# THE ROYAL CANADIAN NAVY RECIPE MANUAL

OLD NAVAL RECIPES



#### ACKNOWLEDGEMENT

From the days of broadside messing in the early ships of the Royal Canadian Navy, to the cafeteria-style messing of today's Navy, there has been a variety of sources provided to the ships cooks to ensure that a good standard of feeding was possible. BRCN 3102, the RCN Recipe Manual, for example, published on 1 May 1948, and the Canadian Forces Recipes (CFP 225), developed and introduced in the 60's recognized the importance of good nutritional meals for personnel who serve at sea. The introduction of Food for Fifty by Sina Faye Fowler and Bessie Brooks West along with Joy of Cooking (Bobbs-Merrill Company Inc.) demonstrated the value of providing variety and recognition that our cooks, even in restricted quarters and often difficult and uncomfortable conditions, have the imagination and ability to go beyond the normal meal and exercise a professional culinary skill.

In these early days when the duty mess man drew the meal for his assigned mess from the forward galley and bakery, and with great dexterity maneuvered himself and the rapidly cooling food to his messmates, it was by necessity one choice. Galley facilities, availability of victuals, and the mode of messing dictated this. Now however, modern equipment and cafeterias, modern food processes and even better cooks training an excellent variety of nutritious, well-presented meals are produced in our ships.

But we should not forget the past. Many of the recipes in the early cookbooks were tried and true and are as good today as they ever were. True, they call for some added steps, but they serve to remind us of the tradition of feeding at sea and the pride of the naval cook in being able to feed the ships company under all conditions.

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#### CORVETTE, FLOWER CLASS

#### SACKVILLE

30 DECEMBER 1941
8 APRIL 1946
950
205' 1" x 33' 1" x 11' 6''
16 KNOTS
6 OFFICERS 79 MEN
1 - 4", $1 - 2$ pdr. , $2 - 20$ mm

Commissioned on December 30, 1941, at Saint John, N.B. Sackville arrived at Halifax on January 12, 1942. She like most Canadian corvettes was named after small towns and boroughs in Canada, rather than the Royal Navy's flower names. She sailed through the worst weather that Mother Nature and the North Atlantic could dish out, plus the ever-present threat of Hitler's U-Boats. Indeed, she was one of those fortunate enough to get back at these underwater tormentors not once but three times in one 24-hour period!

The ship was paid off on April 8, 1946, but recommissioned August 4, 1950, as depot ship, reserve fleet. She was refitted, but remained inactive until 1953 when she was reactivated as Canadian Naval Auxiliary Vessel and loaned to the Department of Fisheries, the Bedford Institute of Oceanography, and the Defense Research Establishment Atlantic.

By 1982, Sackville was getting more expensive to maintain and was considered inadequate for further use by the military or civilian organizations. When Sackville retired in December 1982, a handshake agreement was in effect that saw Maritime Command retain the ship within the dockyard while transfer of the ship was worked out with DND. This was important since, if the ship had been passed on to Crown Assets Disposal, as is the usual route, the Canadian Naval Corvette Trust would have been pitted against commercial ship buyers, an impossible position to be in at this early stage.

At the cost of \$800,000 to restore and maintain the Sackville was ready for viewing at the Maritime Museum of the Atlantic by 1985.

Feeding Concept:	Broadside Messing
Cooks:	4
Galley	1

# **CHEESE DISHES**

### **Cheese Rarebit**

Measure	Unit	Ingredient	Lbs.	Oz
1	Qt.	Butter	2	
1 1/2	Qt.	Flour	1	14
2	Qt.	Hot Milk	20	
10	Qt.	Cheese, grated	10	
2	B.Sp.	Salt		3
2 1/2	B.Sp	Mustard		1

Method:

- 1. Melt the butter, ad the flour, blend thoroughly and cook for 2 to 3 minutes.
- 2. Add the hot gradually, stirring as you add. Cook over a low heat until there is no taste of raw flour.
- 3. Add the cheese and stir until it melts.
- 4. Add the seasonings.
- 5. Serve hot on crisp toast or crackers.

Yield: 100, 5 – oz servings

Variation:

### **Mexican Rarebit**

Method:

1. Use 1 gal of hot strained canned tomatoes and 1 gal of milk.

### Macaroni and Cheese

Measure	Unit	Ingredient	Lbs.	Oz
5	Qt.	Macaroni	6	4
1 1/2	Pts.	Butter or Shortening	1	8
1 1/2	Pts.	Flour	1	14
2 1/2	B.SP.	Salt		4
3	Gals	Milk	30	
1 1/2	Gals	Grated Cheese	6	
1	Gal	Buttered Crumbs	3	8

#### Method:

- 1. Cook the macaroni according to the General Method. Drain Well.
- 2. Make a cream sauce.
- 3. When cooked, add the grated cheese and stir until it is melted.
- 4. Add the cooked macaroni.
- 5. Pour into greased baking pans.
- 6. Cover with buttered crumbs.
- 7. Brown in a slow oven (300 325 F)

#### Yield:

100, 10 - oz. Servings.

#### Note:

- 1. Macaroni and cheese may be served without baking in the oven, in which case the buttered crumbs are omitted.
- 2. Spaghetti may be substituted for macaroni.
- 3. If old cheese is used, reduce the quantity to 3 lbs.

### Macaroni, Tomato and Cheese

Measure	Unit	Ingredient	Lbs.	Oz
5	Qts.	Macaroni	6	4
1 1/2	Qts.	Onions, sliced	2	4
1	Qt.	Fat	2	
1 1/2	Qts.	Flour	1	14
5	B.Sp,	Salt		8
1/2	B.Sp.	Pepper		
4	No. 10 cans	Tomatoes (heated)	25	
1 1/2	Gals	Cheese, grated	6	

#### Method:

- 1. Cook the macaroni according to the general method. Drain well.
- 2. Cook the sliced onions in the fat until tender.
- 3. Add the flour and seasonings to the fat and onions, and continue cooking for 2 to 3 minutes.
- 4. Add the hot canned tomatoes, slowly, stirring constantly until it thickens.
- 5. Add the grated cheese and stir until it is melted.
- 6. Combine with the cooked macaroni.
- 7. This may be served without further cooking or it may be covered with buttered crumbs and baked in a slow oven (300 325 F) until browned on top.

Yield: 100, 9 – oz. Servings.

Note:

Spaghetti may be substituted for macaroni.

### **Spanish Rice**

Measure	Unit	Ingredient	Lbs.	Oz
2 1/2	Qts.	Rice	6	4
1 1/2	Qts.	Stock or water	15	
1	Pt.	Fat	1	
1 1/2	Qts.	Onions, sliced	2	4
3	No. 10 cans	Tomatoes	19	
3 1/2	B.Sp.	Salt		5
1	B.Sp.	Pepper		
1 1/2	Gals	Cheese, grated	6	

#### Method:

- 1. Add the rice to the hot stock and either boil or bake for 20 minutes. Drain.
- 2. Melt the fat, add the sliced onions and cook for 10 minutes.
- 3. Combine all the ingredients, including the fat in which the onions were cooked.
- 4. Bake in a moderate oven (350 F light brown flour test)

Yield: 100, 7 – oz. Servings.

#### Variations:

- 1. Add 3 lbs. Diced cooked bacon.
- 2. Add 1qt. Chopped green peppers or diced celery or both. Cook in the fat with the onions.
- 3. Reduce the rice by 2 lbs. and add 7 lbs. diced cooked meat.

### **Spanish Rice with Frankfurters**

Method:

1. Omit the cheese. Before baking, cover the surface with frankfurters, which have been parboiled. Cook until the frankfurters are brown.

#### Or

2. Raw frankfurters may be split in half lengthwise and spread on top, skin-side up. Bake for <sup>1</sup>/<sub>2</sub> hour.

# **BAKING**

# Terms used in Baking

Batter	any flour mixture that is thin enough to pour or drop from the bowl (cakes, muffins).
Beating	when done by hand, this means a vigorous movement of a spoon or
C	beater across a mixing bowl.
Bench	a baker's table on which loaves of bread are shaped.
Creaming	working or whipping fat, with or without the addition of sugar, until it
	becomes light.
Docking	punching bread dough with the fingers or with a smooth round stick
	about 3/8 " in diameter. This is done to break the large air holes so that
	the bread will rise evenly in the oven.
Dough	any flour mixture that is stiff enough to roll (bread, tea biscuits).
Fermentation	
Period	the time between mixing and punching bread dough during which the
	yeast grows and makes the dough light.
Folding	the process by which beaten egg whites or flour and beaten egg whites
	are combined with other ingredients in making sponge cake. Using a
	basting spoon, cut through the center of the mixture, draw the spoon
	towards you along the bottom of the bowl and gently fold the batter that
	is on the spoon back towards the center of the bowl. Turn the bowl as
N 6 1 1'	folding proceeds.
Molding	shaping dough's into loaves, buns, etc.
Proofing	allowing dough to rise in the pans before baking.
Punching	breaking the large bubbles of gas, which form in yeast dough after the
0 1'	first rising.
Scaling	weighing off uncooked batters or dough's into amounts suitable for the pans being used.
Stirring	is using a circular movement around the bowl in order to mix
-	ingredients.
Whipping	beating to make light.

### Pan Grease for Baking

Measure	Unit	Ingredient	Lbs.	Oz
1 1/2	Qts.	Fat	3	
1 1/2	Qts.	Flour	1	

Method:

- 1. Whip together a No. 2 speed or mix to a paste by hand.
- 2. Use for greasing all baking tins.

Note:

The fat used should be flavorless

### Pan Grease using Soya Flour

Measure	Unit	Ingredient	Lbs.	Oz
		Soya Flour	1	
		Lard or Shortening	2	

Method:

- 1. Mix together a No. 2 speed for 8 minutes.
- 2. Use for greasing bread tins.

Note:

This gives a better color to bread than the ordinary mix. Can also be used for muffins.

# Bread and Sweet Dough's

#### **Characteristics of Well-Made Bread**

- 1. A thin, crisp, golden-brown crust on the topsides and bottom.
- 2. The crust should have no cracks or bulges.
- 3. The loaf should be even in shape and well molded.
- 4. Each loaf should weigh  $1-\frac{1}{2}$  lbs. And should be large in proportion to its weight.
- 5. The crumb should have a fairly fine grain, should be tender but not very soft and spongy.
- 6. The flavor should be sweet and nutty. It should be neither salty nor yeasty.

### **Straight Dough Method**

- 1. Weigh the flour and milk powder and put in dough trough.
- 2. Add the fat and work in with the fingers until fine.
- 3. Moisten the yeast in part of the water.
- 4. Dissolve the sugar and salt in the rest of the water.
- 5. Add the yeast and sugar and salt solution to the flour.
- 6. Work the flour and liquid into a dough.
- 7. Knead the dough until it is elastic and full of bubbles.
- 8. If the same trough has to be used for fermentation, remove the kneaded dough, scrape out the trough and grease lightly. Put the dough back; fold the sides over so that the top is smooth.
- 9. Cover and let proof until the finger can be pressed into the dough to a depth of about 4" without meeting much resistance. This will take from 1 ½ to 2 hours if the dough is kept at 80 F throughout.
- 10. Punch the dough and let it proof for 30 minutes.
- 11. Scale off the dough a 1-lb. 11-oz.
- 12. Work each loaf until it has a smooth surface. Then let it rest on the bench for 20 minutes.
- 13. Shape into loaves and place in greased bread pans.
- 14. Cover lightly and set aside in a warm place, preferably a proofing cabinet until the dough retains the finger print when lightly pressed (45 minutes to one hour).
- 15. Bake at 375 F for 50 to 60 minutes. (Oven should give a dark brown flour test).
- 16. Test. Well-baked bread has a hollow sound when tapped.

#### Note:

The time required for proofing could be reduced by increasing the amount of yeast, but when more than double is used, the bread will taste of yeast.

### Sponge- Dough Method

Quantity of yeast required:

The formula used in making bread by the Sponge Dough Method is the same as it is for the Straight Dough Method, except that less yeast is required. Change the yeast as follows:

Kind of Yeast	Amount Required for Sponge Dough	Total Time Required
Dried Yeast Cake	<sup>1</sup> / <sub>2</sub> the amount of compressed	12 - 20 hrs.
Dehydrated Yeast	1/3 the amount given in the formula	About 15 hrs.
Compressed Yeast	1/3 the amount given in the formula	About 15 hrs.

To Make Bread By the Sponge Method:

- 1. Use the formula for brown or white bread without changing anything but the quantity of the yeast.
- 2. If dried or weakened, dehydrated yeast is being used, soak for 2 hours in a small amount of the water to which a little of the sugar has been added. Keep the temperature at 80 F.
- 3. Dissolve the sugar and salt in the remaining water.
- 4. Put  $\frac{1}{2}$  the flour in the trough.
- 5. Add the moistened yeast and enough of the water and sugar solution to form a batter that is thin, but not thin enough to splash. Mix thoroughly, cover and leave to rise until double in bulk (10 to 12 hours).

- 6. Add the rest of the liquid and break up the sponge. (The liquid must be at 80 84 F when add.)
- 7. Rub the fat into the remaining half of the flour, add the milk powder and then mix into the sponge to form dough. Mix well.
- 8. Knead, scale, and proof as in the Straight Dough Method. The loaves should proof for one hour.
- 9. Bake in the usual manner.

#### 100 % Whole Wheat Bread

Measure	Unit	Ingredient	Lbs.	Oz
4	Gals.	C.A. Whole Wheat Flour	20	
3	B.Sp.	Bone meal		3
1	Pt.	Milk Powder	1	
1/2	Pt.	Shortening or Lard		8
5	B.Sp.	Salt		7 1⁄2
1	Pt.	Molasses	1	9
1 1/2	Gals	Water (variable)	15	
		Compressed yeast		7

Method:

Follow the directions for the straight dough method. The dough should be a little more slack than the dough for white bread.

Yield:

20, 1-1/2 lb loaves.

Note:

- 1. Liquid milk may be used instead of milk powder and water.
- 2.  $1-\frac{1}{2}$  lbs. of soya flour may be substituted for  $1\frac{1}{2}$  lbs. whole-wheat flour.
- 3. Dehydrated yeast (3-1/2 oz. or less) may be substituted for the fresh yeast.
- 4. The sponge dough method may be used (page 11).

#### **Brown Bread (66% whole-wheat)**

Measure	Unit	Ingredient	Lbs.	Oz
5	Qts.	C.A. white flour	6	4
11	Qts.	C.A. whole wheat flour	13	12
3	B.Sp.	Bonemeal		3
1	Pt.	Dried Milk Powder	1	
7	B.Sp.	Shortening or Lard		7
5	B.Sp.	Salt		7 1⁄2
1	Pt.	Molasses	1	12
5	Qts.	Water (variable)	12	8
		Compressed yeast		7

Method:

1. Make by the straight dough method. Add the molasses with the water. The dough should be a little more slack than the dough for white bread.

Yield:

20, 1-1/2 lb.loaves.

Note:

- 1. Liquid milk may be used instead of the dried milk powder and the water.
- 2. 1 lb. 8 oz. of soya flour may be substituted for 1 lb. 8 oz. of flour.
- 3. Dehydrated yeast (3-1/2 oz. or less) may be used instead of compressed yeast.
- 4. The sponge dough method may be used (page 11).

### White Bread (Straight Dough Method)

Measure	Unit	Ingredient	Lbs.	Oz
4	Gals.	C.A. Flour	20	
3	B.Sp.	Bonemeal		3
1	Pt.	Dried Milk Powder	1	
7	B.Sp.	Shortening or Lard		7
5	B.Sp.	Salt		7 1⁄2
7	B.Sp.	Sugar		7
5	Qts.	Water (variable)	12	
		Compressed yeast		7

Method:

Make by the straight dough method.

Yield:

20, 1 <sup>1</sup>/<sub>2</sub> lb. Loaves.

Note:

Same as note for brown bread (see above).

### **Raisin Bread (Straight Dough Method)**

Measure	Unit	Ingredient	Lbs.	Oz
5	Gals.	C.A. Flour	15	
2 1/2	B.Sp.	Bone meal		2 1/2
1	Pt.	Dried Milk Powder	1	
3⁄4	Pt.	Shortening or Lard		12
4	B.Sp.	Salt		6
3 3⁄4	Qts.	Water	9	6
1	Qt	Sugar	2	
		Compressed Yeast		5
5 1/2	Qts.	Raisins	9	

Method:

- 1. Make the dough by the straight dough method.
- 2. Pick over and wash the raisins. Drain well and add to the dough just before mixing is finished. If the raisins are hard, soak in warm water for 10 minutes before using, or steam them for the same length of time.
- 3. Raisin bread burns easily. Watch the oven temperature carefully and do not over-cook.

#### Yield:

20, 1 <sup>1</sup>/<sub>2</sub> - lb loaves.

#### Variation:

Use 7 lbs of raisins and 2 lbs chopped citron peel.

#### Note:

- 1. Liquid milk may be used instead of the dried milk powder and the water.
- 2. 1 lb 8 oz of Soya Flour may be used instead of 1-lb flour.
- 3. Dehydrated yeast (3-1/2 oz or less) may be used instead of compressed yeast.
- 4. The sponge dough method may be used.

Measure	Unit	Ingredient	Lbs.	Oz
1 1/2	Gals	C.A. Flour	7	8
1/2	Pt.	Dried Milk Powder		8
1/2	Pt.	Shortening or Lard		8
1 1/2	B.Sp.	Salt		2
1/2	Gal.	Water	5	
1/2	Pt.	Sugar		8
		Compressed yeast		2 3⁄4

### Plain Rolls (Straight Dough Method)

#### Method:

- 1. Follow the general method for making bread.
- 2. After punching the dough and allowing it to rest for 30 minutes, scale off the rolls into 1-oz pieces.
- 3. Tuck the edges underneath and work each roll until it has a smooth surface.

- 4. Place in a greased muffin tin or on greased baking sheets, 1" apart. Cover lightly and proof until the dough retains the impression of the fingers when pressed.
- 5. Bake in a hot oven (375 400 F light brown flour test) until thoroughly cooked and browned (15 to 30 minutes).
- 6. Remove from the oven; brush the top surface with melted butter or milk, to give a tender crust.

#### Yield:

Approximately 18 dozen of rolls.

### Parker House Rolls (Recipe for Plain Rolls)

#### Method:

- 1. After punching the dough and allowing it to rest for 30 minutes, roll it out to <sup>1</sup>/<sub>4</sub> " thickness on a floured board. Roll only part of the dough at a time.
- 2. Lift the rolled dough from the board to let it shrink.
- 3. Replace on the board and cut with a round or oval cutter.
- 4. Crease each piece across the center with the back of a knife, brush melted butter over one half of the piece.
- 5. Fold over, press the edges together.
- 6. Finish as plain rolls.

#### Yield:

Approximately 18 dozen rolls.

# Use of Stale Bread

#### **Buttered Bread Crumbs**

Measure	Unit	Ingredient	Lbs.	Oz
1	Gal.	Fresh Bread Crumbs	2	8
1	Pt.	Butter or Other Fat	1	

Method:

- 1. Use bread 3 or 4 days old. Break into fine crumbs
- 2. Melt fat in a pan large enough to hold all the crumbs
- 3. Add the crumbs. Mix lightly until the fat is evenly distributed.

#### Use:

- 1. On the top of scalloped dishes.
- 2. As a basis for meat, fish or poultry dressing.
- 3. Apple Betty or Plum Pudding.

#### Melba Toast

Method:

- 1. Cut stale bread into  $\frac{1}{4}$  " slices.
- 2. Place on pans at the back of the stove or in a spent oven until the corners begin to curl.
- 3. Continue drying in a very slow oven until the color changes to a golden brown.

Use:

Serve at any meal in which there is no other crisp food.

Variation:

Sprinkle grated cheese on the bread before drying.

### **Dry Bread Crumbs**

Save all crusts, stale bread, Melba toast, etc. place in pans and dry out in a very slow oven or cover with paper or a cloth and dry on the back of the stove. When very crisp but not browned, put through a meat grinder. Keep in a perfectly dry, covered container in a dry place.

Use:

- 1. For breading food that is to be sautéed or fried in deep fat. Sift before using in this way.
- 2. In Suet Puddings or Dutch Apple Pie.
- 3. In Fruit Pies to prevent absorption of liquid by pastry.

# **Bread Troubles**

#### Sour Bread

Cause:

- 1. Dirty utensils; dough troughs that have not been thoroughly cleaned out.
- 2. Slow rising, which maybe due to:
  - Old inactive yeast.
  - Not enough yeast.
  - Liquid, which was too hot and so, destroyed some of the yeast cells.
  - Chilling the dough.
- 3. Over proofing.

### **Uneven Texture**

#### Cause:

- 1. Insufficient kneading.
- 2. Insufficient or over-proofing.

### **Too Close a Texture**

Cause:

- 1. Too stiff a dough.
- 2. Insufficient kneading.
- 3. Under-proofing.
- 4. Not enough yeast.
- 5. Too hot an oven.

### **Too Course a Texture**

Cause:

- 1. Too much liquid.
- 2. Over-proofing.
- 3. Too slow an oven.

### Thick, Hard Crust

Cause:

1. Too slow an oven.

# Sweet Dough's

The Basic Sweet Dough recipe can be made up into a variety of rolls, buns, and coffee cakes by cutting it into different shapes, adding fruit, spices, etc. A few suggestions for using it are given on the following pages, but there are many others which a baker can workout for himself.

The method of mixing and proofing is exactly the same as in making bread, but the dough should be slightly softer in order to permit rolling and shaping.

#### Proofing:

Because of the higher percentage of fat this dough contains, the first fermentation period will take at least 2 hours, if the temperature of the dough is kept at about 80 degrees F. The final proofing will take about one hour.

#### Baking:

Products made from Sweet Dough brown more quickly than bread does and unless the oven temperature is carefully watched, a crust may form too quickly, with the result that the outside will have a good color but the inside will be moist and doughy. If the buns, rolls, etc.; are closely packed on bun pans, they should be baked at 375 degrees F. If there is a space between them or if they are cooked in muffin tins, bake at 400-425 degrees F.

#### **Basic Sweet Dough**

Straight-Dough Method

Measure	Unit	Ingredient	Lbs.	Oz
3	Gals	Flour	15	
1 1/2	Pts.	Butter	1	8
1 1/2	Pts	Shortening	1	8
3	Pts	Sugar	3	
3	B.Sp.	Salt		4 1/2
		Compressed Yeast	1	
1	Pt.	Milk Powder		14
1	Qt. (25)	Eggs	2	10
3	Qts.	Water	7	8

Method:

- 1. Combine all the ingredients as in making bread; add the beaten eggs with the water.
- 2. When the fermentation period is completed, punch and let the dough rest for 20 minutes.
- 3. Use the dough for making one of the following: Cinnamon rolls, Rolled Coffeecake, Coffeecake with Topping, Raisin Buns, Hot Cross Buns, Yeast raised Doughnuts.

#### Yield:

Approximately 33 lbs. of dough

#### Note:

- 1. 8 oz. of dehydrated yeast may be used instead of compressed yeast.
- 2. 3 qts. Of fresh milk may be used instead of milk powder and water.
- 3. 12 oz. Of dried egg powder ( $1\frac{1}{2}$  pts.) mixed with  $1\frac{1}{2}$  pts of water may be substituted for fresh eggs.
- 4. When available, butter may be used for all or part of the shortening.

#### **Cinnamon Rolls**

Measure	Unit	Ingredient	Lbs.	Oz
1	Recipe	Basic Sweet Dough		
2	B.Sp.	Cinnamon		
1 1/2	Pts	Brown Sugar	1	5
5	Qts.	Raisins	8	
		Melted Butter		
		Egg Wash		

Method:

- 1. Mix the sugar and cinnamon thoroughly.
- 2. Pick over, wash and dry or drain the raisins well.
- 3. Divide the fermented dough into 7 equal pieces.
- 4. Roll out each piece into an oblong shape 1/8 to <sup>1</sup>/<sub>4</sub> inch thick and about 15 inches wide. Let rest for 10 to 15 minutes.
- 5. Brush with melted butter (be sure that the butter is spread right to the edge).
- 6. Sprinkle with the sugar, cinnamon, and raisins.
- 7. Brush the front edge of the dough with egg wash (see below).
- 8. Roll towards you like a jellyroll. Seal the edge.
- 9. Cut into slices about <sup>3</sup>/<sub>4</sub> " thick.
- 10. Place the pieces, cut side down, close together on greased baking sheets.
- 11. Proof until double in bulk.
- 12. Bake in a hot oven (375 F light brown flour test) for 15 to 20 minutes.
- 13. Serve plain or ice while warm with vanilla water icing.

#### Yield:

Approximately 235 rolls.

#### Egg Wash for Cinnamon Rolls

Measure	Unit	Ingredient	Lbs.	Oz
1⁄4	Pt.	Beaten Eggs		
		Or Dried Egg Powder		1
1⁄4	Pt.	Milk		7

Method and Use:

- 1. Mix together thoroughly.
- 2. Brush on the edges of cinnamon rolls before cutting.

### Vanilla Water Icing

(For sweet doughs)

Measure	Unit	Ingredient	Lbs.	Oz
3 1/2	Qts.	Icing Sugar	6	10
1/2	Pt	Corn Syrup		15
3⁄4	Pt.	Hot Water		15
2	B.Sp.	Vanilla		1/2

Method:

- 1. Combine all the ingredients and beat well. The icing should be soft enough to spread easily. Add more hot water if necessary.
- 2. Spread on Cinnamon Rolls while they are still warm.

Yield:

Approximately 1/2 oz of icing per roll.

