice. For canned peaches, place cut side up, and sprinkle with the juice. Whip the cream, fold in the berries and sugar and pile into the peach halves. Garnish with the slivered almonds.

BAKED PEACHES OR APRICOTS

2 peaches per person	1/4-tspn. cinnamon
sugar, or honey, to taste	1 bottle apple juice
grated rind of 1 orange and 1 lemon	

Peel the peaches, or leave them, as preferred. Put the fruit in an oven dish. Mix all the other ingredients together and be sure the honey has dissolved. Pour around the fruit and bake in a hot oven for 40 minutes. Serve cold.

GOLDEN PEACH CRUNCH

2 cans (1 lb. 13 oz. each) cling peach slices
1 cup quick Quaker Oats, uncooked
1/3-cup butter, or margarine, melted

½-cup brown sugar, packed
1/4-tspn. cinnamon
1/4-tspn. salt
1½-tspns. cornstarch
1/4-tspn. nutmeg

Drain peach slices thoroughly; mix with cornstarch, cinnamon, nutmeg and lemon juice; turn into an 8" baking dish. Combine Quaker Oats, butter, salt and sugar; mix until crumbly. Sprinkle over the peaches. Bake at 375° F (moderately hot oven) for about 30 minutes. Serve hot with plain or whipped cream. Makes 8 servings.

PEACH AND PECAN PIE

Crust:

1 cup sifted flour pinch salt
1/4-tspn. baking powder 1/3-cup butter
2 - 3 tblspns. ice water

Filling:

1 cup sugar 3 tblspns. flour
3 tblspns. orange juice salt
2 tblspns. cornflour ½-cup cold water
2 cups sliced peaches 1 tblspn. butter
1 tblspn. grated orange rind
1/4-cup chopped pecan nuts

Crust:

Sift together 1 cup flour, the baking powder and pinch salt. Cut in butter with a fork or pastry blender until the size of peas. Add ice water, a little at a time, mixing only enough to hold ingredients together. Roll out about 1/8th" thick. Line a 9" glass oven dish.

Filling:

Mix together: sugar, 3 tblspns. flour, cornstarch, salt, cold water, orange juice and butter. Cook for about 15 minutes, or until mixture thickens, stirring all the time. Remove from heat and stir in the grated orange rind, pecans and sliced peaches. Pour filling into unbaked pastry shell and bake at 375° F for about 40 minutes, or until done. Serve with whipped cream.

SPICED PEARS (OR PLUMS)

2 pears per person 1/4-pint cider vinegar
1½-tspns. cinnamon 7 oz. apple juice
brown sugar to taste 1 lemon
1/4-tspn. allspice 1/4-tspn. cloves

Place all the ingredients, except the pears, in a saucepan and bring to the boil. Use a little less vinegar if preferred, and use only cider vinegar. Simmer gently for about 1 hour, then strain. Peel, core and halve the pears and add to the liquor. Simmer very gently for about 30 minutes, or until they are glassy. Serve hot or cold, with yoghurt if liked.

CASSEROLE PEARS

Peel and halve pears and place in a casserole with a little water, lemon juice and honey. Cover and cook slowly until only just tender and still white. Sprinkle chopped nuts in the centre and serve with whipped cream. Peaches can be cooked in the same way, but without the juice.

GRECIAN PEARS

6 fresh Comice or Anjou pears
4½-cups sugar 2 cups water
1 stick cinnamon dairy sour milk
3 or 4 whole cloves mace

Peel pears and core from blossom end, leaving stems on. Combine sugar and water in a large saucepan. Cook over low heat, stirring, until sugar is dissolved. Place pears in syrup and boil gently for about 15 minutes, or until tender. Remove from heat. Add cinnamon stick and cloves. Refrigerate for several hours. Place chilled pears upright in individual compotes. Add syrup. Spoon sour cream around pears; sprinkle with mace. Yield: 6 portions.