#### **Rolled Coffee Cake**

Measure	Unit	Ingredient	Lbs.	Oz
1	Recipe	Basic Sweet Dough		
2	B.Sp.	Cinnamon		
1 1/2	Pts	Brown Sugar	1	5
5	Qts.	Raisins	8	

Method:

- 1. Make into rolls as in the preparation of Cinnamon Rolls.
- 2. Cut each roll into pieces 7" to 8" in length.
- 3. Seal the two ends of each piece by pressing the cut edges together. Place on well-greased bun pans. The cakes should not touch.
- 4. Make a lengthwise cut in the roll, extending to within 1 " of each end, but not deep enough to cut through the bottom layer of dough. This will cause the cake to spread.
- 5. Sprinkle the top surface with brown sugar and melted butter, which have been mixed together in the proportions of <sup>1</sup>/<sub>4</sub> pt of butter to 1 qt of brown sugar. Use 1B.Sp of this mixture on each coffeecake.
- 6. Proof until about double in size, or until the dough retains the pressure of a finger.
- 7. Bake in a hot oven (400 F- light brown flour test) until thoroughly browned both on the top and the bottom.

#### Yield:

Approximately 32 coffee cakes.

#### Variation:

Substitute peel for part of the raisins.

### **Coffee Cake with Topping**

Measure	Unit	Ingredient	Lbs.	Oz
1	Recipe	Basic Sweet Dough		
		Seedless Raisins, washed, drained	7	
		Peel	3	

Method:

- 1. Combine all the ingredients of Basic Sweet Dough Recipe as directed.
- 2. Add the raisins and peel just before mixing is completed.
- 3. Allow to proof as in making Basic Sweet Dough. Punch. Let rest 20 minutes.
- 4. Cut into 5 lb pieces, roll out to  $\frac{1}{2}$ " thickness. Place on greased bun pans.
- 5. Rill lightly towards the sides of the pan until the whole pan is covered. Dock the dough.
- 6. Brush with melted fat.
- 7. Spread with Cinnamon and Butter Topping or Streusel Topping (next page).
- 8. Proof until double in bulk.
- 9. Bake at 375 F (light –brown flour test) for 20 to 25 minutes.
- 10. Remove from the oven, place a pan over the top and turn upside down. Leave in this position until cool.

Yield:

6 bun pans (15" X 21") cut into 35 pieces each.

Measure	Unit	Ingredient	Lbs.	Oz
5	B.Sp	Cinnamon		2
3	Pts	Sugar	3	
1 1/2	Pts	Butter	1	8
1 1/2	Tsp	Salt		
1	Pt (12)	Eggs	1	5
3⁄4	Pt	Flour		7
4	Drops	Vanilla or Almond Flavoring		

#### **Cinnamon and Butter**

Method:

- 1. Cream the butter, add sugar and cinnamon.
- 2. Add beaten eggs and salt.
- 3. Add flour and flavoring. Cream lightly.
- 4. Using a palette knife, spread the topping on the coffee cake dough before the final proofing.

#### Yield:

Approximately 6 lbs of topping.

#### **Streusel Topping**

Measure	Unit	Ingredient	Lbs.	Oz
1	Pt	Butter	1	

1	Pt	Shortening	1	
1	Qt	Sugar (white or Brown)	2	
1	Tsp	Salt		
		Honey or Corn syrup		6
3	Qts.	Flour	4	

- 1. Cream butter and shortening.
- 2. Add the sugar and salt. Cream together thoroughly.
- 3. Add the honey or corn syrup.
- 4. Add the flour and combine until the mixture becomes crumbly.
- 5. Sprinkle over the pans of coffeecake dough before the final proofing.

#### Yield:

Approximately 8 lbs of topping.

### **Raisin Buns**

Measure	Unit	Ingredient	Lbs.	Oz
1/2	Recipe	Basic sweet dough		
3	Qts.	Seedless raisins (washed, drained)	5	
3	Pts.	Chopped peel	2	

Method:

- 1. Combine all the ingredients in the basic sweet dough recipe as directed.
- 2. Add the raisins and peel just before the mixing is completed.
- 3. Allow to proof as in making dough.
- 4. When proofing is complete, punch. Let rest for 20 minutes.
- 5. Scale the dough into  $1\frac{1}{2}$  -oz pieces. Round up, leaving a smooth surface on top.
- 6. Place close together on well-greased bun pans.
- 7. Proof until double in size. Test by pressing lightly with the finger.
- 8. Bake at 375 F- (light-brown flour test) until well browned (25 to 30 minutes).
- 9. At the end of 15 minutes baking, brush with a mixture of sugar and milk to glaze them. Repeat 5 minutes later.

### Glaze

Measure	Unit	Ingredient	Lbs.	Oz
4	B.Sp.	Sugar		
1/2	Pt.	Milk		

Yield:

Approximately 225 buns.

# **Hot-Cross Buns**

Measure	Unit	Ingredient	Lbs.	Oz
1	Recipe	Basic sweet dough		
2 1/2	B.Sp.	Cinnamon		1
2	Qts.	Raisins, washed, drained	3	4

Method:

- 1. Combine all the ingredients in the Basic Sweet Dough Recipe as directed.
- 2. Mix the cinnamon with the sugar, before adding to the other ingredients.
- 3. Add the fruit just before the mixing is completed.
- 4. After proofing, punch. Let rest for 20 minutes.
- 5. Divide the dough into 7 pieces. Roll out each piece to <sup>3</sup>/<sub>4</sub>" thickness.
- 6. Cut with a 3" cookie cutter. Make a cross on top by cutting with knife.
- 7. Place on greased bun pans, about 1" or more apart.
- 8. Proof until double in bulk. Test by pressing lightly with the finger.
- 9. Bake in hot oven 400 F. -(golden-brown flour test).
- 10. Glaze at least twice during the baking as in making raisin buns.

#### Yield:

Approximately 300 buns.

### **Yeast-Raised Doughnuts**

Measure	Unit	Ingredient	Lbs.	Oz
1	Recipe	Sweet dough		

Method:

- 1. When fermentation period is finished, punch and allow to rest for 15 to 20 minutes.
- 2. Cut the dough into 7 pieces. Roll each piece into a sheet 1/4 " thick.
- 3. Cut with a doughnut cutter. Place on a cloth-covered tray and proof until doubled in volume or until the dough retains the impression of the finger (about 30 minutes).
- 4. Fry in deep fat (temperature of 360-365 F.) until golden-brown on one side. Turn and cook until brown on the other side. (Time 2 <sup>1</sup>/<sub>2</sub> to 3 minutes).
- 5. Drain on a rack or on brown paper.
- 6. While still warm, dust with icing sugar with which a little cinnamon has been mixed. (1 B.Sp. of cinnamon mixed with 1 cup of icing sugar).

#### Yield:

Approximately 300 doughnuts.

# **Baking Large Quantity**

# **Machine Made Bread**

(Straight Dough Method)

Preparation for Mixing:

- 1. Weigh the flour. Place in the hopper of blending unit.
- 2. Weigh the yeast. Place in a clean container kept for the purpose. Add 1 qt of water (90 F) for each pound of yeast used. Leave for 5 minutes and then mix thoroughly with a wire whip.
- 3. Weigh all other ingredients, with the exception of the water and place them in the mixing tank.
- 4. Draw the water into the tempering tank. Draw <u>cold water first</u> to avoid breaking the thermometer and add hot water to bring it to the required temperature.
- 5. Check the time, allow 3 to 5 minutes to combine all the ingredients in the mixer.
- 6. Run half of the required amount of water into the mixing tank.
- 7. Turn the mixer on to low speed.
- 8. Start the blender and sifter.
- 9. When half the flour has been added, pour in the yeast (it must be well mixed, so that none is left in the container).
- 10. Run in part of the remaining water.
- 11. Continue to run the blender until all the flour is used up, adding more water if required. At this point, check the time.
- 12. Continue mixing on high speed for the required time. When the dough is ready, take the temperature. If the formula and water temperature is correct, the dough should now be about 80 F.
- 13. Turn the dough into a trough that has been greased with shortening or tasteless oil.
- 14. Cover and run the trough into the fermentation room. Place a chit on the dough showing:
  - a. The time at which the dough was left to ferment.
  - b. Temperature of dough.
  - c. Time for first punch.
  - d. Time to take out.
- 15. Divide. Scale. Round. Intermediate proof 15 to 20 minutes.
- 16. Mould and pan. Pan proof 40 to 60 minutes at 95 F.
- 17. Place in the oven. Bake at 375 F for 40 to 50 minutes.

# Method for Sponge-Dough

Mixing:

- 1. Weigh the flour and place in the hopper of the blender.
- 2. Weigh the yeast and place in a clean container reserved for the purpose. Add 1 qt of water (90F) for each pound of yeast used. Leave for 5 minutes and then mix thoroughly with a wire whip.
- 3. Draw the water into the tempering tank, as in making a straight-dough.
- 4. Start the blender and sifter and allow 70 lbs of flour to run into the mixer.
- 5. Run about 4 gallons of water into the mixer.
- 6. Turn on the mixer (low Speed).
- 7. Add the moistened yeast.
- 8. Mix on high speed for 4 minutes.
- 9. The dough should have a temperature of 70 to 74 F.

### First Fermentation:

1. Remove the sponge to greased dough troughs.

- 2. Place in the fermentation room.
- 3. Leave for 8 to 10 hours. It should rise until very light and spongy.

#### Mixing:

- 1. When the sponge is light, return it to the mixer.
- 2. Add the remaining ingredients, the water should be at the same temperature as that used for the sponge.
- 3. Mix for 10 minutes (high speed).
- 4. Temperature of the dough 80 F.

Fermentation:

- 1. Return the dough to the troughs.
- 2. Finish as straight-dough.

### **100% Whole Wheat Bread**

(Straight-dough method)

Measure	Unit	Ingredient	Lbs.	Oz
1	Bag	C.A. Whole Wheat Flour	98	
		Compressed Yeast	2	8
6 1/2	Gals	Water (variable)	65	
3	Qts.	Milk Powder	5	
2	Qts.	Sugar	4	
		Malt	3	
1 1⁄4	Pts.	Salt	2	
1	Qt	Shortening or Lard	2	
1	Qt	Molasses	3	7

Yield:

100, 1-1/2 lb loaves.

Note:

This dough must be very thoroughly mixed and should be a little more slack than the dough for white bread.

#### Dehydrated Yeast:

Use 1 lb or less. Follow the directions for re-activating.

#### Liquid Milk:

Fresh milk or diluted Evaporated milk may be substituted for the milk powder and water.

#### Vinegar:

In hot weather, and 1 pt of vinegar. Dilute with part of the water used.

#### Micoban:

May be used in place of vinegar. Use as directed on the package.

#### Malt:

An equal amount of sugar may be substituted for malt.

Variations:

66% Whole Wheat Bread Use 2/3 bag of C.A. Whole Wheat Flour and 1/3 bag of C.A. White Flour.

75% Whole Wheat Bread Use <sup>3</sup>/<sub>4</sub> bag of C.A. Whole Wheat Flour and <sup>1</sup>/<sub>4</sub> bag of C.A. White Flour.

10% Other Cereals

10 lbs of Oatmeal, Rolled Oats, Rolled or Cracked Wheat may be substituted for 10 lbs of the white or whole-wheat flour in any recipe for whole wheat bread.

### Brown Bread (50% Whole Wheat)

(Straight-Dough Method)

Measure	Unit	Ingredient	Lbs.	Oz
1/2	Bag	C.A. White Flour	49	
1/2	Bag	C.A. Brown Flour	49	
		Bonemeal	1	
		Compressed Yeast	2	
6	Gals	Water (variable)	60-62	
3	Qts.	Milk Powder	5	
3	Pts.	Sugar	3	
		Malt	3	
1 1/4	Pts.	Salt	2	
1	Qt.	Shortening	2	
1	Qt.	Molasses	3	7

Yield:

Approximately 100, 1<sup>1</sup>/<sub>2</sub>lb loaves.

Note:

This dough must be very thoroughly mixed and should be a little more slack than the dough for white bread.

Dehydrated Yeast:

Use 1lb or less. Follow the directions for re-activating (See Yeast's).

Liquid Milk:

Fresh milk or diluted Evaporated Milk may be substituted for the Milk Powder and water.

Vinegar:

In hot weather, add 1pt of vinegar: Dilute with part of the water used.

Micoban:

May be used in place of vinegar. Use as directed on the package.

Malt:

An equal amount of sugar may be substituted for Malt.

### White Bread

(Straight-Dough Method)

Measure	Unit	Ingredient	Lbs.	Oz
		C.A. White Flour	98	
		Bonemeal	1	
		Compressed Yeast	2	
5 1/2 -6	Gals	Water (variable)	58-60	
3	Qts.	Milk Powder	5	
1	Qt.	Sugar	2	
		Malt	2	
1 1/4	Pts.	Salt	2	
1	Qt.	Shortening	2	

Yield:

Approximately 100, 1<sup>1</sup>/<sub>2</sub>lb loaves.

Dehydrated Yeast:

Use 1lb or less. Follow the directions for re-activating (See Yeast's).

Liquid Milk:

Fresh Milk or diluted Evaporated Milk may be substituted for the milk powder and water.

Vinegar:

In hot weather, add 1pt of vinegar. Dilute with part of the water used.

Micoban:

Micoban may be substituted for vinegar. Use as directed on the package.

Malt:

An equal amount of sugar may be substituted for the malt.

### **Raisin Bread**

(Straight-Dough Method)

Measure	Unit	Ingredient	Lbs.	Oz
1	Bag	C.A. Flour	98	
		Bonemeal	1	
		Compressed Yeast	2	
6 1/2	Gals	Water	64-66	
3	Qts.	Milk Powder	5	
1 1/2	Qts.	Sugar	3	
		Malt	2	
1	Pt	Salt	1 1/2	
1 1/2	Qts.	Shortening	3	
5	Gals	Raisins	32	8

Yield:

Approximately 145, 1-1/4lb loaves.

Note:

- 1. The dough should be a little softer than it is for white bread.
- 2. If the raisins are dry, steam or soak in water for 10 minutes before adding them.
- 3. Add the raisins before or with the flour.
- 4. 5lbs of peel may be used in addition to the raisins or in place of 5lbs of raisins.
- 5. Scale at 11b 6oz.

#### Dehydrated Yeast:

Use 1lb or less. Follow the directions for re-activating (See Yeasts). Liquid Milk:

Fresh milk or diluted Evaporated milk may be substituted for the Milk Powder and Water.

# Soya Bread (Brown)

(Straight-Dough Method)

Measure	Unit	Ingredient	Lbs.	Oz
		Compressed Yeast	2	
		Water (variable)	60-62	
		Vinegar or Micoban		5
		Sugar	3	
		Malt	2	
		Molasses	7	
		Salt	2	5
		Shortening	2	
		Milk Powder	1	10
		Soya Flakes	8	
		Water (additional)	8	
		C.A. Flour (brown)	49	
		C.A. Flour (white)	49	

Yield:

Approximately 100,1 <sup>1</sup>/<sub>2</sub>lb. loaves.

Dehydrated Yeast:

Use 1lb or less. Follow the directions for re-activating (See Yeasts).

Liquid Milk:

Fresh Milk or diluted Evaporated Milk may be substituted for the milk powder and water.

Malt:

An equal amount of sugar may be substituted for the malt.

Note:

The above recipe is for 8% Soya content. For 5% Soya content, use 2lb 8oz of shortening, 5lbs of Soya and 5lbs of additional water. For 3% Soya content, use 3lb of shortening, 3lbs of Soya and 3lbs of additional water. The remaining ingredients are unchanged.

# Soya Bread (White)

(Straight-Dough Method)

Measure	Unit	Ingredient	Lbs.	Oz
		Compressed Yeast	2	
		Water (variable)	58-60	
		Vinegar or Micoban		5
		Sugar	2	
		Salt	2	5
		Shortening	1	
		Milk Powder	2	
		Soya Flakes	8	
		Water (additional)	8	
		C.A. Flour (white)	98	

Yield:

Approximately 100, 1-1/2lb loaves.

Dehydrated Yeast:

Use 1lb or less. Follow the directions for re-activating (See Yeasts).

Liquid Milk:

Fresh Milk or diluted Evaporated Milk may be substituted for the milk powder and water.

Malt:

An equal amount of sugar may be substituted for the malt.

Note:

The above recipe is for 8% Soya content. For 5% Soya content, use 1lb 12oz of shortening, 5lbs of Soya and 5lbs of additional water. For 3% Soya content, use 2lb of shortening, 3lbs of Soya and 3lbs of additional water. The remaining ingredients are unchanged.

Notes on the production of Soya Bread

(Recommended when bread has to be stored for more than one or two days)

- 1. Soak the Soya Flour Flakes for 10 minutes in the "additional" water given in the recipe, before mixing with the other ingredients.
- 2. Use water at a temperature of 73 F for this purpose.
- 3. Mixing time is 19 minutes (for 3 bags of flour).
- 4. Temperature of the dough when taken from the machine-86 F.
- 5. The dough must be completely "turned" at both the first and second punching.

Cooling time:

Bread that is to be stored for more than a day should be cooled for at least 4 hours before packing.

# **Plain Rolls**

(Straight-Dough Method)

Measure	Unit	Ingredient	Lbs.	Oz
8	Gals	Flour	40	
		Yeast		12
2 1/2	Gals	Water (variable)	24-25	
2 1/4	Pts.	Milk Powder	2	

3	Qts.	Sugar	3	
1/2	Pt	Salt		12
2 3/4	Pts.	Shortening	2	12

Follow the directions for making bread. Make up and bake as directed (page A-17).

Yield:

Approximately 100 dozen of rolls.

Dehydrated Yeast:

Use 1lb or less. Follow the instructions for re-activating (See Yeasts).

Liquid Milk:

Fresh Milk or diluted Evaporated Milk may be substituted for the Milk Powder and Water.

Malt:

An equal amount of Sugar may be substituted for the Malt.

## **Basic Sweet Dough**

(Straight-Dough Method)

Measure	Unit	Ingredient	Lbs.	Oz
1	Bag	C.A. Flour	98	
		Compressed Yeast	6	4
5-5 1/2	Gals	Water (variable)	50-55	
3 1/2	Qts.	Milk Powder	6	
2	Gals	Sugar	16	
		Malt	2	
1 1/4	Pts.	Salt	2	
		Shortening	9	
		Butter	9	
6 1/2	Qts.	Eggs	17	

Method:

- 1. Follow the method used in making bread.
- 2. When fermentation is completed, punch, let stand for 20 minutes.
- 3. Make up (see the list on Page A-10, 11). (This amount of dough will make 6 times the smaller recipes given on pages A-12 to A-16).

Yield:

Approximately 198lbs of dough, using 1 bag of flour.

Dehydrated Yeast:

Use 1lb or less. Follow the instructions for re-activating (See Yeasts).

Liquid Milk:

Fresh Milk or diluted Evaporated Milk may be substituted for the Milk Powder and Water.

Malt:

An equal amount of Sugar may be substituted for the Malt.

Dehydrated Eggs:

Dehydrated eggs may be substituted for Fresh Eggs. Use 5lbs of Powdered Eggs (5 Qts.) mixed with 5 qt of water.

# Section 3-Cakes

General Preparation For Making Cakes:

- 1. Remove the eggs, milk, and fat from the refrigerator sufficiently ahead of time to ensure that they will be at 73 F. to 75 F. when mixing starts. If necessary, bring the flour into the galley to warm it.
- 2. Consult the chart as to the temperature required for baking the type of cake being made (Page A-44). Regulate the oven until it remains at this temperature.
- 3. Grease the pans (Page A-2).
- 4. Weigh all the ingredients very accurately, before starting to mix.

General Rules For Baking Cakes:

- 1. Do not put the cakes in the oven until the temperature is correct.
- 2. Do not overcrowd the ovens.
- 3. As far as possible, place the cakes in the center of the oven.
- 4. Do not open the oven doors until the cakes have been baking for at least half the time required for baking them.
- 5. Do not bang oven doors, when closing them.
- 6. If the cakes have to be moved, ensure that they are evenly cooked, wait until they have stopped rising.
- 7. If it is difficult to prevent the oven from becoming too hot, put a pan of water on the bottom and place a piece of brown paper over the cakes.

#### Preparation of Tins:

The tins must be perfectly clean. Brush lightly with pan-grease (Page A-44). Too much fat will fry the outer surface of the cake. As the batter is poured into the tins it should be pushed into the corners and leveled off on top.

#### Mixing by Machine:

- 1. Sift the flour, baking powder, and salt into the bowl of the mixer.
- 2. Add the shortening and sugar.
- 3. Beat the eggs sufficiently to mix them and add them to the milk and flavoring.
- 4. Pour nearly half the egg and milk mixture into the dry ingredients.
- 5. Turn on the beater and mix for 2 minutes at low speed.
- 6. Add half the remaining milk and egg gradually-mix one minute on low speed. Stop the machine, scrape down the bowl.
- 7. Add the remainder of the milk and egg. Mix for 4 minutes on low speed.
- 8. Scale off.
- 9. For the time required for baking, see chart on Page A-44.

Note:

Since there is considerable variation in the amount of the liquid required for different flours, it is advisable, when starting on a new bag, to mix only <sup>3</sup>/<sub>4</sub> of the milk with the eggs. The rest of the milk can be added with the last lot of the milk and egg mixture should it be needed. This will prevent the use of too much liquid and ensure that all the eggs will be added.

#### Mixing by Hand:

- 1. Mix and sift the flour, baking powder, and salt.
- 2. Cream the fat well.
- 3. Add the sugar-a little at a time and continue creaming until the sugar is dissolved.
- 4. Add the eggs-two at a time and beat until light and creamy after each addition of eggs.
- 5. Add the flavoring. Scrape down the side of the bowl.

- 6. Add a small amount of the dry ingredients to the creamed mixture and stir smooth.
- 7. Add all the milk and the remainder of the dry ingredients and then stir smooth.
- 8. Scale off.
- 9. Consult the chart (Page A-44) for the time required for baking.

# **Characteristics of Cakes Which Contain Fat**

- 1. All cakes containing fat and leavened with baking powder or soda should have the following characteristics:
  - (a) a fine, even grain. There should be no tunnels, no large holes and no heavy streaks;
  - (b) a tender, rather delicate texture. The cake should hold it's shape, without breaking or crumbling, when cut;
  - (c) a moist crumb that is neither soggy or doughy;
  - (d) good volume (it should double while baking);
  - (e) a flat, even surface that is neither crusty nor cracked;
  - (f) an even golden-brown color on all sides;
  - (g) a good flavor.
- 2. Such cake can be produced only when:
  - (a) suitable ingredients are used;
  - (b) the formula is properly balanced;
  - (c) the greatest care is observed in regard to temperature, weighing, and mixing.

### TRIBAL CLASS

### HAIDA

COMMISSIONED	30 AUGUST 1943
PAID OFF	11 OCTOBER1963
DISPLACEMENT	1,950
DIMENSIONS	377'x 33'x 9'
SPEED	36 KNOTS
CREW	14 OFFICERS /245 MEN
ARMAMENT	4 – 4", 2–3", 4–40mm, 4-21" TT, 2 SQUID

HAIDA was assigned to the British home fleet and during the first three months of her career made two trips to North Russia as a convoy escort. In her 20 years of RCN service, she was commissioned on two occasions, once at Halifax in 1947 and on March 11, 1952 before she was paid off for the last time on October 11, 1963. As part of the 10<sup>th</sup> Flotilla at Plymouth, she was engaged in sweeps and patrols in the Channel and the Bay of Biscay. She was present on D-Day. During this period she took part in the sinking of several enemy vessels, including two torpedo boats, two destroyers and one minesweeper. She also did two tours of duty in the

Korean waters between 1952 and 1954. HAIDA is still afloat as she was purchased by a private group of citizens in 1964 and berthed at Ontario Place.

Feeding Concept:	Broadside Messing
Cooks:	8
Galley & Bakery:	two-after galley/officers
	Fwd galley/men

#### TRIBAL CLASS

HURON

COMMISSIONED PAID OFF DISPLACEMENT DIMENSIONS SPEED CREW ARMAMENT 19 JULY1943 30 APRIL 1963 1,950 377'x 33'x 9' 36 KNOTS 14 OFFICERS/ 245 MEN 4 – 4", 2–3", 4–40mm, 4-21" TT, 2 SQUID

Upon commissioning in 1943, HURON was assigned to the 3<sup>rd</sup> Destroyer Flotilla of the British home fleet. From October 1943 to February 1944 she escorted convoys to and from North Russia, before joining the 10<sup>th</sup> Flotilla at Plymouth for invasion duties. She was present on D-Day. HURON assisted HAIDA in sinking torpedo boat T29 and destroyer Z32, and in August 1944, made her first to Canada for refit at Halifax. She sailed on January 22, 1951 on the first of two tours of duty in Korean waters, the second being carried out 1953-54. HURON was paid off on April 30, 1963, at Halifax and broken up at La Spezia, Italy in 1965.

Feeding Concept:	Broadside Messing
Cooks:	8
Galley & Bakery:	two-after galley/officers
	Fwd galley/men

### **Apple Sauce Cake**

Measure	Unit	Ingredient	Lbs.	Oz
4	Qts.	Pastry Flour	5	

2	B.Sp.	Baking Powder		2
3⁄4	B.Sp.	Baking Soda		3⁄4
1	B.Sp.	Salt		
1 3⁄4	B.Sp.	Cinnamon		
1/2	B.Sp.	Nutmeg		
2	Qts.	Raisins	3	4
2	Qts.	Currants	3	4
2 1/2	Pts.	Shortening	2	8
3	Qts.	Brown Sugar	5	4
1	Pt	Eggs	1	5
2 3⁄4	Qts.	Dry Apple Sauce	7	

- 1. Combine by the cake method. Mix slightly beaten eggs and applesauce and use as a liquid.
- 2. Pour into 5 greased baking pans (18"x12"), allowing approximately 5lbs to one pan.
- 3. Bake in a slow oven (250-300 F. -creamy colored flour test) until cooked-approximately 2 hours.
- 4. Serve plain or iced.

Yield:

100, 4oz servings (20 to each pan).

Note:

3 ¾ lbs. of C.A. Flour (3 Qts.) may be used instead of Pastry Flour.

Measure	Unit	Ingredient	Lbs.	Oz
3 1/2	Qts.	C.A. Flour	4	8
3	B.Sp.	Baking Powder		3
1 1/2	B.Sp.	Salt		2
1	Qt	Shortening	2	2
3	Qts.	Sugar	6	
16 to 18	Each	Bananas (ripe)	4	
28	Each	Eggs	3	
1 3⁄4	Pts.	Milk	2	3

# Banana Cake

Method:

- 1. Combine by the Cake Method. Wash and puree the bananas, add them to the dry ingredients before starting to mix, or when mixing by hand, combine with the creamed mixture before adding the milk.
- 2. Pour into 4 greased pans (18"x12"), allowing approximately 5 ½ lbs. to a pan.
- 3. Bake in a moderate oven (360 F. -light-brown flour test) for 40 to 45 minutes.
- 4. Test.
- 5. When cooked, turn out and cool.
- 6. Serve plain, iced, with banana or cream filling.

#### Yield:

100,  $3-\frac{1}{2}$  oz servings (25 to each pan).

#### Note:

- 1. 14oz of dried eggs (1 <sup>3</sup>/<sub>4</sub> Pts) and 1 <sup>3</sup>/<sub>4</sub> Pts of water may be used in place of fresh eggs.
- 2. 5 ½ B.Sp. of powdered milk and 1 ¾ Pts of water may be used in place of fresh milk (Page I-8).

3. 6 lbs. of pastry flour (1 <sup>3</sup>/<sub>4</sub> pts.) may be used instead of C.A. Flour.

## **Spiced Banana Cake**

Measure	Unit	Ingredient	Lbs.	Oz
2	Tsps.	Cloves		
1 1/2	B. Sp.	Cinnamon		
1	B. Sp.	Nutmeg or Mace		

(By using the flour sift, mix the above together).

### **Chocolate Cake**

(Using Navy Chocolate)

Measure	Unit	Ingredient	Lbs.	Oz
1	Gal	Pastry Flour	5	
3	B. Sp.	Baking Powder		3
1/2	B. Sp.	Baking Soda		1/2
1 1/2	B. Sp.	Salt		2
1	Qt	Shortening	2	
2 1/2	Qts.	Sugar	5	
		Chocolate, melted	2	6
1	Qt	Eggs	2	10
2 1/2	Pts.	Milk	3	2
1	B. Sp.	Vanilla Flavoring		1

Method:

- 1. Combine by the Cake Method. Add the melted chocolate with the shortening and sugar.
- 2. Pour into 4 well-greased pans (18"x12"), allowing approximately 5 lbs. to each pan.
- 3. Bake at 350 F. (creamy-colored flour test).
- 4. Serve plain, or cover with marshmallow or butter icing.

#### Yield:

100, 3oz servings (25 to each pan).

#### Note:

3 ¾ lbs. of C.A. Flour (3qts) may be used in place of Pastry Flour.

# **Chocolate Layer Cake**

Chocolate cake may be baked in thin sheets on bun pans. Make into layer cakes by putting 2 sheet cakes together with date filling. Ice with chocolate, marshmallow or Seven Minute Icing.

#### Method:

1. Use bun pans (15"x21"), allowing approximately 4 lbs. per pan.

2. Bake at 360 F. for 20 to 25 minutes.

#### Yield:

2<sup>1</sup>/<sub>2</sub> layer cakes. Cut 40 servings to a full sheet.

# Gingerbread

Measure	Unit	Ingredient	Lbs.	Oz
5	Qts.	Pastry Flour	6	4
1/2	B. Sp.	Baking Powder		1/2
2	B. Sp.	Baking Soda		2
1/2	B. Sp.	Cinnamon		
4	B. Sp.	Ginger		2
2 or 3	B. Sp.	Salt		
2 1/2	Pts.	Shortening	2	8
1 1/2	Qts.	Brown Sugar	2	10
10	Each	Eggs	1	2
2 1/2	Pts.	Water	3	
3 1/2	Pts.	Molasses	6	

Method:

1. Combine by the cake method.

2. Pour into 4 greased pans (18"x12"), allowing approximately 5 lbs. to one pan.

- 3. Bake in moderate oven (350 F. -light –brown flour test) for 25 to 30 minutes.
- 4. Serve plain or iced, or serve hot with Orange or Butterscotch Sauce for dessert.

# Yield:

100, 3oz servings (25 to each pan).

- Note:
- 1. 4 lbs. 11oz of C.A. Flour (3 <sup>3</sup>/<sub>4</sub> qts.) may be used in place of pastry flour.
- 2. 5 oz of dried eggs (10 B. Sp.) and 10 B. Sp. Of water may be used in place of fresh eggs.

Measure	Unit	Ingredient	Lbs.	Oz
4 <sup>3</sup> ⁄ <sub>4</sub>	Qts.	C.A. Flour	6	
2 1/2	B. Sp.	Baking Powder		2 1/2
1	B. Sp.	Baking Soda		1
1	B. Sp.	Salt		
2 1/2	Pts.	Shortening	2	8
2 3⁄4	Qts.	Sugar	5	8
8	Each	Medium Oranges		
2 1/2	Qts.	Raisins	4	
1	Qt	Eggs	2	10
1 1/2	Qts.	Milk	3	12

### Orange and Raisin Cake

Method:

- 1. Combine all the ingredients by the cake method. Put the oranges and raisins through the mincer and collect the orange juice. Add the fruit and juice when the first lot of eggs and milk is poured in. When mixing by hand, add 1 pt. of sifted flour to the creamed shortening, eggs and sugar, before adding the fruit.
- 2. Pour into 5 greased pans (18"x12"), allowing approximately 5 lbs. to each pan.
- 3. Bake in a slow oven (325 F. -creamy-colored flour test) for 40 minutes.

Yield:

100, 4oz servings (20 to a pan).

# **Orange and Date Cake**

This is a variation of the Orange and Raisin Cake. 5 lbs. of dates may be substituted for the raisins.

# **Plain Cake**

(With Canada Approved Flour)

Measure	Unit	Ingredient	Lbs.	Oz
1	Gal	Flour	5	
4	B. Sp.	Baking Powder		4
1 3⁄4	B. Sp.	Salt		2 1/2
2 3/4	Pts.	Shortening	2	12
5 <sup>1</sup> ⁄ <sub>4</sub>	Pts.	Sugar	5	4
1	Qt	Eggs	2	10
3 1/4	Pts.	Milk	4	
1	B. Sp. (scant)	Flavoring		1

## **Plain Cake**

(With Pastry Flour)

Measure	Unit	Ingredient	Lbs.	Oz
4 3⁄4	Qts.	Flour	6	
5	B. Sp.	Baking Powder		5
1 3⁄4	B. Sp.	Salt		2 1/2
2 3/4	Pts.	Shortening	2	12
3	Qts.	Sugar	6	
2 1/4	Pts.	Eggs	3	
3	Pts.	Milk	3	12
1	B. Sp. (scant)	Flavoring		1

Method:

- 1. Mix according to the Cake method.
- 2. Pour into 4 well-greased tins (18"x12"), allowing approximately 5 lbs. to each pan. Bake in a moderate oven (360 F. -light brown flour test) until brown on top and bottom. For time required and tests-see Page A-37, 44.
- 3. When cooked, remove from the tins and cool.
- 4. Serve plain, Iced, with filling or with filling and Icing.

Yield:

100, 3oz servings (25 to each pan).

Note:

- 1. When available, use part butter and part shortening in place of all shortening.
- 2. When dried milk is used, sift 7oz of the powder with the flower. Use water in place of the milk given in this recipe.
- 3. 14 oz of dried eggs (1 <sup>3</sup>/<sub>4</sub> pts.) and 1 <sup>3</sup>/<sub>4</sub> pts. Of water may be used in place of fresh eggs. For method of adding, see page C-6.

# Variations of Plain Cake

# **Boston Cream Pie**

Method:

- 1. Pour the plain cake batter into 6 well-greased bun pans (15"x21") or into a number of smaller cake tins. It should be about <sup>1</sup>/<sub>2</sub> " to <sup>3</sup>/<sub>4</sub> " deep.
- 2. When cooked, spread ½ number of sheets generously with Chocolate Filling (Page A-45) or Cream Filling (Page A-46).
- 3. Place a second sheet of cake on top.
- 4. Sprinkle with icing sugar or cover with marshmallow icing (Page A-51).
- 5. If bun pans are used, cut each cake into 35 slices.

Yield:

100, 4-1/4 oz servings.

# **Chocolate Cake**

Method:

- 1. Follow the plain cake recipe.
- 2. Leave out 1qt of flour (20 oz).
- 3. Add 2 Qts. of cocoa (2 lbs.) with the other dry ingredients.

# Spice Cake

Measure	Unit	Ingredient	Lbs.	Oz
3 1/2	B. Sp.	Cinnamon		
1 1/2	B. Sp.	Allspice		
3⁄4	Tsp.	Nutmeg		

Method:

Sift all the above ingredients with flour.

# **Raisin Cake**

Method:

- 1. Add 5 lbs. of raisins or currants (3 Qts.) with the flour.
- 2. Pick over, wash and dry or drain fruit thoroughly, before adding it.

# **Raisin Spice Cake**

Method:

Add spices and raisins as in making spice cake and raisin cake.

# White Cake

Method:

Use the recipe for plain cake but substitute 1qt. (40) egg whites for the whole eggs. Hold back part of the milk as less may be needed. Consult the chart for oven temperature and time required for baking. This cake may be used plain, iced or as a layer cake.

# **Pound Cakes**

- 1. Qualities of a Good Product:
  - a. The grain is very fine and even;
  - b. The cake has increased in volume but to a lesser degree than an ordinary cake does;
  - c. The texture is less tender and rather firm, it should not be rubbery;
  - d. The crust is slightly thicker and has a darker color than is desirable on other cakes.
- 2. Temperature of the batter and Method of mixing:
  - a. These cakes do not contain milk, but the temperature of the fat and eggs is extremely important and should be the same as for other cakes (73-75 F.).
  - b. Thorough creaming of the fat and sugar, followed by heating the mixture well with the addition of egg-yolks are essential to the production of good volume and texture.
  - c. The stiffly beaten egg whites should be stirred not beaten or folded into the mixture. The same is true of the flour. When a machine is used, mixing of both the egg whites and flour should be just sufficient to combine the ingredients. Unless a very large quantity is being prepared, the flour should be added by hand. The cake will be tough and heavy if it is over-mixed.
- 3. Preparation of Tins:

Tins for pound cake should be lined with at least 3 layers of heavy brown paper, which should extend about one inch above the top of the tin. The inner layer may be greased or an additional layer of waxed paper may be used. This is necessary to prevent the formation of a crust or the burning of the sides and bottom of the cake. If the tins are square, the paper must be carefully fitted into the corners.

4. Oven Temperature:

All pound cakes, whether they contain fruit or not, should be baked in a very slow oven (250-275 F.) A pan of water should be placed in the oven and replenished when necessary, in order to prevent the cakes from drying out.

# **Light Fruit Cake**

(Christmas Cake)

Measure	Unit	Ingredient	Lbs.	Oz
3 3⁄4	Qts.	Raisins	6	
1 3⁄4	Qts.	Currants	3	
2	Qts.	Cherries	4	
3	Qts.	Peel	4	8
2 1/2	Qts.	Pastry Flour	3	
1/2	B. Sp.	Baking Powder		1/2
4	Each	Medium Lemons		
3	Pts.	Butter	3	
3	Pts.	White Sugar	3	
28	Each	Eggs	3	

- 1. Line the sides and bottom of bread tins, empty jam tins from which the brim has been trimmed, tomato cans or deep cake tins with three layers of brown paper.
- 2. Brush the inner layer with melted butter or line with waxed paper.
- 3. Regulate the heat so that the oven will be slow (250 F.).
- 4. Pick over and wash the raisins and currants; drain well. Dry between perfectly clean towels or absorbent paper, if possible. When dry, place in a large bowl or pot.
- 5. Cut the cherries in half or chop rather rather coarsely. Slice the peel very thin. Add these to the other fruit.
- 6. Weigh or measure the sifted flour and sift about 1 qt of it over the dried fruit. Mix well, so that all the fruit is coated.
- 7. Mix and sift the remaining flour with the baking powder.
- 8. Wash the lemons and grate the rind on a fine grater.
- 9. Squeeze the lemons; there should be  $\frac{1}{4}$  pt (4 B. Sp.) of juice.
- 10. Cream the butter until very soft (low speed).
- 11. Add the sugar gradually and beat well (low speed).
- 12. Add the egg yolks two at a time and beat after each addition (low speed).
- 13. Add the lemon juice and rind and beat thoroughly.
- 14. Beat the egg whites until stiff but not dry, add to the other ingredients and beat until light (low speed).
- 15. Add the flour by hand and when it has been partly mixed in, add the fruit, 1/3 at a time. Stir gently to combine all the ingredients thoroughly.
- 16. Pour into the lined tins, filling them 2/3 full. Level off the top.
- 17. Bake in a slow oven for 2 to 4 hours, depending upon the size. Place a pan of warm water in the oven before putting in the cakes. At the end of the first hour, the cakes should have liquefied, but should not have begun to brown. If they brown too fast, cover with a sheet of heavy brown paper.
- 18. When cooked through, remove from the oven, and allow to cool in the pans.

#### Yield:

29 lbs. of cake.

Note:

The eggs and butter should be taken from the refrigerator several hours before using.

# **Dark Fruit Cake**

(Christmas Cake)

Measure	Unit	Ingredient	Lbs.	Oz
3	Qts.	Raisins, seeded	4	8
4	Qts.	Raisins, seeded	6	8
1	Qt	Cherries	2	
2 1/2	Pts.	Almonds	1	10
2	Qts.	Citron Peel	3	
2	Qts.	Dates	3	8
2 1/2	Qts.	Pastry flour	3	
1	B. Sp.	Cinnamon		
1/2	B. Sp.	Nutmeg		
1/4	B. Sp.	Mace		
3	Pts.	Butter	3	
1 3⁄4	Qts.	Brown Sugar	3	
1⁄4	Pt	Molasses		7
1/2	Pt	Jam (grape and strawberry)		12

1⁄4	Pt	Grape Juice		5
2 1/2	Pts.	Eggs	3	4

- 1. Follow the directions given for light fruitcake.
- 2. Sift the spices with the flour.
- 3. Add the molasses, jam and grape juice to the well-creamed butter, sugar, and egg yolks.
- 4. Bake in a slow oven (250 F).

Yield:

Approximately 33 lbs. of cake.

### Sponge Cakes

- 1. Sponge cakes contain no fat and have stiffly beaten egg whites as the chief leavening agent.
- 2. Sponge cakes should be light, tender, and easily pulled to pieces. The grain should be fine and even. They should be evenly browned and the crust should not be hard. Jellyroll is a necessity slightly elastic so that it will roll without breaking.
- 3. The success of sponge cakes depends upon:
  - a. beating the egg yolks and sugar until thick and lemon-colored;
  - b. the beating of the egg whites;
  - c. handling the mixture lightly while mixing;
  - d. the baking temperature.
- 4. Mixing:

Whether the egg whites and the egg yolks are beaten by machine or not, the final steps in making Sponge Cakes must be done by hand. A fine, delicate texture can be obtained in sponge cake only when the flour is folded into the mixture. Egg whites must be cut and folded into sponge cake in order to retain as much air as possible and secure good volume. Both these operations should be done with a mixing spoon, which should be handled lightly. Rough handling will drive out the air and produce a heavy cake.

- 5. Baking:
  - a. Preparation of tins-small cake tins, 9", should be used, as the mixture is too delicate to support itself when spread over a large, shallow pan. The tins should be greased on the bottom but not on the sides. The cakes cling to the sides of the tin and are less likely to shrink when they are ungreased.
  - b. Oven temperature-The oven should never be above 325 F. A more tender cake will result if the temperature is kept at 300 F. Jelly-roll is cooked at a higher temperature because there is only a thin layer in the pan and in order to have it firm enough to roll.
- 6. Cooling the cake:

Sponge cakes should be inverted and allowed to fall from the pan when cool. This will prevent shrinkage. If a hard crust has formed on the edge, this may be broken, but otherwise no assistance should be given.

Measure	Unit	Ingredient	Lbs.	Oz
48	Each	Egg Yolks	2	
2 1/2	Qts.	Sugar	5	
1	Pt	Warm Water	1	4
6	B. Sp.	Lemon Juice		
4	Each	Lemons (grated rind of)		

# **Sponge Cake**

6 <sup>1</sup> / <sub>2</sub>	Pts.	Pastry Flour	4	
2	B. Sp.	Baking powder		2
2/3	B. Sp.	Salt		1
48	Each	Egg Whites	3	2

- 1. Beat the egg yolks, sugar, and water on low speed or by hand until thick and lemon-colored.
- 2. Add the lemon juice and finely grated rind.
- 3. Sift the flour, baking powder, and salt. Fold into the egg mixture by hand.
- 4. Fold in the stiffly beaten egg whites by hand.
- 5. Pour into cake tins, which have been greased on the bottom only. Fill each tin 2/3 full.
- 6. Bake in a slow oven (300-325 F. -creamy-colored flour test) for about one hour. Sponge cakes are cooked if they do not retain the impression of a finger when lightly touched.
- 7. Allow to cool in the tins.
- 8. Remove from the tins carefully (Page A-40).
- 9. Serve plain, or split each cake through the center and put lemon filling between the halves. Use forks for dividing sponge cakes into servings or for splitting it in half.

Yield:

100, 2 oz servings.

## **Jelly Roll**

Measure	Unit	Ingredient	Lbs.	Oz
1	Recipe	Sponge Cake		
		Jam, Jelly, or lemon filling		

Method:

- 1. Line 7 bun pans with unglazed paper.
- 2. Pour sponge cake mixture <sup>1</sup>/<sub>4</sub> " deep in the pans, spread evenly so that it fills the corners, (approximately 2lbs per pan).
- 3. Bake in a hot oven (425 F-golden brown flour test) for 10 to 15 minutes.
- 4. Turn the cooked cake on to a clean, dry, sugared cloth or paper.
- 5. Wet the paper on the bottom of the cake with a pastry brush dipped in water or with a damp cloth.
- 6. Peel the paper from the cake.
- 7. Trim off any dried edges.
- 8. Spread with jam, jelly, lemon or chocolate filling and roll. Leave to cool, with the edge down.
- 9. When cold, cut into  $1 \frac{1}{4}$  " slices.

#### Yield:

100 slices, approximately 1 1/4" thick.

# **Common Faults in Cake Making**

Sinking in the Middle During or After Cooking:

- May be Due to:
  - a. Too much baking powder.
  - b. Too much sugar.
  - c. Too much liquid.
  - d. Not enough eggs.
  - e. Insufficient cooking.
  - f. Opening the oven door before the cake is at least half-cooked.

g. Moving the cake before it has set.

#### To Avoid:

Use a standard recipe. Weigh the ingredients accurately and use exactly the amounts called for in the recipe. Look at the time when the cakes are put into the oven and know how long it will take to cook. Do not open the oven door until at least half the time is up. Do not move the cakes until they have stopped rising and are firm.

#### Poor Volume:

May be Due to:

- a. Ingredients that are too cold.
- b. Ingredients that are too warm.
- c. Over mixing.
- d. Not enough baking powder.
- e. Too slow an oven.

#### To Avoid:

Have ingredients at 73-75 F. Follow directions for mixing. Use a standard recipe. Regulate the oven before starting the cake.

### Sugary Crust:

- May be Due to:
- a. Too much sugar.
- b. Too slow an oven.

#### To Avoid:

Weigh or measure accurately. Regulate the oven to the temperature required.

#### Thick Crust:

May be Due to:

- a. Too much flour.
- b. Not enough liquid.
- c. Over mixing.
- d. Too hot an oven.

#### To Avoid:

Weigh or measure accurately. Follow directions for mixing. Do not put the cake in the oven until the temperature is correct.

#### Cracked or Peaked Surface:

May be Due to:

- a. Too much flour.
- b. Not enough liquid.
- c. Over mixing the flour.
- d. Too hot an oven.

#### To avoid:

Use a standard recipe. Weigh or measure accurately. Follow directions for mixing. Regulate the oven. Do not put the cake in until the temperature is correct.

#### A Dry Cake:

May be due to:

- a. Too slow an oven.
- b. Cooking the cake too long.
- c. Not enough liquid.
- d. The use of unsuitable fat.

#### To Avoid:

Regulate the oven before starting to mix. Watch the time required for cooking. Use accurate measurements. Use good quality of shortening and butter.

#### Coarse Texture:

May be Due to:

- a. Over mixing of the flour.
- b. Under creaming the fat and sugar.
- c. Too much baking powder.
- d. Too slow an oven.

#### To Avoid:

Follow directions for mixing and creaming. Measure ingredients carefully. Regulate the oven beforehand.

#### Close, Heavy Texture:

May be Due to:

- a. Ingredients that are too cold.
- b. Too much liquid.
- c. Too much flour.
- d. Not enough baking powder.
- e. Insufficient creaming.
- f. Over mixing of the flour.
- g. Too slow an oven.
- h. Too hot an oven.

#### To Avoid:

Have all ingredients at 73-75 F. Use a standard recipe and weigh accurately and do not alter the recipe. Observe directions for mixing. Regulate the oven before starting to mix. Do not put the cakes in until the temperature is correct.

#### Tunnels:

May be Due to:

- a. Over mixing of the flour.
- b. Ingredients that are too warm.

#### To Avoid:

Follow directions for mixing. Have all ingredients at 73-75 F.

### **Oven Temperatures For Cakes**

Kind	Depth	Temperature	Time
Plain or Spice	$\frac{1}{2} - \frac{3}{4}$ " (layer cake)	360 F.	20 to 25 minutes
Plain or Spice	1" (layer cake)	360 F.	20 to 30 minutes
Plain or Spice	Loaf Tins (2/3 full)	325-350 F.	50 to 55 minutes
Plain or Spice	Cup Cakes or muffin tins 2/3 full	375 F.	15 to 20 minutes
White	$\frac{1}{2} - \frac{3}{4}$ " (layer cake)	360 F.	20 minutes
White	1" (layer cake)	360 F.	20 to 25 minutes
White	Loaf Tins (2/3 full)	325-350 F.	50 to 55 minutes
Chocolate	<sup>1</sup> /2- <sup>3</sup> / <sub>4</sub> " (layer cake)	360 F.	20 minutes
Chocolate	1" (layer cake)	360 F.	20 to 25 minutes
Chocolate	Loaf Tins (2/3 full)	325-350 F.	50 to 55 minutes
Gingerbread	1" (layer cake)	350 F.	20 to 25 minutes
Gingerbread	Loaf Tins (2/3 full)	325-350 F.	50 to 55 minutes

Γ	Fruit/Christmas Cake	Loaf Tins (2/3 full)	250-275 F.	2 to 4 hours
Γ	Sponge Cake	9" Cake tins	300-325 F.	45 to 60 minutes

Cakes containing fat are cooked:

- a. When they begin to shrink from the sides of the pan, and
- b. If, when pressed with the finger, no imprint remains on the surface.

# **Cake Fillings**

## **Apricot Filling**

Measure	Unit	Ingredient	Lbs.	Oz
2	Qts.	Dried Apricots	3	6
1/2	B. Sp.	Lemon Rind, grated		
1 1/4	Pts.	Sugar	1	4
2	B. Sp.	Lemon Juice		1

Method:

- 1. Wash the apricots and put them through a coarse mincer.
- 2. Add boiling water to cover and soak for 2 hours.
- 3. Add the lemon rind and cook below boiling until thick.
- 4. Add the sugar and lemon juice. Continue cooking until the sugar is dissolved.
- 5. Cool before using.

Yield:

Approximately 10lbs of filling (sufficient for 2 1/2 layer cakes (15"x21").

# **Chocolate Filling**

(Using Navy Chocolate)

Measure	Unit	Ingredient	Lbs.	Oz
		Chocolate, Navy	2	
3 1/2	Qts.	Hot Milk	8	12
5	B. Sp.	Cornstarch		4
1/2	Tsp	Salt		
1/2	Qt	Cold Milk	1	4
4	Each	Eggs		
1/2	Pt	Sugar		8

Method:

- 1. Melt the chocolate over a low heat.
- 2. Gradually add the hot milk and stir until smooth.
- 3. Combine the cornstarch, salt, and cold milk.
- 4. Stir into the hot milk and chocolate; cook until there is no taste of raw starch.
- 5. Mix the sugar and unbeaten eggs, add a little of the hot mixture, stir well and then pour into the cooked filling.
- 6. Continue stirring until there is no taste of raw egg (3 to 5 minutes).
- 7. When cool, spread between layers of chocolate or plain cake.

Yield:

Approximately 1 gallon (filling for 2 <sup>1</sup>/<sub>2</sub> layer cakes (15"x21").

# **Cream Filling**

Measure	Unit	Ingredient	Lbs.	Oz
3	Qts.	Hot Milk	7	8
1	Tsp.	Salt		
3⁄4	Pt	Cornstarch		9
1	Qt	Cold Milk	2	8
9	Each	Egg Yolks		
3⁄4	B. Sp.	Vanilla		
1 1/2	B. Sp.	Butter		1 1/2
1 1/2	Pts.	Sugar	1	8

Method:

- 1. Add the salt to the cornstarch, add the cold milk and mix to a smooth paste.
- 2. Pour the cornstarch and milk into the hot milk, stirring constantly until the mixture thickens. Cover.
- 3. Cook until there is no taste of raw starch.
- 4. Pour a small amount of the hot pudding into the slightly beaten egg yolks and combine thoroughly.
- 5. Stir this mixture back into the hot pudding. Continue stirring until there is no taste of raw egg (3 to 5 minutes).
- 6. Remove from the heat, cool slightly.
- 7. Add the vanilla, butter, and sugar. Mix well.
- 8. When cold, spread on plain cake or jellyroll.

#### Yield:

Approximately 1 gallon (filling for 2 <sup>1</sup>/<sub>2</sub> layer cakes or 5 jelly rolls (15"x21").

# Banana Cream Filling

Measure	Unit	Ingredient	Lbs.	Oz
1	Recipe	Cream Filling		
		Bananas	4	

Method:

Peel the bananas, dice, and mix carefully with cold cream filling.

### **Coconut Cream Filling**

Measure	Unit	Ingredient	Lbs.	Oz
1	Recipe	Cream Filling		
1 1/4	Qts.	Shredded Coconut	1	

Method:

Mix coconut with cold cream filling.

### Date Filling

Measure	Unit	Ingredient	Lbs.	Oz
3	Qts.	Dates, pitted and cut	5	4
1 1/2	Pts.	Sugar	1	8

2	Qts.	Water	5	
5	B. Sp.	Lemon Juice or grapefruit juice		6

- 1. Add the sugar and water to the dates. Cook over a moderate heat until thick. Stir occasionally.
- 2. Remove from the heat. Cool slightly, add the fruit juice.
- 3. Cool. Use in cakes or cookies.

#### Yield:

Approximately 10 lbs. of filling.

#### Variations:

Reduce the water to  $1\frac{1}{2}$  Pt. Mix the grated rind of 4 oranges with the dates and sugar. After removing from the heat, add  $\frac{1}{2}$  pt of orange juice and 2 B. Sp. Of lemon juice.

### **Fig Filling**

Measure	Unit	Ingredient	Lbs.	Oz
3	Qts.	Dried Figs	4	4
3	Qts.	Water	7	8
1	Qt	Sugar	2	
2	Tsps	Salt		
1/2	Pt	Lemon Juice		10

Method:

- 2. Clip off the stems. Cut the figs into strips or put through a coarse grinder.
- 3. Add the water and lemon juice and cook until the figs are tender.
- 4. Add the sugar and salt. Continue cooking until the mixture is thick. Stir constantly.
- 5. Cool before using.

Yield:

Approximately 10 lbs. (filling for 2 <sup>1</sup>/<sub>2</sub> layer cakes (15"x21").

Variations:

- 1. Use orange instead of lemon juice.
- 2. Reduce the figs to 2 qt (3lbs 8ozs) omit the lemon juice. Add 1 qt of crushed pineapple and cook with the figs.
- 3. Finish as for fig filling.

## Fruit Filling

Measure	Unit	Ingredient	Lbs.	Oz
3 1/2	#1 tins	Evaporated Milk (undiluted)	3	3
1	Pt	Water	1	4
1	Pt	Sugar	1	
1	Pt	Dates		14
1	Pt	Figs		14
1	Pt	Raisins		13
1	B. Sp.	Lemon or orange rind (grated)		
2	B. Sp.	Lemon juice		

Method:

- 1. Combine the milk, water, and sugar. Stir until the sugar is dissolved.
- 2. Add the fruits, which have been picked over, washed, and chopped fine.

<sup>1.</sup> Wash the figs in hot water and drain.

- 3. Cook over hot water until thick. Add the grated rind.
- 4. Cool, add the lemon juice.

#### Yield:

Approximately 8lbs (filling for 2 <sup>1</sup>/<sub>2</sub> layer cakes (15"x21").

# Lemon Filling

Measure	Unit	Ingredient	Lbs.	Oz
1	Pt	Cornstarch		12
2 1/2	Pts.	Sugar	2	8
2 1/2	Qts.	Boiling Water	5	10
2 1/2	B. Sp.	Grated Lemon Rind		
22	Each	Egg Yolks		14
1	Pt	Lemon Juice	1	4
2	B. Sp.	Butter		2

Method:

- 1. Combine the cornstarch and sugar. Add the boiling water gradually.
- 2. Cook until there is no taste of raw starch. Add the lemon rind.
- 3. Beat the egg yolks slightly, add part of the cornstarch mixture and blend well. Stir this into the cooked cornstarch.
- 4. Cook until there is no taste of raw egg (3 to 5 minutes). Stir continuously.
- 5. Remove from heat; add the lemon juice and butter. Mix well.
- 6. Cool. Spread between layers of plain cake or on jellyroll.

#### Yield:

Approximately 1 gallon (filling for 2 <sup>1</sup>/<sub>2</sub> layer cakes (15"x21").

# Cake Icings

### **Butter Icing**

Measure	Unit	Ingredient	Lbs.	Oz
1	Pt	Butter	1	
2 3⁄4	Qts.	Icing sugar	6	
1	Pt	Milk	1	4
2	Tsp	Vanilla		

Method:

- 1. Cream the butter until soft.
- 2. Add the sifted icing sugar gradually; work into the butter very thoroughly.
- 3. Add the milk, a small amount at a time. Add vanilla.
- 4. Beat thoroughly.
- 5. Spread on cake cooled to room temperature.

#### Yield:

Icing for 100 servings of cake (5 cakes (18"x12").

### Note:

This icing can be made with  $\frac{1}{2}$  of butter and  $\frac{1}{2}$  of shortening.

Variations:

1. Chocolate Icing – Add 1lb of cocoa, or 1lb melted Navy Chocolate to the butter icing. More milk may be required.

- 2. Coconut Icing Add 1lb (1 <sup>1</sup>/<sub>2</sub> qts.) of moist shredded coconut.
- 3. Jam Add 11b (2/3 pt) of Strawberry or Raspberry jam.
- 4. Mocha Substitute 1 pt of strong coffee for the milk in the recipe.
- 5. Nut Add 1lb of chopped, lightly browned nuts to the butter icing.
- 6. Orange Add juice and rind of 3 oranges and 2 lemons, in place of part or all of the milk.
- 7. Raisin Add 1 pt (13oz) of chopped raisins.

### **Seven Minute Frosting**

Measure	Unit	Ingredient	Lbs.	Oz
8	Each	Egg Whites (unbeaten)		
1 1/2	Qts.	Granulated Sugar	3	
2	B. Sp.	Corn Syrup		
10	B. Sp.	Cold Water		10
1/2	B. Sp.	Vanilla or Almond Flavoring		

Method:

- 1. Combine unbeaten egg whites, sugar, corn syrup, and cold water. Beat with a whip until thoroughly mixed.
- 2. Place over boiling water and continue beating until the mixture stands in peaks.
- 3. Remove from the heat, add flavoring, and continue beating until thick enough to spread.
- 4. Spread on cake cooled to room temperature.

#### Yield:

Icing for 100 servings of cake (4 cakes (18"x12").

Variation:

Brown Sugar Icing

- 1. Omit corn syrup.
- 2. Substitute 1 <sup>1</sup>/<sub>2</sub> qts. Of brown sugar.
- 3. Use vanilla for flavoring.
- 4. Make as seven minute icing.

### **Orange Icing**

Measure	Unit	Ingredient	Lbs.	Oz
8	Each	Egg whites		
1 1/2	Qts.	Granulated Sugar	3	
9	B. Sp.	Orange Juice		11
1	B. Sp.	Lemon Juice		
2 or3	B. Sp.	Grated Orange Rind		

Method:

Make as seven minute icing adding the orange rind just before spreading on the cake.

Yield:

Icing for 100 servings of cake (4 cakes (18"x12").

### **Marshmallow Icing**

Measure	Unit	Ingredient	Lbs.	Oz
1	Pt	Corn Syrup or Honey	1	14
1 to 16	Tsp	Cream of Tartar		

12 Each Egg whites
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- 1. Heat the corn syrup or honey until lukewarm.
- 2. Add the cream of tartar to the egg whites and beat until stiff but not dry.
- 3. Add the honey or syrup gradually to the beaten egg whites and continue to beat until mixture is stiff enough to spread.
- 4. If the corn syrup is used, add either grated lemon rind or 2 tbsps of spice to the icing.
- 5. Spread on cake that is slightly warm (about 90 F.).

Yield:

Icing for 100 servings of cake (5 cakes (18"x12").

## **Peanut Butter Icing**

Measure	Unit	Ingredient	Lbs.	Oz
4	B. Sp.	Butter		4
1/2	Pt	Peanut Butter		12
2 3/4	Qts.	Icing Sugar	6	3
3⁄4	Pt	Milk		15

Method:

- 1. Cream the butter and peanut butter until soft.
- 2. Sift in the icing sugar and add the milk slowly until the icing is soft enough to spread. All the milk may not be needed.

Yield:

Icing for 4 cakes (18"x12").

# **Cookies**

- 1. There are two general types of cookies:
  - a. Rolled Cookies and
  - b. Drop Cookies,
- 2. Rolled Cookies should be thin and crisp. The dough from which they are made should be easy to roll. Cookie dough is more easily handled if it is left in the refrigerator for several hours after mixing. Rolling and cutting cookies for large numbers takes a long time. Several shorter methods have been devised that will produce good cookies although they are not always as thin or as even in shape.
  - a. Pack the dough into greased cake tins. Level off the top. Cover with waxed paper. Leave in the refrigerator over-night. Cut into thin slices of the desired size.
  - b. Form the dough into small balls. Place on baking sheets. Flatten each ball with a weight or an evaporated milk tin, which has been wrapped in a piece of thin, damp cotton.
  - c. Form the dough into cylinders, the length of the baking pan. Flatten with a broad bladed knife, a fork or a weight. Cut with a knife before or after cooking.
  - d. Roll out the dough, cut into squares or diamonds using a knife instead of a cookie cutter.
- 3. Drop Cookies-The dough for drop cookies is softer than for rolled cookies or if the dough is too firm, the cookie will be dry and hard. Always leave at least two inches between the cookies to prevent spreading.

Methods of Mixing:

- 1. Machine Mix
  - Put all the ingredients into the mixing bowl. Mix at medium speed for 2 to 3 minutes.
- 2. Hand Mix

Combine the ingredients as in making cake by hand. Whichever method is used, the dough must be handled only enough to combine all the ingredients thoroughly. Over-mixing produces a tough cookie with a close, dry texture. Under mixing produces a coarse grain, uneven shape, poor volume, and too much spread.

#### Baking:

Careful control of oven temperatures is essential. The heat must be kept constant at 350-360 F. for most cooking. A few can be cooked at 400 F. Note the temperature given with each recipe. Avoid flash heat as it browns the cookies before they are cooked. Too slow an oven dries them out and also spoils the flavor. Cookies should be golden brown on both the top and bottom.

To Prevent Cookies From Sticking:

- 1. Use pans that have a smooth surface.
- 2. The pans must be perfectly clean.
- 3. Grease thoroughly with pan-grease.

Note:

- 1. Cookies containing a lot of fat can be baked on ungreased pans.
- 2. Cookies made from a moist dough require more pan-grease than a drier dough does.

### **Butter Cookies**

Measure	Unit	Ingredient	Lbs.	Oz
2 1/2	Pts.	Butter	2	12
2 1/2	Pts.	Sugar	2	8
16	Each	Eggs	1	14
1/2	Tsp.	Vanilla		
1	Gal	Pastry Flour	5	5
3 1/2	Tsp.	Baking Powder		3 1/2

Method:

- 1. Combine all the ingredients by machine, or mix by hand as in making cakes.
- 2. Divide into 5 pieces.
- 3. Roll one piece at a time on a lightly floured board to 1/8" thickness.
- 4. Cut into shapes.
- 5. Place on a lightly greased baking sheet and bake in a moderate oven (350 F. -light brown flour test) until golden brown on top and bottom (10 to 15 minutes).

Yield:

200, medium sized cookies.

Note:

9 oz of egg powder (1 pt) and 1pt of water may be substituted for the fresh eggs.

# Variations of Butter Cookies

### **Chocolate Cookies**

Method:

- 1. Reduce the flour to 5 lbs. (4 Qts.).
- 2. Sift 10 oz of cocoa with the flour.
- 3. Finish as butter cookies.

# **Coconut Cookies**

Method:

- 1. Add 1-<sup>1</sup>/<sub>2</sub> lbs. (2 Qts.) of shredded coconut with the flour.
- 2. Finish as butter cookies.

# **Chocolate Chip Cookies**

Measure	Unit	Ingredient	Lbs.	Oz
1 1/2	Pts.	Butter or Shortening	1	10
1	Qt	Sugar	2	
10	Each	Eggs	1	2
2 3⁄4	Qts.	Pastry Flour	3	6
2 1/2	B. Sp.	Baking Powder		2 1/2
2 or 3	B. Sp.	Salt		1
		Navy Chocolate (chipped)	1	10

Method:

- 1. Combine all the ingredients excepting the chocolate, by machine.
- 2. Add the chipped chocolate by hand. Chill.
- 3. Roll out on a lightly floured board to 1/8" thickness.
- 4. Cut with a cookie cutter or a knife.
- 5. Bake in a moderate oven (350 F. -light brown flour-test) until lightly browned on both top and bottom (10 to 15 minutes).

Yield:

Approximately 200, medium sized cookies.

Note:

4-1/2 oz of egg powder (9 B. Sp.) of water may be used in place of fresh eggs.

Measure	Unit	Ingredient	Lbs.	Oz
3	Pts.	Sugar	3	
2 1/4	Pts.	Butter or Shortening	2	4
2/3	B. Sp.	Salt		1
1/2	B. Sp.	Vanilla Flavoring		1/2
9	Each	Eggs	1	
1	Qt	Milk	2	8
5	Qts.	Pastry Flour	6	4
5	B. Sp.	Baking Powder		5

# **Standard Drop Cookies**

Method:

- 1. Combine all the ingredients by machine or mix by hand as in making cakes.
- 2. Drop from a spoon onto the greased baking sheets. Allow about <sup>1</sup>/<sub>2</sub> B. SP. Of dough to each cookie.
- 3. Bake in a moderate oven (350-375 F. -light-brown flour test) until well browned on the top and the bottom.

Yield:

300 medium cookies.

Note:

- 1. 4-1/2 oz. of dried egg powder (9 B. Sp.) mixed with 9 B. Sp. Of water may be used in place of fresh eggs.
- 2. 5 oz. Of dried milk powder (6 B. Sp.) and 1 qt of water may be used in place of fresh milk.

# **Raisin Drop Cookies**

Add 4 lbs. (2 1/2 Qts.) of raisins that have been picked over, washed, and dried or well drained.

# **Date Drop Cookies**

Add 4 lbs. (2 ½ Qts.) of chopped, pitted dates; 2 tsps. Almond Extract; 1 tsp. Vanilla Extract to the standard recipe. Omit the Vanilla given in the standard recipe.

## **Coconut Drop Cookies**

Add 2 lbs. (2  $\frac{1}{2}$  Qts.) of shredded coconut to the standard recipe. If the coconut is dry, soak in milk for  $\frac{1}{2}$  hour and drain thoroughly before using.

## **Marmalade Drop Cookies**

Reduce the milk slightly (about 2 B. Sp.) less and add 4 B. Sp. of stiff orange marmalade before adding the flour.

Date Squa	ares
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Measure	Unit	Ingredient	Lbs.	Oz
5	Qts.	Pastry Flour	6	4
1/2	B. Sp.	Salt		
3	B. Sp.	Baking Powder		3
1 1/2	B. Sp.	Baking Soda		1 1/2
5	Qts.	Rolled Oats	5	
2	Qts.	Brown Sugar	3	8
5	Pts.	Butter or Margarine	5	

Method:

- 1. Sift the flour, baking soda, and baking powder.
- 2. Put the rolled oats through a mincer and then add them and the brown sugar to the other ingredients.
- 3. Work in the fat.
- 4. Spread the mixture about <sup>1</sup>/<sub>4</sub> " deep on greased baking pans. Spread with date filling to <sup>1</sup>/<sub>2</sub>" depth and cover with the remainder of the mixture.
- 5. Bake in a moderate oven (350 F. -light-brown flour test) for one hour.
- 6. Cut into squares. Serve cold.

Yield:

100, 2 <sup>1</sup>/<sub>2</sub> oz squares.

Measure	Unit	Ingredient	Lbs.	Oz
		Dates	15	
1/2	Pt	Brown Sugar		7
1	Gal	Boiling Water	10	
6	B. Sp.	Lemon Juice		7

# Filling for Date Squares

- 1. Wash and pit the dates.
- 2. Add the sugar and boiling water. Cook until thick. Cool.
- 3. Remove from the heat. Add the lemon juice.

# **Fig Bars**

Measure	Unit	Ingredient	Lbs.	Oz
4 1/2	Qts.	Flour	5	5
2 1/2	B. Sp.	Baking Powder		2 1/2
2	Tsps	Salt		
1 1/2	Pts.	White Sugar	1	8
1	Qt	Brown Sugar	1	12
2 1/2	Pts.	Butter or Shortening	2	8
1	Pt	Milk		10

Method:

- 1. Sift the dry ingredients.
- 2. Rub in the fat as in making pastry.
- 3. Add just enough milk to make the mixture suitable for rolling.
- 4. Divide the dough into 4 pieces.
- 5. Roll each piece into strips 1/8" thick and 3" wide.
- 6. Spread fig filling down the center of the strip, leaving about <sup>3</sup>/<sub>4</sub>" uncovered, on each side.
- 7. Fold the edges towards the center, so that they meet, and press the edges together.
- 8. Cut into bars 3" long.
- 9. Place on floured cookie sheets, with the pressed edges down.
- 10. Bake in a hot oven (400 F. -golden flour test) until thoroughly browned on the top and the bottom (12 to 15 minutes).

Yield:

Approximately 200 bars.

# **Filling for Fig Bars**

Measure	Unit	Ingredient	Lbs.	Oz
1	Gal	Chopped Figs	7	
1/2	Pt	Brown Sugar		7
2	Qts.	Water	5	

Method:

- 1. Add the sugar and water to the chopped figs.
- 2. Cook until the figs are tender.
- 3. Cool before spreading on the cookie dough.

### **Date Bars**

Use the recipe for Fig Bars. Use 10 lbs. of Date Filling in place of the fig filling.

### **Fruit Cookies**

Measure	Unit	Ingredient	Lbs.	Oz
1	Qt	Butter or Shortening	2	

2	Qts.	Sugar	4	
6	Each	Eggs		10
1	Pt	Milk	1	4
1/2	B. Sp.	Salt		3⁄4
1	B. Sp.	Flavoring		
5	Qts.	Pastry Flour	6	4
4	B. Sp.	Baking Powder		4
2	Qts.	Raisins	3	4

- 1. Combine all the ingredients by machine or mix by hand as in making cakes.
- 2. Form into rolls about 1 inch in diameter, and place these on greased baking sheets. Using a broad knife, or a fork, flatten each roll to <sup>1</sup>/<sub>4</sub>" thickness.
- 3. Bake in a moderate oven (350 F. -light –brown flower test) for 10 to 15 minutes.
- 4. When baked, cut into squares before cooling.

### Yield:

200, medium sized cookies.

Note:

- 1. This mixture may be dropped from a spoon-allow about ½ B. SP. To one cookie.
- 2. 3 oz of dried egg powder (6 B. Sp.) and 6 B. Sp. Of water may be used instead of fresh eggs.
- 3. 3 B. Sp. Of dried milk may be sifted with the flour and 1 pt of water used in place of fresh milk.

### **Hermits**

Measure	Unit	Ingredient	Lbs.	Oz
1 1/2	Qts.	Shortening	3	
4 1/2	Pts.	Brown Sugar	4	
12	Each	Eggs	1	5
6	B. Sp.	Water		
3 1/2	Qts.	Pastry Flour	4	6
1/2	B. Sp.	Salt		
1/2	B. Sp.	Baking Soda		
1	B. Sp.	Cinnamon		
1/2	Tsp.	Allspice		
1	Tsp.	Mace		
4 1/2	Pts.	Raisins	3	10
4 1/2	Pts.	Dates	4	
1 1/2	Pts.	Nuts	1	

Method:

- 1. Combine all the ingredients except the fruit and nuts by machine or mix by hand using the cake method.
- 2. Add the fruit and nuts by hand.
- 3. Cream the shortening, add the sugar gradually, and beat well.
- 4. Add the eggs, 2 at a time and continue beating.
- 5. When light and creamy, add the fruit.
- 6. Mix the baking soda and boiling water. Add to the mixture.
- 7. Add the mixed and sifted dry ingredients.
- 8. Drop teaspoonfuls onto greased bun pans. The cookies should be one-inch apart.
- 9. Bake in a moderate oven (350 F. -light-brown flour test) for 12 to 15 minutes.
- 10. Remove from the pan while when warm.

Yield:

200 medium cookies.

# **Molasses Cookies**

Measure	Unit	Ingredient	Lbs.	Oz
1	Qt	Shortening	2	
1 3⁄4	Qts.	Sugar	3	8
2/3	B. Sp.	Salt		
8	Each	Eggs		14
1	Pt	Molasses	1	12
1	Pt	Water	1	4
5 1/2	Qts.	Pastry Flour	7	
1 1/2	B. Sp.	Cinnamon		
1 1/2	B. Sp.	Ginger		
2 1/2	B. Sp.	Soda		2 1/2

Method:

- 1. Combine all the ingredients by machine or mix by hand as in making cakes.
- 2. Shape the dough into rolls 1" round and as long as the baking pans.
- 3. Place the rolls on greased pans.
- 4. Press to  $\frac{1}{4}$ " thickness.
- 5. Bake in a moderate oven (350-375 F. -light-brown flour test) 15-20 minutes.
- 6. When baked, cut into squares for serving.

# Yield:

200 cookies.

Note:

- 1. 4 oz. Of dried egg powder (1/2 pt) and an additional ½ pt of water may be used instead of fresh eggs.
- 2. Rendered beef or chicken fat may be used in place of shortening.

Measure	Unit	Ingredient	Lbs.	Oz
1	Qt	Shortening	2	
2	Qts.	White Sugar	4	
8	Each	Eggs		14
1	Pt	Molasses	1	12
4	Qts.	Pastry Flour	5	
2	B. Sp.	Ginger		1
2/3	B. Sp.	Soda		
2	Tsps.	Salt		1/2

# **Molasses Ice-Box Cookies**

Method:

1. Combine all the ingredients by machine or mix by hand using the cake method.

- 2. Shape the dough into rolls 3"x18" long.
- 3. Chill in the icebox.
- 4. Cut into thin slices. Place on greased baking sheets.
- 5. Bake in a moderate oven (375 F. -light-brown flour test) for 10 minutes.

#### Yield:

200 cookies.

Note:

- 1. 4 oz of dried egg powder (1/2 pt) and  $\frac{1}{2}$  pt of water may be used instead of fresh eggs.
- 2. Rendered beef or chicken fat may be used in place of shortening.

Measure	Unit	Ingredient	Lbs.	Oz
3	Pts.	Shortening	3	
1	Pt	Butter	1	
2	Qts.	White Sugar	4	
2	Qts.	Brown Sugar	3	8
2 1/2	Qts.	Peanut Butter	7	
20	Each	Eggs	2	
4	Qts.	Flour	5	
1	B. Sp.	Baking Powder		1
1	B. Sp.	Baking Soda		1
2/3	B. Sp.	Salt		1

### **Peanut Butter Cookies**

Method:

- 1. Mix by hand, using the cake method, or put all the ingredients into the mixer as directed.
- 2. Form into balls. Place on greased cookie sheets.
- 3. Press flat with a fork to about 1/8" thickness.
- 4. Bake in moderate oven (350 F. -light-brown flour test) for 12 to 15 minutes.

Yield:

350 medium-sized cookies.

# Peanut Cookies

Measure	Unit	Ingredient	Lbs.	Oz
1 1/2	Pt	Shortening	1	8
1 1/2	Qts.	Sugar	3	
24	Each	Eggs	2	8
1/2	Pt	Milk		10
3	Qts.	Pastry Flour	3	12
4	B. Sp.	Baking Powder		4
1/2	B. Sp.	Salt		
1	Gal	Peanuts, (chopped)	5	4
1 1/2	B. Sp.	Lemon Juice or Grapefruit Juice		1

Method:

- 1. Combine all the ingredients by machine or if mixed by hand, use the method given for cakes and add the chopped peanuts and lemon juice at the last.
- 2. Drop from a spoon onto greased and floured baking sheets. Place the cookies 1" to  $1 \frac{1}{2}$ " apart.
- 3. Bake in a hot oven (400 F. -golden-brown flour test) for 10 to 15 minutes.

#### Yield:

200 medium sized cookies.

Note:

- 1. 12 oz. of dried egg powder  $(1 \frac{1}{2} \text{ pt.})$  and  $1 \frac{1}{2} \text{ Pt.}$  Of water may be used instead of fresh eggs.
- 2. 1 <sup>1</sup>/<sub>2</sub> B. SP. Of milk powder may be sifted with the flour and <sup>1</sup>/<sub>2</sub> pt. Of water used in place of the fresh milk.

### **Rolled Oat Cookies**

Measure	Unit	Ingredient	Lbs.	Oz
1 1/2	Qts.	Butter or Shortening	3	
3 1/2	Qts.	Brown Sugar	6	
6 1/2	Qts.	Rolled Oats	6	8
1 1/4	Qts.	Milk	3	2
4	Qts.	C.A. Flour	5	
4	B. Sp.	Baking Powder		4
2	B. Sp.	Salt		3

#### Method:

- 2. Roll out to 1/8" thickness and cut into squares or
- 3. Shape into rolls one inch in diameter and place the rolls on a baking sheet. Press out to 1/8" thickness. Using a knife, mark off into pieces of suitable size.
- 4. Bake in a moderate oven (350-375 F. -light-brown flour test) for 10 to 15 minutes.

#### Yield:

250 cookies.

Note:

6oz of dried milk powder (1/2 pt.) may be sifted with the flour and  $\frac{1}{2}$  pt. Of water used in place of fresh milk.

### Raisin Oat Flake Cookies

Measure	Unit	Ingredient	Lbs.	Oz
2	Qts.	Pastry Flour	2	8
1	B. Sp.	Baking Powder		1
2	B. Sp.	Cinnamon		
2	Tsps.	Salt		
1 3⁄4	Qts.	Brown Sugar	3	
1	Qt.	Rolled Oats	1	
1/2	Pt.	Butter		8
1/2	Pt.	Shortening		8
2 1/2	Pts.	Raisins	2	
4	Each	Eggs		7
1/2	Pt.	Milk		10
1	B. Sp.	Vanilla Flavoring		1

Method:

1. Combine all the ingredients by machine or

Mix by hand as follows:

- a. Mix and sift the dry ingredients;
- b. Add the rolled oats;
- c. Rub in the fat;
- d. Add the raisins;
- e. Mix the eggs, milk, and vanilla. Add to the other ingredients.

2. Drop from a spoon onto a greased bun pan. Use ½ B. SP. To a cookie.

- 3. Bake in a moderate oven (350-375 F. -light-brown flour test) for 10 to 15 minutes.
- 4. Have the cookies pressed out to 1/8" thickness before baking them in the oven.

Yield:

350 medium sized cookies.

Note:

- 1. 2oz of dried egg powder (1/4 pt) and ¼ pt of water may be used instead of fresh eggs.
- 2. 6 oz of dried milk (1/2 pt) may be sifted with the flour and ½ pt of water used in place of fresh milk.
- 3. C.A. Flour (1/2 qt.) may be used instead of pastry flour.

### **Sugar Cookies**

Measure	Unit	Ingredient	Lbs.	Oz
1	Qt	Shortening	2	
3	Pts.	Sugar	3	
9	Each	Eggs	1	
1	B. Sp.	Flavoring		1
1	Pt.	Milk	1	4
4 1/4	Qts.	Pastry Flour	5	5
1/2	B. Sp.	Salt		
3	B. Sp.	Baking Powder		3

Method:

- 1. Combine the ingredients by machine or mix by using the cake method.
- 2. Shape into rolls one inch in diameter and as long as the baking pan.
- 3. Place on greased baking pans and flatten to <sup>1</sup>/<sub>4</sub>" thickness using a broad knife or a fork.
- 4. Bake in a moderate oven (350-375 F. -light brown flour test) for 10 to 15 minutes.
- 5. When baked, cut into squares.

#### Yield:

200 medium cookies.

Note:

- 1.  $4-\frac{1}{2}$  oz of dried egg powder (1/2 pt) and  $\frac{1}{2}$  pt of water may be used in place of fresh eggs.
- 2. 2-1/2 oz of dried milk powder (3 B. Sp.) sifted with the flour and 1 pt of water may be used instead of fresh milk.

### **Cookie Troubles**

Troubles	Causes	Cures
1. Dryness and Hardness	a. Too slow an oven.	Regulate the oven.
	b. Too much flour.	Use a standard recipe and weigh
	c. Too little fat.	or measure carefully.
	d. Too little sugar.	Time the baking accurately.
	e. Over-Baking.	
2. Toughness	a. Over mixing.	Reduce the mixing time.
	b. Use of bread flour.	Reduce the amount of bread flour
	c. Not enough fat.	when it is substituted for pastry
	d. Not enough sugar.	flour.
	e. Too many eggs.	Use a standard recipe and weigh
		and measure carefully.
3. Too much spread.	a. Insufficient mixing.	Follow directions in the recipe.
	b. Too much sugar.	Use a standard recipe and weigh

	с.	Too much fat.	or measure carefully.
	d.	Too much liquid.	
	e.	Too much soda.	
4. Not enough Spread	a.	Over mixing.	Reduce mixing time.
	b.	Not enough sugar.	Use a standard recipe and weigh
	c.	Not enough fat.	or measure carefully.
	d.	Not enough liquid.	
	e.	Not enough flour.	

### **Muffins**

A good muffin is even in shape; well browned; has a rough, pebbly top; and a coarse, even texture. Muffins may be served hot for breakfast, at dinner with fruit or at supper with jam, honey or fruit. They are not supposed to be sweet, although occasionally a sweet muffin is desirable, and they should not be expected to resemble cake.

Most of the defects in muffins come from over mixing. The object in mixing is merely to moisten the flour, not to produce a smooth creamy batter as in making cake. In fact, a muffin batter should be lumpy.

Muffins should never be beaten. Mixing of dry and wet ingredients is done by drawing the flour into the liquid. For this reason, muffins should be made by hand.

If it is possible to do so, pour the muffin batter from the mixing bowl into the greased tins. If the quantity being made at one time is too large to do this, dip the batter out carefully without drawing the ladle from one side of the bowl to the other. Make each muffin a standard size, do not spoon the batter from one tin to the other. Extra mixing of the batter while filling the tins produces tunnels and peaks in the muffins.

### **General Method for Mixing Muffins**

- 1. Test the oven, to make certain it is hot (425 F. -golden-brown flour test).
- 2. Grease the muffin tins or shallow baking pans.
- 3. Mix and sift the flour and baking powder.
- 4. Rub in the fat until the mixture is crumbly.
- 5. Mix salt, sugar, eggs, and milk. Stir well to dissolve the sugar and salt.
- 6. Make a hollow in the center of the dry ingredients.
- 7. Pour in all the liquid, when using pastry flour. Hold back about ½ pt when using C.A. Flour and if required, add it when the mixture is partially moistened.
- 8. Stir very little just enough to moisten the flour. The mixture should be lumpy.
- 9. Fill muffin tins 2/3 full.
- 10. Bake in a hot oven 20 to 25 minutes, until the muffins are well browned and firm on top.

Measure	Unit	Ingredient	Lbs.	Oz
7 3⁄4	Qt	Pastry Flour	9	12
1/2	Pt.	Baking Powder		8
1	Qt.	Fat	2	
1 1/2	B. Sp.	Salt		2
2 1/2	Pt.	Sugar	2	8
20	Each	Eggs	2	4
3 1/2	Qts.	Milk	8	12

### Plain Muffins

- 1. Follow the general method for making muffins.
- 2. Fill the muffin tins 2/3 full (scale at 2 oz per muffin).
- 3. Bake in a hot oven (425 F. -golden brown flour test) for 20 to 25 minutes.

#### Yield:

Note:

Approximately 200 medium sized muffins.

- - 1. 9 oz of dried egg powder (1 pt, 2 B. Sp.) and 1 pt, 2 B. Sp. Of water may be used in place of the fresh eggs.
  - 2. 17-<sup>1</sup>/<sub>2</sub> oz of milk powder may be sifted with the flour and 3 <sup>1</sup>/<sub>2</sub> Qts. Of water used in place of liquid milk.
  - 3. Use 7 <sup>1</sup>/<sub>2</sub> lbs. of C.A. Flour (6 Qts.) in place of pastry flour.

### **Muffin Variations**

#### **Apricot Muffins**

Add 3 lbs. of washed, coarsely minced, dried apricots to the dry ingredients in the recipe for plain muffins, rolled wheat muffins or rolled oats muffins.

#### **Bacon Muffins**

Method:

- 1. Omit sugar from the muffin recipe.
- 2. Add 1-1/2 lbs. of crisp, cooked, drained bacon to the dry ingredients.
- 3. Serve hot for breakfast or supper.

#### **Cheese Muffins**

Method:

- 1. Omit sugar from the muffin recipe.
- 2. Add 1-1/2 lbs. of old cheese, which has been grated. Mix the cheese with the dry ingredients.
- 3. Serve hot for breakfast, dinner, or supper.

#### **Prune Muffins**

Add 3 lbs. of washed, pitted, and coarsely minced dried prunes to the dry ingredients, or use 1-½ lbs. of apricots and 1-½ lbs. of prunes.

#### **Raisin Muffins**

Add 3 lbs. of washed, dried raisins to the dry ingredients after the fat has been worked in. Raisins may be added to plain, rolled wheat, rolled oats, or wheat germ muffins.

### **Rolled Oats Muffins**

Substitute 3 lbs. of rolled oats for 3 lbs. of pastry or C.A. Flour.

### **Rolled Wheat Muffins**

Substitute 3 lbs. of rolled wheat for 3 lbs. of pastry or C.A. Flour.

### Soya Muffins

Reduce Canada Approved flour to 5  $\frac{3}{4}$  lbs. (4  $\frac{1}{2}$  qts.) or pastry flour to 7  $\frac{1}{2}$  lbs. (6 qts.) in the muffin recipe and add 8 oz of soya flour (1pt). Sift the soya flour with the other dry ingredients.

### Wheat Germ Muffins

Add 1 pt of wheat germ to the dry ingredients to the muffin recipe.

### **Bran Muffins**

Measure	Unit	Ingredient	Lbs.	Oz
1	Qt.	Pastry Flour	1	4
2 1/2	Pts.	C.A. Flour	1	9
1 1/2	B. Sp.	Baking Powder		1 1/2
1 1/2	B. Sp.	Baking Soda		1 1/2
1	Pt.	Bran	1	12
1	B. Sp.	Salt		1 1/2
1	Qt.	Brown Sugar	1	12
6	Each	Eggs		10
5	Pts.	Milk	6	4
2/3	Pt.	Molasses	1	2

Method:

- 1. Make according to the general method for muffins. Add the bran after the fat has been worked into the flour.
- 2. Add the molasses with the liquid.
- 3. Scale at 2 oz.
- 4. Bake as directed for muffins.

#### Yield:

Approximately 10 dozen muffins.

#### Note:

- 1. 3 oz of dried egg powder (6 B. Sp.) and 6 B. Sp. Of water may be used in place of fresh eggs.
- 2. 12<sup>1</sup>/<sub>2</sub> oz of dried milk powder may be sifted with the dry ingredients and water used in place of liquid milk in the recipe.

#### Variations:

After rubbing in the fat, add one of the following to the dry ingredients:

- a. 3 lbs. of washed, drained raisins, or
- b. 2 lbs. of washed, stoned, chopped dates.

### **Peanut Butter Muffins**

Measure	Unit	Ingredient	Lbs.	Oz
1	Qt.	Shortening	2	
2 1/2	Qts.	Sugar	5	
1 3⁄4	Qts.	Peanut Butter	5	
5	Qts.	Pastry Flour	6	4
1 1/2	B. Sp.	Salt		2
5	B. Sp.	Baking Powder		5
1	Qt.	Eggs	2	10
2	Qts.	Milk	5	

- 1. Combine the ingredients by the cake method, using either machine or hand mix.
- 2. Scale at 2 oz.

3. Bake in a hot oven (425 F. -golden-brown flour test) for 20 to 25 minutes.

#### Yield:

Note:

Approximately 200 medium sized muffins.

- 1. Use 14 oz of dried egg powder (1 <sup>3</sup>/<sub>4</sub> pts.) and 1 <sup>3</sup>/<sub>4</sub> pts. Of water instead of fresh eggs.
- 2. Sift 5 oz. of dried milk powder with the dry ingredients and use 1 qt. Of water instead of the fresh milk.
- 3. Use 4 lbs. 11oz (3 <sup>3</sup>/<sub>4</sub> Qts.) of C.A. Flour in place of pastry flour.

### **Date Bread**

Measure	Unit	Ingredient	Lbs.	Oz
2 1/2	Qts.	Dates, chopped	4	6
1	B. Sp.	Baking Soda		1
2 1/2	Pts.	Boiling Water	3	2
1	Qt.	Brown Sugar	1	12
6	Each	Eggs, beaten		10
3	B. Sp.	Shortening		3
1	B. Sp.	Vanilla Flavoring		1
2	Qts.	Pastry Flour	2	8
1	B. Sp.	Salt		
1	B. Sp.	Baking Powder		1

Method:

- 1. Wash, stone, and chop the dates.
- 2. Add the soda and boiling water, mix well. Allow to cool.
- 3. Add the sugar, eggs, shortening, and vanilla and combine thoroughly.
- 4. Add the mixed and sifted dry ingredients.
- 5. Pour into 6 well-greased loaf pans.
- 6. Bake in a slow oven (270-300 F. -creamy flour test) until cooked through (approximately 1 <sup>1</sup>/<sub>2</sub> hours.
- 7. Cut each loaf into 17 or 18 slices. Serve with or without butter.

#### Yield:

100 slices.

### Whole Wheat Muffins

Measure	Unit	Ingredient	Lbs.	Oz
3 1/4	Qts.	C.A. Whole Wheat Flour	4	
3 1/4	Qts.	C.A. Flour	4	
8	B. Sp.	Baking Powder		8
1 3⁄4	Pts.	Fat	1	12
1 1/2	B. Sp.	Salt		2
1 1/2	Pts.	White Sugar	1	8
16	Each	Eggs	1	11
2 1/2	Qts.	Milk	6	4
1/2	Pt.	Molasses		14

Method:

1. Mix by the muffin mixing method.

2. Scale at 2oz.

3. Bake in a hot oven (400-425 F. -golden brown flour test) for 25 to 30 minutes.

#### Yield:

Approximately 13 dozen muffins.

#### Note:

- 1. 8 oz of dried egg powder (1 pt.) and 1 pt. Of water may be substituted for the fresh eggs.
- 2. 12-1/2 oz of dried milk powder may be sifted with the flour and 2 1/2 qts. Of water may be used instead of the fresh milk.

#### Variations:

After rubbing in the fat, add one of the following to the dry ingredients:

- a. 3 lbs. of washed, coarsely minced, dried apricots.
- b. 3 lbs. of washed, drained raisins.
- c. 2 lbs. of washed, stoned, chopped dates.

#### Johnny Cake

Measure	Unit	Ingredient	Lbs.	Oz
1 3⁄4	Pts.	Fat	1	12
1 3⁄4	Qts.	Pastry Flour	2	4
1 3⁄4	Qts.	C.A. Flour	2	4
1 1/4	Qts.	Cornmeal	2	4
7	B. Sp.	Baking Powder		7
1 1/2	B. Sp.	Salt		2
16	Each	Eggs	1	11
2	Qts.	Milk	5	

Method:

- 1. Make according to the general method for muffins.
- 2. Pour into greased muffin tins (2 oz) or into 4 greased pans (18"x12"), allowing approximately 4 lbs. to a pan.
- 3. Bake in a moderate oven (350 F. -light brown flour test).

Yield:

100 medium sized servings (25 to a pan).

Note:

- 1. When only one type of flour is available, use 5 ¼ lbs. of pastry flour (4 ¼ Qts.) or 4 lbs. of C.A. White Flour (3 Qts.)
- 2. 8oz of dried egg powder (1 pt) and 1 pt of water may be substituted for the fresh eggs.
- 3. 10 oz of dried milk powder may be sifted with the flour and 2 qts. Of water used instead of the fresh milk.

### **Pancakes**

Measure	Unit	Ingredient	Lbs.	Oz
3 3⁄4	Qts.	C.A. Flour	4	11
6	B. Sp.	Baking Powder		6
1	Pt.	Fat	1	
1	B. Sp.	Salt		1 1/2
1	Pt.	Eggs	1	5
1	Gal	Milk	10	

- 1. Mix and sift the flour and baking powder.
- 2. Rub in the fat until it is very fine.

- 3. Beat the eggs and milk together.
- 4. Stir this into the dry ingredients and make a smooth batter.
- 5. Pour the batter into a hot, lightly greased frying pan, using one basting spoonful to a pancake.
- 6. Cook until the bubbles break on the upper surface. Turn and brown on the other side.
- 7. Serve at once with bacon, butter and brown sugar, maple or corn syrup.

#### Yield:

200 medium sized pancakes.

Note:

- 1. 6oz of dried egg powder (3/4 pt) and <sup>3</sup>/<sub>4</sub> pt of water may be used in place of the fresh eggs.
- 2. Sift 20oz of dried milk powder with the dry ingredients and use one gallon of water to replace the liquid milk in the recipe.
- 3. Use 6 <sup>1</sup>/<sub>4</sub> lbs. of pastry flour (5 qts) in place of C.A. Flour.

#### Variations:

- 1. Use  $\frac{1}{2}$  of whole-wheat flour and  $\frac{1}{2}$  of white flour.
- 2. Add 1 pt of wheat germ.

DEFECT	CAUSE MAY BE
1. Shiny, smooth surface	Over mixing
2. Peaks	Over mixing or Too much handling while filling the
	tins.
3. Tunnels	Over mixing or Too much handling while filling the
	tins.
4. Uneven grain	Over mixing
5. Heavy, close texture	Over mixing or Too slow an oven or inaccurate
	measurements.
6. Hard, thick crust	Over mixing or Too slow an oven or inaccurate
	measurements.

#### Some Muffin Troubles

## Section 8-Pastry

Good pastry is tender, flaky, light, and thin. Both top and bottom crusts should be thoroughly cooked and well browned. It should not taste or look greasy.

Fat, flour, water, and salt are used in making pastry.

Fat:

The fat should be firm but pliable at room temperature. Shortening or lard produces the best pastry because each can be worked into the flour without becoming greasy. If butter is used with either of them, to improve the flavor, it should be left in larger pieces than either of the others. When added in this way, it will help to produce a flaky pastry.

Tenderness in pastry is brought about, by spreading the fat in fine particles through the flour. It is for this reason, that pastry made by creaming the fat is usually tender, but is not always flaky.

Flakiness is produced, by separating layers of flour, by layers of fat. This is accomplished by leaving some of the fat in larger pieces.

Flour:

Pastry flour makes the best pastry, but it is possible to use either hard or soft flours. The finer, softer flours that are most suitable for cakes do not make as good pastry as ordinary soft wheat flour. When hard flour is used, the quantity must be reduced as in making cakes and greater skill is required in mixing and rolling the dough in order to avoid the development of gluten.

#### Water:

Water should be cold and should be added carefully. Too much mixing of the moistened flour makes pastry tough; too much water makes it hard.

#### The Use of Egg-wash or Milk:

No wash of any kind should be used on pastry, as it tends to make the crust tough.

#### Rolling the pastry:

Pastry should be rolled as little as possible, since repeated rolling produces toughness. Hard flour is preferable to soft for sprinkling in the board, and as little as possible should be used.

The dough should be rolled to 1/8" thickness. One of the common faults in pie making is to have the crust so thick that it does not become thoroughly cooked. This is particularly true of the lower crust of double crust pies.

#### The Baking of Pastry:

The rapid expansion of air and the formation of steam make the pastry light. This can only be brought about, by baking in a hot oven.

After being cooked at a high temperature for a long enough period to produce a light crust, pies may be finished at a lower temperature in order to cook the filling.

Preparation of Tins:

Pie tins should be very clean but they do not require greasing.

Measure	Unit	Ingredient	Lbs.	Oz
6 <sup>1</sup> / <sub>2</sub>	Qts.	C.A. Flour	8	
5	Qts.	Fat	5	
2 1/2	B. Sp.	Salt		4
4	B. Sp.	Sugar		4
1 1/2 -1 3/4	Qts.	Cold Water		

#### **Plain Pastry**

Method #1:

(For Flaky Pastry)

- 1. Rub  $\frac{1}{2}$  the fat thoroughly into the flour.
- 2. Break the remaining fat into <sup>1</sup>/<sub>2</sub>" pieces with the fingers and add, distributing it well through the flour.
- 3. Dissolve the salt and sugar in the water.
- 4. Make a well in the center of the flour and pour in 2 pt of the water.
- 5. Toss the flour and water lightly together until the latter is evenly distributed. If the mixture does not hold together, add the remaining water. The dough must not be kneaded or stirred.
- 6. Turn out onto a lightly floured board. Scale off in ½ lb pieces. Roll out to 1/8" thickness.
- 7. Place on pie plates, turn down edges and trim.

Yield:

17 double crust pies or 34 pie shells (9"), or 3 double crust pies  $(15"x21") - 2\frac{1}{4}$  lbs. for each crust.

Note:

When possible, make the pastry several hours before using. Store in the refrigerator or a cool room.

Method #2:

(For Short, Mealy Pastry)

- 1. Rub all the fat into the flour, until the pieces are very fine.
- 2. Finish as in method #1.

### **Plain Pastry**

(Using Pastry Flour)

Measure	Unit	Ingredient	Lbs.	Oz
6 1/2	Qts.	Pastry Flour	8	2
4 1/2	Pts.	Fat	4	8
2 1/2	B. Sp.	Salt		4
1 1/2 -1 3/4	Qts.	Cold Water		

Method:

Combine by either of the methods given using C.A. Flour. When possible, use Canada Approved or Bread Flour on the board for rolling.

Yield:

Same as for C.A. Flour.

### **Fruit Pies and Tarts**

There are 3 types of fruit pies:

- 1. Deep dish-which has only a top crust. This is the most suitable type for juicy fruits.
- 2. Double Crust-used for fresh and cooked fruits and for prepared fillings such as mincemeat. The lower and upper crusts must be thin.
- 3. Single Crust Pies and Tarts-these have only a lower crust and may or may not have a latticework of pastry on top.

### **Deep Dish Pies**

Measure	Unit	Ingredient	Lbs.	Oz
		Raw or Cooked Fruit		
1/2	Standard Recipe	Pastry		

- 1. Fill the baking dishes with the fruit. Add the required amount of sugar.
- 2. Roll out the pastry and cut slightly larger than the size of the baking dish. Make 2 or 3 slits in the center of the pastry.
- 3. Spread pastry over the top of the baking dish and press the edges under the rim.
- 4. Bake in a hot oven (425 F. -golden brown flour test).
- 5. The pie is cooked when the pastry is brown and the fruit is tender.

### Deep Dish Rhubarb Pie

(Using Fresh	Rhubar	b)

Measure	Unit	Ingredient	Lbs.	Oz
4	Gals	Trimmed Rhubarb	20	
3	Qts.	Sugar	6	

Method:

1. Wash and cut the rhubarb into one-inch pieces.

2. Add the sugar and mix well.

- 3. Place this in baking pans.
- 4. Cover with pastry dough rolled  $\frac{1}{4}$ " thick.
- 5. Bake in a hot oven (400-425 F. -golden brown flour test) until the rhubarb is tender and the crust cooked and brown.

Yield:

100, 4-<sup>1</sup>/<sub>2</sub> oz servings.

### Deep Dish Rhubarb Pie

(Using Solid Pack Rhubarb)

Method:

- 1. Prepare the rhubarb as in making stewed rhubarb.
- 2. Place this in baking dishes.
- 3. Finish as fresh rhubarb pie.

### **Double Crust Pie**

Method:

- 1. Roll the pastry to 1/8" thickness. Cut into pieces of the size required to fit the pie tin.
- 2. Line un-greased tins with the thin sheets of dough. Press the edges, trim, and then moisten the edge slightly with water.
- 3. Put in the filling-allow at least 1 ½ lbs. to each pie. Raw fruits should be piled up well above the level of the pie plate.
- 4. Roll a piece of dough 1/8" thick. Cut 2 or 3 slits in the center. Place over the filling.
- 5. Press the edges of the two crusts together. Trim.
- 6. Bake in a hot oven (450 F. -dark brown flour test). Follow the directions given for baking given under each recipe.

### **Apple Pie**

(Using Fresh Apples)

Measure	Unit	Ingredient	Lbs.	Oz
6	Gals	Peeled Apples	30	
3	Pts.	Sugar	3	
1	Recipe	Pastry		

Method:

1. Partially cook the apples. Add the sugar and mix well. Allow to cool while rolling out the pastry.

- 2. Line the pie plates with pastry rolled 1/8" thick.
- 3. Put  $1-\frac{1}{2}$  lbs. of filling in each.
- 4. Cover with pastry as directed under the general method.
- 5. Bake in a hot oven (425 F.) until the apples are tender and the pastry is browned.

#### Yield:

17, nine-inch pies or 4 pies (15"x21").

#### Note:

- 1. When the apples have been stored for some months and have lost their fresh taste, mix  $\frac{1}{2}$  B. Sp. of cinnamon or nutmeg with the sugar to improve the flavor.
- 2. Deep-dish apple pie-use the same quantities of apples and sugar. Follow the general method.

### **Apple Pie**

(Using Solid-Pack Canned Apples)

Measure	Unit	Ingredient	Lbs.	Oz
4	# 10 Cans	Apples	25	
2 1/2	Qts.	White Sugar	5	
1/2	B. Sp.	Cinnamon or Nutmeg		
1	Recipe	Pastry		

Method:

2. Finish as fresh apple pie. Allow 1lb 12 oz of filling to each pie.

Yield:

17, nine-inch pies or 100, 6oz servings.

Note:

Solid pack apples may be used in making deep dish apple pie. Use the amounts given above and follow the general directions for deep-dish pies.

### **Apple Pie**

(Using Evaporated Apples)

Measure	Unit	Ingredient	Lbs.	Oz
2 1/2	Gals	Water	25	
		Dried Apples	7	8
1	Qt.	White Sugar	2	
1	Recipe	Pastry		

Method:

1. Soak the apples in water, according to the method for dried fruit.

- 2. Partially cook the apples.
- 3. Mix the sugar and cinnamon. Add to the apples and combine well.
- 4. Finish as fresh apple pie.

#### Yield:

17, nine- inch pies.

<sup>1.</sup> Mix the sugar and cinnamon, add to the apples.

### **Apple and Raisin Pie**

Measure	Unit	Ingredient	Lbs.	Oz
5	Qts.	Raisins	8	
2	Qts.	Hot Water	5	
2	Qts.	Sugar	4	
3⁄4	Pt	Cornstarch		8
1/2	B. Sp.	Salt		1
2 1/2	Pts.	Cold Water	3	2
1/2	B. Sp.	Cinnamon		
1⁄4	Pt	Lemon Juice		5
1 1/2	B. Sp.	Orange Rind (grated)		
3	Gals	Apples (chopped)	15	
1	Recipe	Pastry		

Method:

- 1. Wash the raisins. Soak for 10 minutes in the hot water.
- 2. Bring the raisins and water to a boil.
- 3. Mix the sugar, cornstarch, salt, and cold water until smooth.
- 4. Add gradually to the raisins and water, stirring constantly. Cook until the mixture is clear and there is no taste of raw starch.
- 5. Remove from the heat. Add the cinnamon mixed with the orange rind and the lemon juice.
- 6. Add the apples. Cool.
- 7. Pour the filling into uncooked pie shells, allowing 2 lbs. per 9" pie tin. Cover with pastry.
- 8. Bake at (425-450 F. -light brown flour test) for 45 minutes or until the pastry is cooked and the apples are tender.

Yield:

17, nine- inch pies.

### **Berry Pie**

(Canned)

Measure	Unit	Ingredient	Lbs.	Oz
4	# 10 Cans	Blueberries, Blackberries or Raspberries	26	4
1 1/2	Gals	Water and Fruit Juice	15	
1 1/4	Pts.	Cornstarch		15
1	Gal	Sugar	8	
1/2	Pt	Lemon Juice		10
1	Recipe	Pastry		

Method:

- 1. Drain the berries.
- 2. Add sufficient water to the juice to make 1<sup>1</sup>/<sub>2</sub> gallons. Bring to a boil.
- 3. Mix the cornstarch and sugar.
- 4. Add some of the hot liquid to the dry ingredients mix well and then stir into the boiling juice.
- 5. Cook, stirring continuously until the mixture is clear and there is no taste of raw starch.
- 6. Remove from the heat; add the fruit and lemon juice. Chill.
- 7. Allow approximately  $2\frac{1}{2}$  lbs. of filling for each pie.
- 8. Finish according to the general method for double crust pies.
- 9. Bake in a hot oven (435-450 F. -dark brown flour test) until the pastry is cooked and brown.

Yield:

17, nine- inch pies.

Note:

- 1. The amount of sugar will vary with the different fruits.
- 2. Lemon juice brings out the flavor of the fruit and helps to retain the color. When not available, use grapefruit juice or powdered lemon juice.

### **Fresh Berry Pie**

Measure	Unit	Ingredient	Lbs.	Oz
		Raw Berries	30	
5 <sup>1</sup> / <sub>2</sub>	Pts.	Sugar	5	8
1/2	Pt	Flour		5
1	Recipe	Pastry		

Method:

- 1. Pick over the berries.
- 2. Mix the sugar and flour. Sprinkle over the berries and mix carefully, without breaking.
- 3. Fill uncooked shells, allowing about 2 <sup>1</sup>/<sub>4</sub> lbs. to each pie.
- 4. Finish according to the general method for double crust pies.
- 5. Bake in a hot oven (435-450 F. -dark brown flour test) until the pastry is cooked and brown.

Yield:

17, nine-inch pies.

### **Cherry Pie**

Measure	Unit	Ingredient	Lbs.	Oz
4	# 10 Cans	Cherries or 30 lbs. of fresh cherries		
1	Recipe	Pastry		

Method for Canned Cherries:

1. Follow the recipe and method given for berry pie. If the canned cherries are sweetened, use only 1/4 of the sugar given in the berry pie recipe. Add the cherries. Mix well, taste. Add more sugar if required.

Method for Fresh Cherries:

- 1. Wash and pit the fresh cherries. Follow directions for fresh berry pie.
- 2. Finish according to the general method for double crust pie.

Yield:

17, nine-inch pies.

### Fruit Turnovers

Measure	Unit	Ingredient	Lbs.	Oz
		Cooked Fruit Filling	20	
1	Recipe	Pastry		

Method:

1. Roll out the pastry to 1/8" thickness and cut into oblongs, approximately 5"x7".

- 2. Place the filling on one half of each piece of pastry. Make a slit in the other half and fold it over to cover the filling. Press the edges tightly.
- 3. Bake on sheets in a hot oven (425 F. -golden brown flour test).

Apple:

Use 20lbs. of apple pie filling. Use 3oz per turnover.

Raisin: 20lbs. of raisin filling. Use 3oz per turnover.

Prune:

une

16lbs. of prune filling. Use 2 1/2oz per turnover.

#### Mincemeat:

16lbs. of mincemeat filling. Use 2 1/2oz per turnover.

Jam:

10 lbs. of jam. Use  $1\frac{1}{2}$  oz per turnover.

Yield:

100 turnovers.

### **Mincemeat Pie**

Measure	Unit	Ingredient	Lbs.	Oz
2	Qts.	Chopped Suet	2	12
1	Qt	Flour	1	4
1	Tsp	Cinnamon		
1	Tsp	Nutmeg		
2	Tsps	Salt		
1	Qt	Sugar	2	
2 1/2	Qts.	Raisins	4	
2 1/2	Qts.	Currants	4	
3	Gals	Apples (cored and peeled)	15	
2	Qts.	Citron Peel	3	
1	Qt	Orange and Lemon Peel	1	8
1	Recipe	Pastry		

Method:

- 2. Add the spices, raisins, and currants.
- 3. Chop the peel finely.
- 4. Chop or cut the apple into coarse pieces.
- 5. Add the peel, citron, and apple to the other ingredients.
- 6. Store in a keg for at least 2 weeks before using.
- 7. Keep the keg in a cool place.
- 8. Put 1-1/2 lbs. of filling into uncooked pastry shells. Cover with pastry and bake in a hot oven (425 F-golden brown flour test) for 45 minutes, or until the pastry is cooked.

Yield:

17, nine-inch pies.

Note:

Pies made from prepared mincemeat are cooked in the same way.

<sup>1.</sup> Dredge the suet with the flour. Put through the food chopper.

### **Peach Pie**

(Using Canned Peaches)

Measure	Unit	Ingredient	Lbs.	Oz
4	# 10 Cans	Peaches	27	
1	Gal	Water and Peach Juice	10	
3⁄4	Pt	Cornstarch		8
5	Pt	Sugar	5	
1	Recipe	Pastry		

Method:

- 1. Drain the peaches.
- 2. Add sufficient water to the peach juice to make one gallon. Heat to boiling.
- 3. Mix the sugar and cornstarch. Add a small amount of the hot liquid. Blend well, stir into the remainder of the boiling juice.
- 4. Cook, stirring continuously until the mixture thickens.
- 5. Remove from the heat. Add the fruit. Chill.
- 6. Finish according to the general method for making double crust pies. Allow approximately 2 <sup>1</sup>/<sub>4</sub> lbs. of filling to each pie.

Yield:

17, nine-inch pies.

Note:

Deep dish peach pie may be made from canned peaches. Follow the general directions.

### **Peach Pie**

(Using Solid-Pack Peaches)

Measure	Unit	Ingredient	Lbs.	Oz
4	# 10 Cans	Solid-Pack Peaches	27	
5	Pts.	Sugar	5	

Method:

- 1. Allow  $1-\frac{1}{2}$  lbs. of solid-pack peaches for each 9" pie.
- 2. Fill unbaked pie shells with peaches.
- 3. Sprinkle 4 B. SP. Of sugar over the peaches in each pie.
- 4. Finish according to the general directions for double crust pies.

Yield:

17, nine-inch pies.

Note:

Deep-dish peach pie may be made from solid-pack peaches. Follow the general directions.

### Prune Pie (1)

Measure	Unit	Ingredient	Lbs.	Oz
2	Gals	Dried Prunes	15	
2	Gals	Water	20	
2	Sticks	Cinnamon		
1 1/4	Pts.	Cornstarch	1	
2 1/2	Pts.	Sugar	2	8
1	Qt	Cold Water	2	8
1/2	Pt	Lemon Juice		10
1	Tsp.	Lemon Rind		
1/2	B. Sp.	Salt		

I	1/2	Pt	Butter	8
	1	Recipe	Pastry	

- 1. Wash the prunes. Add the water and soak for 4 to 5 hours.
- 2. Add the cinnamon sticks, and cook until the fruit is tender. Remove the cinnamon sticks, drain off the liquid and make up to one gallon with water. Pit the prunes.
- 3. Blend the cornstarch and sugar with the cold water. Add to the boiling prune juice and cook until there is no taste of raw starch and the mixture is clear.
- 4. Add the lemon juice and rind, salt, butter, and pitted prunes. Keep in a cool place overnight.
- 5. Fill uncooked pie shells. Cover with pastry.
- 6. Bake in a very hot oven (450 F. -dark brown flour test) for 45 minutes.

Yield:

17, nine-inch pies.

#### Prune Pie (2)

Method:

- 1. Use recipe for raisin pie (2).
- 2. Substitute 12 lbs. of raw prunes for the raisins.
- 3. Wash. Soak. Cook the prunes until tender. Remove the pits.
- 4. Finish as raisin pie (2).

#### Raisin Pie (1)

Measure	Unit	Ingredient	Lbs.	Oz
2	Gals	Raisins	13	
1	Gal	Hot Water	10	
3 1/2	Pts.	Brown Sugar	3	
1 1/4	Pts.	Cornstarch	1	
1	B. Sp.	Salt		1 1/2
1/2	Gal	Cold Water	5	
1/2	B. Sp.	Cinnamon		
1/2	Pt	Lemon or Grapefruit Juice	1	4
1	Recipe	Pastry		

Method:

- 1. Wash the raisins. Soak for 10 minutes in the hot water.
- 2. Bring the raisins and water to a boil.
- 3. Mix the sugar and cornstarch. Add the cold water and pour very slowly into the hot raisins. Cook until the mixture is clear and there is no taste of raw cornstarch.
- 4. Remove from the heat. Add the cinnamon and lemon or grapefruit juice.
- 5. Cool and pour into uncooked pie shells. Cover with pastry and bake in a hot oven (450 F. -dark brown flour test) until the pastry is cooked (45 minutes).

Yield:

17, nine-inch pies.

#### Raisin Pie (2)

Measure	Unit	Ingredient	Lbs.	Oz
2	Gals	Raisins	13	
3 1/2	Pts.	Brown Sugar	3	

1	Pt	Lemon Juice	1	4
4	B. Sp.	Grated Lemon Rind		1 1/2
1	Pt	Dry Bread Crumbs		8
1	Recipe	Pastry		

- 1. Wash the raisins. Steam until moist or soak for one hour in boiling water to cover. Drain well.
- 2. Add the sugar, lemon juice, grated lemon rind, and dry breadcrumbs to the drained raisins.
- 3. Pour into uncooked pie shells. Cover with pastry. Bake in a hot oven (450 F. -dark brown flour test) until the pastry is golden brown on the top and bottom.

#### Yield:

17, nine-inch pies.

#### **Raisin Squares**

Method:

Cook raisin pie (1) or raisin pie (2) in baking sheets or bun pans and when cold, cut into squares for serving.

Yield:

100, 4-1/2 oz servings.

#### **Dutch Apple Pie**

Measure	Unit	Ingredient	Lbs.	Oz
		Raw Apples	25	
1 1/2	Qts.	White Sugar	3	
3	Pts.	Dry Bread Crumbs		15
2	Qts.	Undiluted Evaporated Milk	5	
1/2	Pt	Butter		8
1/2	Recipe	Pastry		

Method:

- 1. Prepare half the recipe for pastry and line tins.
- 2. Arrange the apples, cut in quarters, on top of the pastry.
- 3. Mix the crumbs and sugar. Sprinkle on the apples, allowing <sup>3</sup>/<sub>4</sub> cup to each pie. Dot with butter.
- 4. Pour the undiluted milk over the mixture.
- 5. Bake immediately in a very hot oven (450 F. -dark brown flour test) for 15 minutes. Reduce the heat and finish baking in a slow oven (325 F. -creamy colored flour test) for 30 to 40 minutes.

Yield:

17, nine-inch pies.

Note:

3, #10 cans of solid packed apples may be substituted for fresh apples.

#### **Butter Tarts**

Measure	Unit	Ingredient	Lbs.	Oz
2	Qt	Currants or Raisins	3	8
1 1/2	Pt	Butter	1	8
1 1/2	Pt	Shortening	1	8
3	Qt	Brown Sugar	5	4
18	Each	Eggs	1	14
4	Each	Lemon or Orange Juice and Rind		
2/3	B. Sp.	Salt		1

<sup>3</sup> / <sub>4</sub> Recipe Pastry
---

- 1. Wash the currants and stem, or cover with hot water and let stand for 10 minutes. Drain well.
- 2. Cream the butter, shortening, and brown sugar together.
- 3. Add the eggs and beat until light.
- 4. Add the drained currants, lemon juice and rind, and salt to creamed mixture.
- 5. Roll out the pastry 1/8" thick-cut in circles to fit tart tins.
- 6. Put 2oz of the mixture into each shell. Bake in a moderate oven (350 F. -light brown flour test) until the filling is set and the bottom of the pastry is brown.

Yield:

100 medium tarts.

Note:

Do NOT add flavoring such as vanilla to butter tarts.

### Apricot Pie

Measure	Unit	Ingredient	Lbs.	Oz
2	Gals	Dried Apricots	13	8
1 1/2	Gals	Water	15	
1	Gal	Sugar	8	
2	B. Sp.	Salt		3
1	Pt	Granulated Tapioca		13
3⁄4	Recipe	Pastry		

Method:

- 1. Wash the apricots thoroughly. Put through a food chopper.
- 2. Heat the water to boiling.
- 3. Mix the sugar, salt, and tapioca. Stir into the boiling water and boil for 2 to 3 minutes.
- 4. Add the apricots. Cool.
- 5. Pour into pie shells, allowing 2 lbs per pie.
- 6. Arrange the latticework of strips of raw pastry (1/8" thick X  $\frac{1}{4}"$  to  $\frac{3}{8"}$  wide) over the top.
- 7. Bake in a hot oven (450 F. -dark brown flour test) for 30 minutes, or until the pastry is thoroughly cooked.

Yield:

17, nine-inch pies.

Variations:

- 1.  $2\frac{1}{2}$  B. SP. Of cinnamon (1 oz) may be added with the sugar.
- 2. Add ½ pt of lemon juice and 1 B. Sp. of grated lemon rind after removing the filling from the heat.
- 3. Use  $\frac{1}{2}$  prunes and  $\frac{1}{2}$  apricots.

### **Meringue for Pies**

(Using Meringue Powder)

Measure	Unit	Ingredient	Lbs.	Oz
		Meringue Powder		3
1 1/2	Pts.	Cold Water	1	14
1 1/2	Pts.	Sugar	1	8

- 1. Add the cold water to the meringue powder.
- 2. Beat until light.
- 3. Add the sugar gradually and continue beating until the meringue stands in peaks.
- 4. Spread on the surface of pie so that it touches the crust. Cook in a moderate oven (350 F. -light brown flour test), leaving the oven door open, until firm, tender, and golden brown.

#### Yield:

Meringue for 17, nine-inch pies.

#### **Meringue for Pies**

Measure	Unit	Ingredient	Lbs.	Oz
20	Each	Egg Whites	1	5
1⁄4	Tsp.	Salt		
1 1/2	Pts.	Fine White Sugar	1	8

#### Method:

- 1. Add the salt to the egg white. Beat until just foamy.
- 2. Add the sugar gradually, beating as you add.
- 3. Beat until the mixture is thick and stands in peaks.
- 4. Spread on the surface of the pies so that it touches the crust.
- 5. Cook in a moderate oven (350 F. -light brown flour test) leaving the oven door open. When cooked, a meringue is firm, tender, and golden brown in color.

#### Yield:

Meringue for 17, nine-inch pies.

#### Note:

- 1. Meringue is less apt to become watery after it has been cooked if it is spread so that it touches the crust all around.
- 2. Meringue shrinks and becomes tough if it is cooked at a temperature above 350 F. (oven door open). It may be cooked at 300 F-325 F. with the door closed.

### Cream Pies

### **Cream Fillings**

- 1. The fillings in cream pies should have the consistency of a soft jelly when the pie is cold.
- 2. All cream fillings should be luke-warm when poured into the shells. Hot fillings make the pastry soggy.
- 3. When making filling in very large amounts, use whole eggs instead of yolks if meringue powder is available for the meringue. Use one egg for every 2 yolks given in the recipe.
- 4. For variety any hot, cooked Cream Filling may be beaten into the stiffly beaten egg whites, instead of serving the pie with Meringue on top. Pour into the shells when warm. Do not put into the oven.

### **Pastry Shells**

Measure: <sup>1</sup>/<sub>2</sub> standard recipe for pastry.

Method:

- 1. Follow the recipe and roll out as for plain pastry.
- 2. Place on a plate, press down the edges and trim.
- 3. Prick the pastry thoroughly with a fork.
- 4. Bake in a hot oven (450-500 F. dark brown flour test) until golden brown (approximately 20 minutes).

Yield:

17 Pie shells.

### **Butterscotch Pie**

Measure	Unit	Ingredient	Lbs.	Oz
1 3⁄4	Qts.	Brown Sugar	3	
1	Qt.	Butter	2	
1	Qt.	Cornstarch	1	8
3	Gals.	Hot Milk	30	
2/3	B.SP.	Salt		
24	Only	Egg Yolks		
2	B.SP.	Vanilla Flavouring		

17 baked pie shells

- 1. Melt the butter, add the sugar and cook over a low heat until it becomes golden in colour. Stir constantly.
- 2. Remove from the heat. Add the cornstarch and salt. Stir until smooth.
- 3. Have the hot milk in a steam-jacketed kettle. Whip in the cornstarch mixture and cook until it thickens and there is no taste of raw starch. Stir continuously.
- 4. Add some of the cooked mixture to the egg yolks and blend.
- 5. Pour the egg mixture back into the hot filling, stirring constantly. Cook until there is no taste of raw egg, about 3 to 5 minutes.
- 6. Remove from the heat add the vanilla flavouring. Cover with waxed paper. Cool to luke warm.
- 7. Pour into the baked pie shells (2 lbs per shell).
- 8. Allow to set.
- 9. Top with meringue made from the egg whites and brown according to directions or serve plain.

Yield:

17, nine inch pies (102 servings) or 3 pies (15x21) plus 2 nine-inch pies

Note:

6 oz. of dried eggs (3/4 pt.) mixed with 3/4 pt. of water may be used in place of fresh

### **CREAM PIE**

Measure	Unit	Items	Lbs	Ozs
2	gal	Hot Milk	20	
1/2	B.sp	Salt		
1	Qt	Cornstarch	1	8
3	Qts	Cold Milk	7	8
24	Ea.	Egg Yolk	1	
2	B.sp	Vanilla Flavoring		2
1/2	Pt	Butter		8
1 1/2	Qts	Sugar	3	
			1	

Method

- 1. Heat the milk in a double boiler or steam-jacketed kettle.
- 2. Mix the salt, cornstarch, and cold milk. Blend well together.
- 3. Add this to the hot milk and stir until the mixture thickens. Cover, Cook until there is no taste of raw starch.
- 4. Beat the egg yolks slightly. Add part of the hot mixture slowly to the yolks, stirring as you add.
- 5. Pour the egg mixture into the filling, stirring constantly. Cook until there is no taste of raw egg ( 3 to 5 minutes )
- 6. Remove from heat and cool slightly.
- 7. Add the vanilla flavoring, butter, and sugar. Mix well.
- 8. Cover with waxed paper and cool to Luke warm.
- 9. Pour into baked pie shells allowing 2 lbs. Per 9 inch pie or one gallon per large pie (15" X 21".
- 10. Top with meringue and brown sugar in a moderate oven (325 350 degrees F. light brown flour test), or serve plain or sprinkle with cornflakes.

Yield: 17, Nine inch pies, 102 servings or 3 pies (15 X 21) plus 2, nine inch pies, 102 servings.

NOTE : 1. If some form of double boiler or steam kettle is not available, make one out of two stockpots, one inside of the other, or stand a stockpot in a roast pan containing boiling water.

2. 6 ozs. Of dried eggs (<sup>3</sup>/<sub>4</sub> pt.) mixed with <sup>3</sup>/<sub>4</sub> pt. of water may be used in place of fresh eggs.

# VARIATIONS OF CREAM PIES

### **CREAM PIE WITH CORNFLAKES**

#### METHOD:

Empty 2 packages of cornflakes into a bowl, break up slightly. Sprinkle on top instead of meringue.

### **BANANA CREAM PIE**

Measure		lbs.	Oz.
	Cream Pie Filling		
	Bananas, peeled and diced	13	
Method:			
1.	Spread <sup>3</sup> / <sub>4</sub> lb. Of diced Bananas on each cooked nine inch pie shell or allo the pies are made in sheets.	w 2 oz. p	er serving whe
2.	Pour the cooled filling over the bananas.		
3.	Finish as cream pie.		
NOTE:			
1.	Prepare the bananas just before the filling is to be poured over them.		
2.	The diced bananas may be carefully stirred into the luke-warm filling	3.	

### COCOANUT CREAM PIE

Measure:		lbs.	Oz.
	Cream Pie Filling		
3 - <sup>3</sup> ⁄ <sub>4</sub> qts	Moist Cocoanut	3	

Method:

- 1. Add 3 qts. Of cocoanut to the filling, after removing it from the heat.
- 2. Add  $\frac{3}{4}$  qts. of cocoanut to the meringue before putting the pies in the oven to brown.

NOTE:

1. If the cocoanut has become dry, soak it in milk for ½ hour before using. Drain well before adding it to the filling or the meringue.

### CHOCOLATE CREAM PIE

#### (USING NAVY CHOCOLATE)

Measure:				lbs.	Oz.
	Navy Chocolate			3	
2 gals.	Hot Milk			20	
1 ½ pts.	Cornstarch			1	2
1 tsp	Salt				
3 qts.		Cold Milk	7		8
15 each		Egg Yolks	1		
1 qt.		White Sugar	2		
17 each		Baked Pie Shells (nine-inch)			

#### Method:

- 1. Melt the chocolate over hot water.
- 2. Add the hot milk gradually and stir until the chocolate is well blended.
- 3. Mix the salt and cornstarch. Add the cold milk and mix until smooth.
- 4. Pour into the hot chocolate stirring as you add and continue stirring until the mixture thickens.
- 5. Cook until there is no taste of raw starch.
- 6. Beat the egg yolks slightly.
- 7. Add a small amount of the hot mixture to the yolks. Blend well and then pour slowly back into the chocolate mixture. Stir until well blended.
- 8. Cook, stirring constantly, until there is no taste of raw egg. (3 to 5 minutes )
- 9. Remove from the heat, stir in the sugar.
- 10. Cover closely with waxed paper and cool to Luke warm.
- 11. Pour into the cooked pie shells. Allow 2 lbs. To each nine-inch pie or one gal. To each large pie (15" X 21") Allow to set.
- 12. Cover with meringue made from the egg whites (page 81) Brown as directed for meringue.
- Yield: 17, nine-inch Pies (102 Servings) or
  - 3 Pies (15" X 21") Plus 2, nine-inch pies (102 Servings)

#### NOTE:

- 1. When dehydrated eggs are used, mix 4 oz. ( $\frac{1}{2}$  pt.) with  $\frac{1}{2}$  pt. of cold water and add as above.
- 2. Whole eggs may be added to the filling instead of yolks, and meringue powder used for the meringue.

### DATE CREAM PIE

Measure		lbs	OZ.	
	Cream Pie Filling			

1	gal.	Chopped Dates	 7	

- 1. Add the washed, pitted chopped dates to the filling after it has been cooled.
- 2. Pour into cooked pie shells.
- 3. Finish as cream pie.

#### Yield:

17 each nine-inch pies.

### PEACH OR PEAR CREAM PIE

Measure:		lbs.	Oz.
	Cream Pie Filling		
2 # 10 cans	Peaches or Pears	13	10

Method:

- 1. Drain the fruit and dice if the fruit is in halves. Drain the diced fruit.
- 2. Spread the fruit on the baked shells, allowing about 8 ozs per 9 inch pie.
- 3. Pour cooled cream filling over the fruit.
- 4. Finish as cream pie.

Yield: 17 each, nine-inch pies.

NOTE:

- 1. The drained diced fruit may be carefully folded into the cooled filling before it is poured into the pie shells.
- 2. Save the juice from the fruit and use for jelly or for fruit sauce.

### LEMON PIE

MEASURE	UNIT	ITEMS	LBS	OZS
3	Qts	Sugar	6	
1/2	b.sp	Salt		
1 1/2	Qts	Cornstarch	2	4
2	Gals	Boiling water	20	
1/2	Pt	Lemon rind (grated)		5
24	Ea.	Egg yolks		
1 1/2	Qts	Lemon juice	3	12
1/2	Pt	Butter		8

- 1. Mix the sugar, salt, and cornstarch. Blend well together.
- 2. Add the boiling water gradually, stirring as you add.
- 3. Cook until clear and there is no taste of raw starch.
- 4. Add the grated lemon rind.
- 5. Beat the egg yolk slightly. Add part of the hot mixture to the yolks. Return to the original mixture and continue cooking until there is no taste of raw egg yolk. (3 to 5 minutes)
- 6. Remove from the heat, add the lemon juice and butter. Cool
- Pour into baked pie shells, allowing 30 oz. to each 9 inch pie or <sup>3</sup>/<sub>4</sub> gallon to a large pie (15" X 21". Cover with meringue and brown in a moderate oven (325 350 Degrees F.) light brown flour test.

YIELD: 17 – Nine inch pies (102 servings) or 3 pies (15" X21") plus 2- nine inch pies (102 servings)

### PUMPKIN PIE

MEASURE	UNIT	ITEMS	LBS	OZS
7	# 2 ½ Cans	Pumpkin	12	11
2	Qts.	Brown sugar	3	8
2	b.sp.	Ground ginger		
3	b.sp	Ground cinnamon		
1/2	b.sp	Cloves		
1	b.sp	Nutmeg		
1	b.sp	Salt		1 1/2
1	Qt.	Eggs (well beaten)	2	10
1 1/2	Gals	Milk	15	

#### METHOD:

- 1. Puree the pumpkin.
- 2. Mix the sugar, spices, and the salt. Add the pumpkin.
- 3. Add the beaten eggs and the milk. Mix thoroughly.
- 4. Pour into pie plates lined with pastry, allowing 2 lbs. Filling per nine-inch pie, or one gallon per large pie (15" x 21").
- 5. Bake in hot oven (450 degree F.dark brown flour test) for 10 minutes. Then cook in a slow oven (300 325 degrees. Creamy flour test) until a knife thrust into the center comes out clean.

YIELD: servings)	17 each nine-inch pies (102 servings) or 3 pies (15" x 21") plus 2 – nine-inch pies (102
NOTE: 1. 3.	12 oz. of dried egg powder (1 $\frac{1}{2}$ pts.) and 1 $\frac{1}{2}$ pts of water may be used in place of fresh eggs. Use # 10 Cansof pumpkin instead of the 2 $\frac{1}{2}$ size.

### SQUASH PIE

Method:

1. Use canned Squash instead of pumpkin. Add 2 B. Sp. Of melted Butter.

2. Finish as pumpkin pie.

### CUSTARD PIE

Measure	Unit	Items	Lbs.	Ozs.
2	Qts.	Eggs	5	4
3	Pts	Sugar	3	
1/2	b.sp	Salt		
1/2	B.sp	Cinnamon or nutmeg		
2 1/2	Gals.	Hot milk	25	
1/4	B. sp	Almond flavoring		
		or		
1/2	B. sp	Vanilla flavoring		

#### Method:

- 1. Beat the eggs only sufficiently to mix them.
- 2. Combine the sugar, salt, and the spices and add to the beaten eggs.
- 3. Add the hot milk gradually, stirring continually.
- 4. Strain, cool, and add the flavoring.
- 5. Pour into unbaked pie shells, allowing approximately 1 ½ pts. To each pie.
- Bake at 450 degrees F. dark brown flour test) for ten minutes. Reduce the heat to 325 degrees F.
   creamy colored flour test ) and continue cooking until a knife thrust into the custard comes out clean.

Yield: 17 each nine-inch pies.

### **CHEESE STRAWS**

Measure	Unit	Items	Lbs.	Ozs.
		<sup>1</sup> / <sub>2</sub> standard recipe for pastry		
1 1/2	Qts.	Grated cheese	1 1/2	

- 1. Divide the pastry dough into 2 or 3 pieces.
- 2. Roll each piece into an oblong  $\frac{1}{4}$ " thick.
- 3. Sprinkle <sup>1</sup>/<sub>2</sub> of the rolled pastry with cheese. Fold the other half over it and roll again to <sup>1</sup>/<sub>4</sub>' thickness.
- 4. Cut into strips 1/2" x 6" or 1" x 5".
- 5. Place on un greased bun pans or baking sheets.
- 6. Bake in a moderate oven (350 375 degrees F. light brown flour test) until the straws slip from the pan, and are brown on top and bottom (15 20 minutes)
- 7. Serve cold or warm with soup, salad, cooked fruit, etc...

Yield: 100 Servings, 1 oz. each (2 – 3 cheese straws).

Note: 1. This is a simple way to use up scraps of pastry.

3. The cheese straws may be stored in a tin for several days and freshened by reheating before being used.

### SOME PIE TROUBLES

Tough Pastry – May be due to:

- 1. Too much mixing while adding water.
- 2. Too much handling after water has been added.
- 3. Not enough fat.
- 4. Milk or egg wash on crust.
- 5. Too slow an oven.

Greasy Pastry – May be due to:

- 1. Fat too warm.
- 2. Too little water in proportion to fat.
- 3. Too much fat.

Hard Pastry – May be due to:

- 1. Too much water.
- 2. The use of butter.

Shrinking During or After Baking – May be due to:

- 1. Improper mixing of fat and flour.
- 2. Too much water.
- 3. Over-mixing after water is added.

Soggy Pastry – May be due to:

- 1. Under baking.
- 2. Insufficient bottom heat.
- 3. Too slow an oven.
- 4. Too sweet a filling.
- 5. Pouring a hot filling into a cooked shell.

### **SECTION 9 TEA BISCUITS**

A good Tea Biscuit should double in volume as it cooks, should have straight sides, a smooth top and be golden brown on top and the bottom. The inside should be tender, fine-grained, and flaky.

### INGREDIENTS

Flour, Baking Powder, Salt, Fat, and Milk are the ingredients used. Sugar may be added, but is not essential.

- <u>FLOUR</u> Both hard and soft flours produce good Tea Biscuits. The amount of mixing and handling should be more restricted when hard flour is used.
  - $\underline{FAT}$  A fat is required that will remain firm while it is being worked into the flour. By increasing the fat a more tender Biscuit is produced. This is done when Tea Biscuit Dough is used for shortcake.
  - <u>MILK</u> Milk powder, may be sifted with the flour, and water used as liquid or fresh milk may be used.
- <u>MIXING</u> When the fat is rubbed in until it is quite fine, the Biscuits will be more tender. The addition of the milk has to be done carefully as a slight excess of liquid will make a dough that is difficult to handle. The dough should be as moist as it is possible to make it without having it either sticky or shiny. It should not require a lot of flour on the board when it is kneaded or rolled. Either the fingers or a two-pronged fork should be used for mixing the dry ingredients with the liquid and the dough must be handled very lightly. Over mixing or rough handling produces a tough Biscuit and reduces the volume. Insufficient mixing also results in poor volume and gives a rough uneven crust on top.
- <u>Kneading</u> Kneading helps to distribute the ingredients more evenly and also develops layers in the dough thus producing a Biscuit that is flaky. The crust will be smooth and tender if the dough is kneaded. Over kneading has the same effect on volume and texture as overmixing has.
- <u>PROOFING</u> Tea Biscuits are improved by proofing for 15 to 20 minutes when a slow-acting baking powder is used.
  - <u>Baking</u> Tea Biscuits should be baked in shallow pans or baking sheets that have been lightly greased with pan-grease. If they are placed so that they touch each other, they will rise rather than spread and so will have straight sides. Unless a hot oven is used, the Biscuits will not double in volume.

### USES OF TEA BISCUIT DOUGH

Besides being made into Tea Biscuits or one of the numerous variations of Tea Biscuits, this dough can be used as crust for meat pies, for dumplings, and for a variety of desserts.

General method for Tea Biscuits

- 1. Grease the pans.
- 2. Mix and sift the flour and baking powder.
- 3. Rub in the fat until it is crumbly. Add the sugar.
- 4. Dissolve the salt in the milk.
- 5. Add <sup>3</sup>/<sub>4</sub> of the liquid and mix lightly.
- 6. Add the remainder of the liquid as needed to form a soft dough.
- 7. Turn out onto a lightly-floured board.
- 8. Scale off  $\frac{1}{4}$  of the dough.
- 9. Knead 2 or 3 times to obtain a smooth surface.
- 10. Press with the hand or roll to  $\frac{1}{2}$ " thickness.
- 11. Cut into biscuits with a cookie cutter or use a sharp knife and cut into 2" squares.
- 12. Place close together on greased baking pans.
- 13. Brush the surface lightly with milk.
- 14. Allow to proof 15 minutes before baking.

- 15. Bake in hot oven (450 degrees F. dark-brown flour test) for 10 to 15 minutes.
- 16. When the biscuits are browned, top and bottom, test by breaking one open to be sure it is cooked through to the center.

Measure	Unit	Ingredients	Lbs.	Ozs
5	Qts	C.A. flour	6	4
6	B.sp	Baking Powder		6
1	Qt	Shortening or Butter	2	
1/2	Pt	Sugar		8
1 1/2	B.sp	Salt		2
2	Qts	Milk	5	
	•			

Make according to the general methods for Tea Biscuits. (above page)

### Standard Recipe for Tea Biscuits

Yield:	200 Medium sized biscuits.
NOTE: 1.	7 $\frac{1}{2}$ Ozs. Of dried milk may be sifted with the dry ingredients and 1 $\frac{1}{2}$ Qts. of water used instead of the liquid milk.
2.	Use 8 <sup>1</sup> / <sub>4</sub> lbs of Pastry Flour (6 <sup>1</sup> / <sub>2</sub> qts.) in place of C.A. Flour or Bread Flour.

Variations:

Method:

# Cheese Tea Biscuits

- 1. Reduce fat in the recipe to one pound.
- 2. Add 3 qts. of grated cheese (3bs.) to the dry ingredients just before the liquid is added.
- 3. Finish as Tea Biscuits.

### Fruit Tea Biscuits:

Measure	Unit	Ingredients	Lbs.	Ozs.
		Tea Biscuit Recipe		
		Dried Apricots, Prunes, or Peaches	2	
1/2	Pt.	Sugar	1/2	

- 1. Wash the fruit and remove the pits from the prunes.
- 2. Mince the fruit coarsely. Add to the dry ingredients.
- 3. Finish as Tea Biscuits.

### Marmalade Tea Biscuits:

#### Method

- 1. Make standard Tea Biscuit Dough. Divide into 4 equal pieces.
- 2. Roll each piece into strips, 6 inches wide, ¼ inch thick, and as long as the quantity permits.
- 3. Spread with marmalade.
- 4. Roll like a jelly roll and cut into  $\frac{1}{2}$  inch slices.
- 5. Place on well greased baking sheets with the cut surface up.
- 6. Let proof for 15 minutes.
- 7. Bake in a hot oven (450 degrees F.-dark brown flour test) for 10 to 15 minutes.
- Yield: 200 Marmalade biscuits.

### **Quick Biscuits:**

Dough that is too moist to roll may be dropped from a spoon onto greased baking sheets. Each piece of dough should weigh one to two ozs. And the pieces should not touch. Do not knead or cut. Bake as Tea Biscuits.

### **Raisin Biscuits**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Standard Tea Biscuit Recipe		
2 1/2	Pts	Raisins	2	
1/2	Pt.	Sugar	1⁄2	

Method:

- 1. Pick over, wash, and dry the raisins.
- 2. Add them to the dry ingredients.
- 3. Dissolve the additional sugar in the milk.
- 4. Combine and cook as Tea Biscuits.

Yield: 200 medium sized Tea Biscuits.

### **Raisin Scones**

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Pts.	White Sugar	1	8
2 1/2	Pts	Raisins	2	
8	Ea.	Eggs		14

- 1. To the standard Tea Biscuit Recipe, add the above ingredients and reduce the milk to 1 <sup>1</sup>/<sub>4</sub> quarts.
- 2. Follow the general method for making Tea Biscuits, adding the extra sugar and the washed and drained raisins to the dry ingredients and the beaten eggs with the milk.
- 3. Scale off in 8 oz. pieces.
- 4. Round out and roll or press to  $\frac{1}{2}$  inch thickness.
- 5. Place on greased pie tins or bun pans. Cut each round into 4 triangles.
- 6. Bake as Tea Biscuits.

Yield: 100 Scones (approximately 2 <sup>1</sup>/<sub>2</sub> oz. each).

Note: 4 oz. of dried egg powder (1/2 pt.) and  $\frac{1}{2}$  pt. of water may be used instead of fresh eggs.

### **Butterscotch Biscuits**

Measures	Unit	Ingredients	Lbs.	Ozs.
5	Qts	C.A. Flour	6	4
1	Qt.	Shortening or Butter	2	
1/2	Pt.	Sugar		8
1 1/2	B.sp	Salt		2
1 1/2	Qts.	Milk	3	12
10	Ea.	Eggs	1	2

Method

- 1. Combine the ingredients as in making Tea Biscuits, adding the slightly-beaten eggs with the milk.
- 2. Divide into 4 or 5 pieces of equal size.
- 3. Roll each piece into strips, 6 inches wide, <sup>1</sup>/<sub>4</sub> inch thick, and as long as the quantity permits.
- 4. Cream together until light and thoroughly-blended 2 qts. of brown sugar (3 lbs. 8 ozs.) 1 pt. of Butter (1 lb.)
- 5. Spread the sugar mix on the strips.
- 6. Roll each strip like a jelly-roll. Cut into 1 inch slices.
- 7. Place with the cut surface up, in muffin tins or on bun pans that have been well greased.
- 8. Bake at (375 degrees F.-light brown flour test) for 25 to 30 minutes.
- 9. Turn out of pans as soon as cooked.

Yield: 150, 2 oz. biscuits.

- Note: 1. 5 oz. of dried egg powder (10 B.sp.)and 10 B.sp. of water may be used in place of the fresh eggs.
  - 2. 7 <sup>1</sup>/<sub>2</sub> oz. of dried milk may be sifted with the flour and 1 <sup>1</sup>/<sub>2</sub> qts. of water used in place of the fresh milk.
  - 3. Use 8 <sup>1</sup>/<sub>4</sub> lbs. Of pastry flour (6 <sup>1</sup>/<sub>2</sub> qts.) in place of C.A. or Bread Flour.

### Some Biscuits Dough Troubles

DEFECT CAUSE	
Rough Surface	Under – Mixing
Poor Volume	Inaccurate measurements or under mixing or over mixing or

	too slow an oven.	
Heavy, close grain	Inaccurate measurements or over mixing or under mixing or	
	fat and flour not properly combined.	
Dry, Hard Biscuits	Too little moisture or too little fat or too slow an oven.	

# **DEEP- FAT FRYING**

### How To Test The Temperature Of The Fat

- 1. <u>For Raw Foods</u> A cube of fresh bread, crusts removed, should turn golden brown when cooked in the fat for 60 seconds. Temperature on thermometer 360 degrees 365 degrees F.
- 2. <u>For Cooked Foods</u> A cube of fresh bread, crusts removed, should turn golden brown when cooked in the fat for 40 seconds. Temperature on Thermometer 375 degrees 380 degrees F.

### General Method For Deep - Fat Frying

- 1. Have the frying kettle one third (1/3) full of melted fat.
- 2. Test the temperature of the fat.
- 3. Have the food at room temperature.
- 4. Lower the food into the kettle. Be sure that all the food is covered by the fat. Do not put in large quantities of food at a time, as this lowers the temperature of the fat.
- 5. When the food is a delicate brown, remove from the fat and drain on racks or crumpled brown paper. Keep the food hot until ready to serve.
- 6. Test the temperature of the fat before putting in the next lot of food. (When large quantities of food are being fried, they may be browned in the fat and then placed in pans in the oven to finish cooking.)

### Care Of Fat After Using

- 1. Cool the fat slightly and then sprinkle in a small quantity of water, about 1 tbsp. At a time, or cook a few thin slices of potatoe in the fat. These two methods will remove foreign flavors
- 2. Strain through a cloth.
- 3. Store in covered containers in a cool, dark place.

### Egg Wash For Breaded Foods

Measure	Unit	Ingredients	Lbs.	Ozs.
12	Ea.	Eggs	1	5
1	Gal.	Milk	10	
4	B.sp.	Salt		6
1	B.sp	Pepper		1/2

Method

1. Beat the eggs

2. Add the other ingredients.

### Bread Crumbs For Breaded Foods

Very dry bread crumbs, made from the inside of the loaf are required. They must be passed through a fine sifter before using.

### **Fritters**

Fritters should be crisp. If allowed to stand in the steamtable or the oven, they soon become limp. For this reason, fritters should be cooked in relays and served as soon as they are drained.

#### Fritter Batter

Measure	Unit	Ingredients	Lbs.	Ozs.
3 1/2	Qts.	Pastry flour	4	6
4	B.sp	Baking Powder		4
2/3	B.sp	Salt		1
1 1/2	Pts.	Sugar	1	8
1⁄4	Pt.	Butter or Shortening		4
16	Ea.	Eggs	1	12
1	Qt.	Milk	2	8

Method

Combine ingredients as in making muffins, but beat until smooth.

Yield: 200 medium-sized fritters.

### **Apple Fritters**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Fritter Batter		
30	Each	Medium sized apples		
		Deep Fat		

Method:

- 1. Mix the batter.
- 2. Test the fat. It should be365 degrees F.
- 3. Wash, quarter, core, and pare the apples. Chop fine.
- 4. Stir the apples into the batter.
- 5. Drop from an ice-cream scoop into the deep fat. Cook for 5 to 6 minutes turning frequently.
- 6. Drain on absorbent paper for 1 to 2 minutes. Sprinkle with sugar immediately or serve with Lemon Sauce, Corn Syrup Sauce or Lemon or Orange Sauce.

Yield: 200 medium-sized fritters.

### Variations:

- 1. Wash and core the apples. Cut into  $\frac{1}{4}$  slices.
- 2. Sprinkle with lemon juice and fine sugar. Let stand for 15 minutes. Drain.
- 3. Dip each slice in batter and fry as above. The temperature of the fat should be about 370 degrees F.

### Banana Fritters:

Measure	Unit	Ingredients	Lbs.	Ozs.
		Fritter Batter		
		Bananas	16 or 20	
1	Qt.	Flour		
		Deep Fat		

Method:

- 1. Prepare the fritter batter.
- 2. Heat the fat to 370 degrees F.
- 3. Peel the bananas. Cut diagonally into halves, or thirds, according to the size.
- 4. Roll each piece in flour and then coat with the batter.
- 5. Fry in the hot fat until thoroughly browned and cooked. Turn frequently in order to brown evenly.
- 6. Drain on absorbent paper for 1 to 2 minutes and then serve immediately.
- 7. Serve with lemon or orange syrup.

Yield: 200 medium - fritters.

### Corn and Ham Fritters:

Method:

- 1. Use only 4 number 2 cans of corn.
- 2. Add 4 lbs. (2qts.) finely chopped lean ham to the other ingredients with the corn.
- 3. Finish and cook as corn fritters.

### Corn Fritters:

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Gal	Pastry Flour	5	
3	B.sp	Baking Powder		3
1 1/2	B.sp	Salt		2
2	B.sp	Sugar		2
8	# 2 cans	Cream Style Corn	10	
24	Ea.	Egg Yolks Beaten		
24	Ea.	Egg White Beaten		

- 1. Sift the dry ingredients.
- 2. Add the corn and beaten egg yolks. Mix well.
- 3. Fold in the beaten whites.
- 4. Drop from an ice-cream scoop into fat heated to 360 degrees F.

- 5. Turn several times to brown evenly,
- 6. Cook for 4 to 6 minutes.
- 7. Drain on absorbent paper or on a rack.
- 8. Serve very hot with Corn or Maple Syrup.

Yield: 200 medium fritters.

### Doughnuts

Measure	Unit	Ingredients	Lbs.	Ozs.
3⁄4	Pt	Fat		12
3	Pts.	Sugar	3	
2 ¼ or 28	Pts. / Ea.	Whole Eggs	3	
1	Pt	Milk	1	4
7	Qts.	Pastry Flour	8	12
8	B.sp	Baking Powder		8
1 1/2	B.sp	Salt		2

Method:

- 1. Mix by the cake method.
- 2. Turn out <sup>1</sup>/<sub>4</sub> of the dough on a lightly-floured board. Roll to <sup>1</sup>/<sub>4</sub> inch thickness. Cut out doughnuts with a doughnut cutter.
- 3. Allow to rest for 20 to 30 minutes.
- 4. Fry in deep-fat, temperature 360-370 degrees F. for 2 to 2 <sup>1</sup>/<sub>2</sub> minutes.
- 5. Drain on absorbent paper.

Yield: 200 medium sized doughnuts.

- Note: 1. Use the scraps left after cutting the first lot of doughnuts, with the dough for the next lot, and so on.
  - 3. 2 B.sp Nutmeg or 3 B.sp Mace may be added to the dry ingredients.

# EGGS

### Soft – Cooked or Boiled

Number of Eggs	Amount of Water
25 Eggs	1 Gal. Or more to cover
75 Eggs	2 <sup>1</sup> / <sub>2</sub> Gals. Or more to cover

- 1. Have the required amount of water simmering in a steam jacketed kettle or stock-pot.
- 2. Carefully lower the eggs into the water. There should be enough to cover them, if the amounts given above are insufficient, add more.
- 3. Cover the pot. Let stand for the required time at the simmering point. Do not boil.
- 4. Lift out immediately. Serve at once.

Time:		
	Stock Pot	Steam Jacketed Kettle

Soft Cooked	4 - minutes	3 <sup>1</sup> / <sub>2</sub> minutes
Firm	5 – minutes	4 <sup>1</sup> / <sub>2</sub> minutes
Very Firm	6 – minutes	5 <sup>1</sup> / <sub>2</sub> minutes

Note: Eggs should be cooked in quantities of 25 to give uniform results. Even when large numbers are being fed, do not attempt to cook more than 75 at a time.

#### Hard Cooked Eggs

Number of Eggs	Amount of Water
100 Eggs	Simmering water to cover

Method:

- 1. Lower the eggs gently into the simmering water.
- 2. Simmer but do not boil. Cook for 20 minutes.
- 3. Plunge immediately into cold water to prevent discolouration.

## Fried Eggs:

Method:

- 1. Heat about 1/8 inch of fat in a shallow pan, but do not let it smoke.
- 2. Break each egg into a saucer and slip into the hot fat.
- 3. Cook slowly, basting the eggs with the hot fat until the white is firm and a film forms on the yolk. If cooked at too high temperature or for too long, the eggs will become shriveled and rubbery.
- 4. Drain well and serve at once.

## **Poached Eggs**

Method:

- 1. Boil water in a shallow pan. Remove to a cooler part of the stove, where the water will simmer but not boil.
- 2. Slip in each egg carefully. There should be enough water to cover the egg.
- 3. When the white is firm and a film forms over the yolk, lift the eggs from the water, drain well, and serve at once.
- Note: 1. A small quantity of vinegar or salt added to the water will prevent the eggs from spreading, but will tend to toughen the white.

## SCRAMBLED EGGS

Measure Unit Ingredients Lbs. Ozs.
------------------------------------

1 ¾ (175 ea.)	Gals.	Cracked Eggs	18	
5	Qts.	Milk	12	8
3	Pts	Thick Cream Sauce	3	
4 1/2	B.sp	Salt		7
1	B.sp	Pepper		1/2

- 1. Beat the eggs slightly. Add milk, pepper, salt, and cream sauce.
- 2. The eggs must be cooked slowly in a steam jacketed kettle or over hot water or in the steam table.
- 3. As the egg cooks on the bottom, lift carefully with a spoon and allow the uncooked egg to run under. Do not stir.
- 4. Remove from the pan and serve at once. Keep warm over water which is hot but not boiling.
- Yield: 100, 6 oz. servings.
- Note: 1. Milk may be substituted for cream sauce when small quantities are made and served immediately.
- Variations: Fresh or dehydrated Eggs.

## Eggs Scrambled with Bacon:

Method:

- 1. Dice 12 lbs. Of raw bacon and cook until crisp and brown. Drain well.
- 2. Add to the egg mixture before cooking
- 3. Finish as scrambled eggs.

#### Eggs Scrambled with Sausage or prepared Meats

Method:

- 1. Dice 16 lbs. of cooked sausage.
- 2. Add to the egg mixture before cooking.
- 3. Finish as scrambled Eggs.

#### Scrambled eggs and Cheese

Method:

1. Add 8 lbs. of grated cheese to the egg mixture and finish as scrambled eggs.

#### Scrambled Eggs (Dehydrated)

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Gals.	Dried Egg powder	6	
1	Gal	Cold Water	10	

1	Pt.	Butter	1	
1	Qt.	Flour	1	4
1 1/2	Gals.	Hot Milk	15	
5	B.sp	Salt		7
1	B.sp	Pepper		1/2

- 1. Mix the egg powder with the cold water. Soak for 10 to 15 minutes only.
- 2. Make a roux.
- 3. Add the hot milk slowly as in making cream sauce.
- 4. Stir in the eggs and seasonings.
- 5. Finish as scrambled eggs.

Yield: 100, 5 oz. servings.

#### French Toast

Measure	Unit	Ingredients	Lbs	Ozs.
100	Slices	Stale Bread (3/8" thick)	6	4
16	Ea.	Eggs	1	11
3	Qts.	Milk	7	8

Method:

- 1. Beat the eggs sufficiently to mix them.
- 2. Add the milk and salt.
- 3. Melt a small quantity of bacon fat in a heavy pan. There should be just enough to prevent the bread from sticking. Have it hot but do not allow it to smoke.
- 4. Dip the bread in the milk and egg. Moisten both sides well. Fry in the hot bacon fat over a medium heat until golden brown in colour.
- 5. Serve at once with corn syrup, maple syrup, jam or bacon.

Yield: 100 Slices.

Note: French toast should be served immediately. It must not be greasy.

#### **OMELETS**

An omelet should be light, moist, and golden brown on the under surface. Omelets have to be made in small quantities and served immediately. For this reason they are unsuitable for large numbers. When prepared for more than 4 to 6 people, Omelets have to be cooked in relays.

#### PLAIN OMELETS (for 25)

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Qt.	Fresh Eggs	2	10
3⁄4	Pt.	Water		15
1/2	B.sp	Salt		
1/2	Tsp.	Pepper		

4 B.sp Butter or Bacon Fat 4
------------------------------

- 1. Beat the eggs sufficiently to mix them.
- 2. Add the water and seasonings.
- 3. Heat a heavy omelet pan, add 1 oz. of fat. When melted, spread it evenly over the surface of the pan.
- 4. Pour in about <sup>1</sup>/<sub>4</sub> of the egg mixture, it should not be more than <sup>1</sup>/<sub>4</sub> inch deep in the pan.
- 5. Cook over a low heat. As the egg cooks, lift it up from the bottom of the pan with a palette knife. Do not stir.
- 6. When almost cooked, brown the bottom by placing the pan over a greater heat for about one minute.
- 7. Remove from the heat, fold in half, turn on to a hot plate and serve at once. Tomato, Spanish or barbecue sauce may be served with it.
- 8. Repeat until all the egg mixture has been cooked.

Yield: 25 servings of approx. 3 <sup>1</sup>/<sub>2</sub> oz. servings.

#### **Bacon Omelet**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Bacon	1 1/2	
		Omelet Mixture		

Method:

- 1. Dice the raw bacon and cook in the omelet pan until crisp. Cook the amount required for each omelet as required.
- 2. Pour the omelet mixture over the hot bacon fat and bacon.
- 3. Finish as plain omelet.

## Jelly Omelet

Measure	Unit	Ingredients	Lbs.	Ozs.
		Omelet recipe minus 1/4 B.sp.Salt And		
		all Pepper		
3	B.sp	Sugar		

- 1. Combine all ingredients and cook as in making the plain omelet.
- 2. Spread with jelly or jam.
- 3. Fold. Sprinkle with fine sugar.
- 4. Serve immediately.

Note: 1. The bacon may be cooked, lifted from the pan, and spread over the cooked omelet before it is folded.

#### Ham Omelet

Measure	Unit	Ingredients	Lbs.	Ozs.
		Omelet Mixture		
		Ham	1 1/2	

Method:

- 1. Trim all the fat from the ham.
- 2. Dice the meat.
- 3. Add to the omelet mixture
- 4. Finish as plain omelet.
- Note: 1. Raw Ham Make as Bacon Omelet.

#### **Cheese Omelet**

Measure	Unit	Ingredients	Lbs.	Ozs.
3⁄4	Pt.	Grated Cheese		
		Omelet Mixture		

Method:

1. Sprinkle the grated cheese on each omelet before folding, allowing ½ B.sp. to each serving.

## Spanish Omelet

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Pt.	Spanish Sauce		
		Omelet Mixture		

Method:

1. Make Plain Omelets.

2. Spread part of the Spanish Sauce over each omelet before folding.

# Plain Omelet ( Dehydrated Eggs.)

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Qts.	Dried Egg Powder	1	8
1	Qt.	Cold Water	2	8
1 1/2	Qts.	Milk	3	12
1	B.sp.	Salt		
1	Tsp.	Pepper		
		Bacon Fat		

- 1. Mix the egg powder with cold water.
- 2. Add the milk and seasonings
- 3. Melt the fat in a heavy pan. There should be about  $\frac{1}{4}$  " in the pan.
- 4. Pour in  $1\frac{1}{2}$  pts. Of the egg mixture (1/4 of the total amount.)
- 5. Finish as plain omelet made with fresh eggs.
- 6. Repeat until all the mixture is used.
- 7. Serve immediately.

Yield: 24 servings of omelet.

Note: 1. Variations of omelet, suggested under omelet made with fresh eggs may be used with dehydrated eggs.

3.  $1\frac{1}{2}$  qts. thick cream sauce may be substituted for  $1\frac{1}{2}$  qts. of milk.

Equivalent number of eggs	Amount of egg powder to use		Amount of water to use	Reconstituted eggs for dividing purposes	
	Weight	Measure		Weight	Measure
	Lbs. Ozs.	(approx.)		LBS. Ozs.	(approx.)
12 Eggs	6	<sup>3</sup> ⁄4 pint	<sup>3</sup> ⁄4 pint	1 5	1 pint
16 Eggs	8	1 pint	1 pint	1 12	1 ¼ pints
24 Eggs	12	1 ½ pints	1 ½ pint	2 10	2 <sup>1</sup> / <sub>4</sub> pints
32 Eggs	1 0	2 pints	1 quart	3 8	2 <sup>3</sup> ⁄ <sub>4</sub> pints
40 Eggs	1 4	2 1⁄2 pints	2 <sup>1</sup> / <sub>2</sub> pints	4 6	3 <sup>1</sup> / <sub>2</sub> pints
56 Eggs	1 12	3 ½ pints	3 <sup>1</sup> / <sub>2</sub> pints	6 2	5 pints
64 Eggs	2 0	4 pints	2 quarts	7 0	5 <sup>1</sup> / <sub>2</sub> pints

To Reconstitute Dried Eggs

- 1. Weigh the dried egg powder.
- 2. Measure the cold water.
- 3. Sift the egg powder over the water and stir or whip until smooth.
- 4. Strain before using.

5. Use within 15 minutes of mixing.

# <u>FISH</u>

#### The cooking of Fish

Fish that is properly cooked is moist, tender and rather soft, has retained its flavour and has an appetizing appearance. A well – browned surface is preferable to a pale one. Fish must always be thoroughly cooked. It is cooked when it has lost its clear, rather shiny appearance and is flaky.

Cooked fish will be moist, tender, and solf, if it is:

- 1. Cooked quikly,
- 2. Not overcooked,
- 3. Served immediately.

For cafeteria messes, fish should be cooked in relays when possible. For broad-side messes, it should be ready just before the meal is to be served.

The delicate flavour of fish will be retained, if the:

- 1. Fish cooked quickly and not overcooked,
- 2. Fish is not cooked in water,
- 3. cooked fish is served immediately.

The flavor and appearance of fish will be improved by:

- 1. Seasoning carefully,
- 2. Browning the outer surface or covering it with the dressing, tomatoes, etc...
- 3. Serving with a sauce that has an attractive color as well as a good flavor.

#### Sauces Suitable For Fish

Avoid sauces that have little color. The best sauces to use are:

1.	Barbecue	2.	Quick Chili	3.	Spanish
4.	Parsley	5.	Drawn butter	6.	Egg

7.Tomato8.Tartar9.Mock Hollandaise

10. Yellow Béchamel (particularly with the addition of pickles, cucumbers, or parsley)

#### Sautéed Fillets or Steaks

Measure	Units	Ingredients	Lbs.	Ozs.
		Fillets of fish or Steaks	31	

2 1/2	Pts	Flour	1	8
2 1/2	B.sp.	Salt		4
1/2	B.sp	Pepper		
		Egg Wash		
3	Qts.	Sifted Bread Crumbs	3	

- 1. Cut fresh or frozen fillets into 5 oz. servings
- 2. Dry the surface of the fish with a clean cloth.
- 3. Mix the seasonings with the flour.
- 4. Dip each piece in the seasoned flour, then in the egg wash, and then in bread crumbs.
- 5. Heat heavy pans and add melted fat to the depth of 1/8 inch. The pans should be as hot as it is possible to have them without causing the fat to smoke.
- 6. Put in the fillets, brown on one side, turn, and brown on the side.
- 7. Lower the heat and finish cooking.
- 8. Lift from the pan, drain and keep warm while serving. Serve at once with lemon points, yellow béchamel, barbecue, drawn butter, egg sauce (yellow), Mock hollandaise, Tartar, Tomato or quick chili sauce.

#### Yield: 100 Servings.

<u>Note</u>: Fresh fish may be sautéed after it has been coated with the seasoned flour only. This is not as satisfactory when used on frozen fish owing to its tendency to fall apart.

#### Baked Fillets or Steaks (Breaded)

Method:

1.	Bread	fillets	or	steaks	as	directed	for	sautéing.	

- 2. Brown lightly on both sides in a hot pan containing 1/8 inch. Fat.
- 3. Transfer to baking pans. Stand the pieces of fish on edge or place in single layers in the pans. Do not pile.
- 4. Finish cooking in a hot oven (450 degrees F. dark brown flour test.) Fresh or thawed fish 15 minutes per inch of thickness.
- 5. When the fish is cooked, remove at once from the hot oven and keep warm while serving.
- 6. Serve with lemon points or any of the sauces listed on page.

#### Deep Fried Fillets or Steaks

- 1. Use only fresh or completed thawed frozen fish.
- 2. Prepare the fish as directed under sautéing.
- 3. Fry in deep fat (temp. 350 degrees F.) until golden brown on both sides.
- 4. Lift from fat, drain, stand on edge in baking pans and cook in a hot oven (450 degrees F. dark brown flour test) for 5 to 7 minutes.
- 5. Remove from the oven and keep in a warm place while serving. Serve with lemon points or any of the sauces listed.

Yield:	100 Servings.
I ICIU.	100 Servings.

#### **Baked Fillets or Steaks**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Fillets of Fish	31	
2 1/2	B.sp	Salt		4
1/2	B.sp	Pepper		
1/2	Pt.	Lemon Juice		10
		OR		
1	Pt.	French Dressing		20
		OR		
1	Qt.	Finely Chopped,	1	8
		Braised Onions		
2	Qts.	Fine-Buttered		
		Crumbs		

#### Method:

- 1. Spread the fish fillets in greased baking pans.
- 2. Season with salt and pepper.
- 3. Sprinkle with lemon juice, French dressing, or braised onions.
- 4. Cover lightly with buttered crumbs.
- 5. Bake in a hot oven (450 degrees F. dark brown flour test) until the fish is cooked and the crumbs brown. Fresh fish or thawed fish 10 minutes per inch. Of thickness. Frozen fish 15 minutes per inch. Of thickness.
- 6. Serve with Barbecue, Tomato, Yellow Béchamel or Mock Hollandaise Sauce.

Yield: 100 Servings.

#### Baked Fish with Dressing

Measure	Unit	Ingredients	Lbs.	Ozs.
		Dressed Fish (A.P.)	50	
		OR		
		Fillets of Fish	31	
		Dressing	15	
1 1/2	B.sp	Salt		2
1/4	B.sp	Pepper		

- 1. Bone the fish.
- 2. Spread <sup>1</sup>/<sub>2</sub> the fish in greased baking pans. When boned fish is used, place skin side down.
- 3. Cover with dressing <sup>3</sup>/<sub>4</sub> to 1 inch. In length.
- 4. Place the remaining fish on top (have skin side up).
- 5. Season with salt and pepper, brush with melted fat.
- 6. Bake in a hot oven (450 degrees F. dark brown flour test) for 20 to 25 minutes.
- 7. If the surface looks dry, brush with fat once during the cooking time.
- 8. Cut into portions and serve with Barbecue, Tomato or Quick Chili Sauce.

Yield: 100, - 4 <sup>1</sup>/<sub>2</sub> oz. Servings.

- Note: 1. The fish may be spread in greased baking pans and covered with ½ inch. Of dressing and then baked. Brush the top of the dressing with melted fat and cover the pan for the first 15 minutes of baking to prevent the crumbs from burning. Remove lid and brown.
  - 2. Cut into portions and serve with sauces as above.

#### Fish Dressing

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Qt	Finely Chopped or Grated Onions	1	8
1 1/2	Pts.	Melted Fat or Butter	1	8
3	Qals.	Bread Crumbs	7	8
3 1/2	B.sp	Salt		5
1	Tsp	Pepper		

Method:

- 1. Cook the onions in the melted fat until tender but not browned.
- 2. Combine the crumbs and seasoning.
- 3. Add to melted fat and onions.

Yield: 10 Lbs. Dressing

Variations: One or more of the following may be added:

- 1. 1 pt. of chopped parsley.
- 2. <sup>1</sup>/<sub>2</sub> Gal. Of chopped celery (2 lbs. 8 ozs.)
- 3.  $\frac{1}{2}$  pt. Lemon Juice.
- 4. 1 Qt. Chopped green peppers or 1 pt. of chopped pimento.
- 5. 1 qt. Of sweet or mustard pickles, drained and finely chopped.

#### Baked Fish with Tomato and Onion

Measure	Unit	Ingredients	Lbs.	Ozs.
		Dressed Fish (A.P.)	50	
		OR		
		Fillets of Fish	31	
2 1/2	B.sp	Salt		4
1/2	B.sp	Pepper		
1	Gal.	Onions, Sliced	6	
3⁄4	Pt.	Fat		12
1 1/2	Gals	Pulp From canned Tomatoes	15	

- 1. Bone the fish.
- 2. Spread the boned fish or the fillets in greased baking pans.
- 3. Sprinkle with salt and pepper.
- 4. Braise the onions in the fat.
- 5. Spread the onions and fat over the fish, add the tomato pulp.

- 6. Bake in a hot oven (450 degrees F. dark brown flour test) for 15 to 25 minutes.
- 7. Cut into portions and serve very hot.

Yield: 100, 7-oz. Servings.

#### Fish Cakes

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Gal.	Cooked Flaked Fish	15	
3	Gals.	Mashed Potatoes	30	
1 1/4	Pts.	Cooked Diced Onions		15
1	B.sp	Pepper		1/2
3 1/2	B.sp	Salt		5

Method:

- 1. Combine all the ingredients.
- 2. Mould into 3 <sup>1</sup>/<sub>2</sub> Oz. cakes.
- 3. Dip in flour, egg-wash and crumbs.
- 4. Fry in deep fat (375 degrees F.) until well browned. Or. Coat with flour and sauté in a small amount of fat either on top of the stove or in the oven.
- 5. Serve very hot with Barbecue, Tomato or Quick Chili Sauce.

Yield: 200, 3 <sup>1</sup>/<sub>2</sub> 0z. Cakes.

#### Fish Fried in Batter

Frozen fish must be completed thawed before being cooked by this method.

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Gal.	Flour	5	
3	B.sp	Salt		4
16	Ea.	Eggs	1	11
1	Gal.	Milk	10	
1/2	Pt	Shortening Melted		8

Method:

- 1. Sift the flour and salt.
- 2. Beat the eggs slightly, add the milk and melted shortening.
- 3. Pour the eggs and milk into the flour, mix until smooth and then beat thoroughly.
- 4. Dip the fish fillets into the batter.
- 5. Fry in deep fat at a temperature of 370 375 degrees F. for 4 to 6 minutes, until well browned.
- 6. Lift out, drain well and serve immediately with Tomato, Barbecue, Tartar or Quick Chili Sauce.

Yield: 100 Servings.

Note: 1. Thaw and dry frozen fish before dipping it in batter.
 2. If the fish is not thoroughly cooked by the time it is brown, stand fillets on edge in a roasting pan and finish cooking in a hot oven.

3. Fried fish will become soft if allowed to stand in the steam table for more than a few minutes. Pans of fish, ready for serving, should be kept in the oven. The fish should be arranged in a single layer or should stand on edge.

#### Steamed Fish

Steamed fish is less attractive in appearance than sautéed, fried or baked fish. It should be served with a sauce that will provide a marked contrast in color. For this reason, Barbecue, Tomato, or Spanish Sauces are the best ones to use.

Steaming is the most suitable method for cooking fish that is to be used in salads, Fish loaves or scalloped dishes.

Steaming is not a good method to use for fillets or steaks other than salmon, because of the unattractive appearance it produces.

#### General Method for Steaming Fish

- 1. Scale and clean the fish. Remove the heads and tails.
- 2. Place the fish on greased pans and put them in the steamer.
- 3. Allow. 12 to 15 minutes per pound for medium thick fish, 15 to 20 minutes per pound for thick fish, 20 to 30 minutes per pound for frozen fish, depending upon the thickness of the fish.
- 4. Remove from steamer as soon as cooked.
- Skin, lift carefully from bones, break into portions and serve at once. 5.
- When the fish is to be used for salad, cool before removing the skin or the bones. 6.

Measure	Unit	Ingredients	Lbs.	Ozs.
		Cooked Fish	20	
40	Ea.	Eggs	4	2
2	Gals.	Thick Cream Sauce	20	
5	Qts.	Bread Crumbs Fresh	3	
		OR		
3	Qts	Bread Crumbs Dry	3	
1	Qt.	Butter	2	
3 1/2	B.sp	Salt		5
1	B.sp	Pepper		

#### Fish Loaf

Method:

- 1. Flake the fish after removing bones and skin. When canned salmon is used, drain off the liquid, remove skin, crush bones and use them.
- 2. Beat the eggs.
- Combine all the ingredients. 3.
- Pack into greased tins or shape into 2 lb. Loaves. Bake in a moderate oven (350 degrees F. light 4. brown flour test) for one hour.
- 5. Serve hot with egg, yellow béchamel or tartar sauce, or serve cold with salad.

Yield: 100, -8 oz. servings.

#### Scalloped Fish

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Gals.	Cream Sauce	15	
3 1/2	B.sp	Salt		5
1	B.sp	Pepper		
5	Qts.	Buttered Bread Crumbs	4	6
3	Gals.	Cooked Fish or Canned	25	
		Salmon		

Method:

- 1. Prepare cream sauce. Add the extra seasonings.
- 2. Prepare buttered crumbs.
- 3. Remove skin and bones, and then break the fish into pieces. If canned salmon is used, crush the bones and add to the fish. The fish should be in chunks, not in flakes.
- 4. Fill greased baking tins with alternate layers of fish and sauce. Finish with sauce on top.
- 5. Cover with buttered crumbs.
- 6. Bake in a moderate oven (350 degrees F. light brown flour test) until the fish is thoroughly heated and the crumbs are brown, about 35 minutes.

#### Yield: 100, 7 oz. servings.

1.

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# Variations:

Reduce quantity of fish to 15 lbs. Add 10 lbs. diced, cooked potatoes and 4 dozen hard cooked eggs, cut in quarters. Finish as scalloped fish.
<u>Fish Pie</u>
Use 2/3 recipe for scalloped fish. Omit the buttered crumbs. Arrange mashed potatoes as a top crust, using ½ the recipe for mashed potatoes. Brush the top surface with

melted fat. Finish as scalloped Fish.

Scalloped Fish, Potatoes, and eggs

#### Salt Fish

Salt Fish must be freshened before it is used.

#### To freshen salt Fish

- 1. Break the fish into pieces or shred. Do not use a steel knife or fork for this purpose.
- 2. Wash to remove the salt from the surface.
- 3. Cover with cold water, heat to boiling. Pour off the water
- 4. Repeat Number of 3 times until the water is only slightly salty.

#### Salt Cod Hash

Measure	Unit	Ingredients	Lbs.	Ozs.
		Salt Cod Flaked	25	
1/2	Pt.	Onion, chopped raw		6
		Fat		1
3 1/2	Gals.	Potatoes, Cooked, Diced	25	

Method:

- 1. Freshen the salt cod according to the directions given above.
- 2. Cook the onions in the fat until tender.
- 3. Combine all the ingredients.
- 4. Put the hash in heavy pans which have been well greased. Brown on top of the stove or in a slow oven (300 degrees F. –creamy flour test).

Yield: 100, 8 oz. Servings.

## Codfish Cakes

Measure	Unit	Ingredients	Lbs.	Ozs.
		Salt Codfish	12	
4	Gals	Potatoes, raw, diced	24	
1	Pt.	Butter	1	
20	Each	Eggs	2	
1	B.sp	Salt		1 1/2
1/2	B.sp	Pepper		

Method:

- 1. Shred the codfish. Freshen according to the general method.
- 2. Simmer the fish and the potatoes until tender but not over done.
- 3. Remove from the fire and drain thoroughly. Shake over the heat to make mealy and dry. Mash well.
- 4. Add butter, beaten eggs, and seasoning. Mix thoroughly.
- 5. Form into 2 ½ oz. cakes, 2 hours before frying, so that the cakes will be dry on the outside. This will prevent them from soaking up the grease and from falling apart.
- 6. Fry to a golden brown in deep fat (temp. 375 degrees F.) or sauté in a small quantity of fat on top of the stove.

Yield: 100 Servings of two cakes each.

#### Smoked Fish

General Directions:

Smoked fish such as Finnan Haddie should be simmered in water to cover. Pour boiling water over the fish, simmer for 10 to 12 minutes. This may be done on top of the stove or in the oven.

#### Creamed Finnan Haddie

Measure	Unit	Ingredients	Lbs.	Ozs.
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		Smoked Fillets	31	
		OR		
		Smoked whole fish	50	
2	Gals.	Cream sauce	20	

Additions:

- 1. Cook the fillets or the whole fish according to the general directions.
- 2. Lift from the water, remove bones and skin from the whole fish.
- 3. Break the fillets, or the flesh of the whole fish into large pieces, do not flake.
- 4. Add the cream sauce and reheat.
- 5. Serve with mashed potatoes or on baked or boiled rice.

Yield: 100 - 7 oz. Servings.

Note: 1 qt. Whole eggs, slightly beaten, may be added to the cream sauce after it is cooked. Stir gently for 5 minutes. Add the fish. Reheat. Serve at once.

- 1.
- 1 pt. finely chopped parsley may be added to the cream sauce.
  - 2.  $\frac{1}{2}$  pt finely chopped green pepper may be added to the cream sauce.

#### Scalloped Finnan Haddie

Measure	Unit	Ingredients	Lbs.	Ozs.
		Creamed Finnan Haddie	3	8
1	Gal	Buttered Crumbs		

Method:

1. Prepare creamed finnan haddie. Pour into greased baking pans.

- 2. Cover with buttered crumbs.
- 3. Bake in a moderate oven (350 degrees F. light brown flour test) until the crumbs are brown.

Yield: 100, - 8 oz. servings.

#### Scalloped Finnan Haddie and Potato

Measure	Unit	Ingredients	Lbs.	Ozs.
		Smoked fillets	20	
1 1/2	Gals.	Cooked potatoes, sliced or diced	10	8
2	Gal.	Cream sauce	20	
1	Gal.	Buttered crumbs	3	8

Method:

- 1. Cook the fillets according to the general directions.
- 2. break the cooked, drained fish into pieces.
- 3. Arrange the fish, potatoes in alternate layers in greased baking pans.
- 4. Add cream sauce, cover with buttered crumbs.
- 5. Bake in a moderate oven (350 degrees F. light brown flour test) until thoroughly heated and the crumbs are brown.

Yield: 100, - 8 oz. servings.

Note: 1 B.sp. finely grated onion or ½ pt. boiled onions, finely chopped, may be added to the cream sauce.

## Simmered Fillets

Measure	Unit	Ingredients	Lbs.	Ozs.
		Smoked Fillets	31	

Method:

- 1. Cut the fillets into 5 oz. servings and place in baking pans.
- 2. Cover with boiling water. Simmer for 10 to 12 minutes, depending upon the thickness of the fish.
- 3. Lift from the water. Drain well.
- 4. Serve with cream sauce, hard-cooked egg sauce, yellow egg sauce or parsley sauce.
- 5. Or Drain the fish, pour  $\frac{1}{2}$  gal. of hot milk over it.

Yield: 100, 4 oz. servings.

#### Kippered Herrings or Bloaters

Kippered Herrings and Bloaters are heated and served whole.

#### Baked Kippered Herring or Bloaters

Method:

- 1. Placed in a single layer of the fish in baking pans.
- 2. Bake in a hot oven (400 degrees F. golden brown flour test) for 12 to 15 minutes.
- 3. Serve at once with lemon sections.

#### Kippered Herrings Baked in Tomato Sauce

Measure	Unit	Ingredients	Lbs.	Ozs.
		Kippered Herrings	50	
		Tomato Sauce		

- 1. Spread the herrings in a single layer in baking pans.
- 2. Pour the tomato sauce over them. Cover.
- 3. Bake in a hot oven (400 degrees F. golden brown flour test) for 10 minutes or until the fish is cooked through.
- 4. Serve very hot, with the sauce poured over the fish.

# FISH CHART

NAME	TYPE	SEASON	COOKING METHODS	
Salt Water Fish				
Barracuda	Lean	Feb. – Jun.	Bake, Steam, or Boil	
Blue Fish	Lean	All Year	Bake, Sauté, or Fry	
Butterfish	Fat	Apr. – Dec.	Sauté or Fry	
Cod	Lean	All Year	Bake, Sauté, Fry, Steam, Chowder	
Croker	Lean	Feb. – Nov.	Sauté or Steam	
Flounder	Lean	All Year	Bake or Sauté	
Grouper	Lean	Nov. – Apr.	Bake, Steam, Chowder	
Haddock	Lean	All Year	Bake, Sauté, Fry, Steam	
Hake	Lean	All Year	Steam or Boil	
Halibut	Fat	All Year	Bake, Sauté, Fry, Steam	
Herring	Fat	All Year	Bake, Sauté	
Mackerel	Fat	Apr. – Nov.	Bake, Sauté	
Pollack	Lean	All Year	Bake, Sauté, Fry, Steam, Chowder	
Rockfish	Lean	All Year	Bake	
Salmon	Fat	All Year	Bake, Sauté, Fry, Steam	
Scup (Porgy)	Lean	Jan. – Nov.	Bake, Sauté	
Sea-Bass	Fat	All Year	Bake, Sauté, Steam	
Sea Trout	Fat	Apr. – Nov.	Bake	
Shad	Fat	Dec. – Jul.	Bake	
Smelt	Fat	Sep. – May	Fry, Sauté	
Snapper Red	Lean	All Year	Bake, Steam	
Spanish Mackerel	Fat	Nov. – Apr.	Bake, Sauté	
Striped Bass	Fat	All Year	Bake, Sauté, Fry	
Swordfish	Lean	Jul. – Sep.	Bake, sauté, Fry	
Tuna	Fat	All Year	Bake, Sauté, Fry	
White Perch	Lean	All Year	Bake, Steam, chowder	
Whiting	Lean	Mar. – Dec.	Bake, Sauté, Fry	
Fresh Water Fish				
Bass	Lean	Jun. – oct.	Sauté, Fry	
Pike	Lean	Mar. – Dec.	Bake, Steam, Boil	
Lake trout	Fat	Apr. – Nov.	Bake, Sauté, Fry, Steam	
Perch	Lean	All Year	Bake, Sauté, Fry	
Whitefish	Lean	All Year	Bake, sauté, Fry	
Shell Fish				
Clams	Lean	All Year	Steam, Steam and Fry, Chowder	
Crabs	Lean	All Year	Simmer, Steam, Sauté	

Lobsters	Lean	All Year	Simmer, Steam	
Oysters	Lean	Sep. – Apr.	Sauté, Fry, Soup	
Scallops	Lean	All Year	Steam and then Fry	
Shrimp	Lean	All Year	Simmer, or Steam and Fry	
Smoked Fish				
Bloaters	Fat		Heat in hot oven, Steam	
Kippered Herrings	Fat		Heat in hot oven, Steam	
Gold – Eyes	Fat		Heat in hot oven, Steam	
Finnan Haddie	Lean		Boil, Poach in milk	
Smoked Cod	Lean		Boil, Poach in milk	

Note: MEANS to FRY in DEEP FAT.

## **MEATS**

#### Time Table For Cooking Pot Roasts And Stews

Meat	Size of Piece	Temperature	Approximate Length of Time
Beef Pot Roast	7 to 8	325 F.	30 Min. to 1 hour after browning
Swiss Steak	<sup>1</sup> /2" to 3/4 " thick	325 F.	$1\frac{1}{2}$ to 2 hours after browning
Stewed Steak	<sup>1</sup> / <sub>2</sub> " to <sup>3</sup> / <sub>4</sub> " thick	325 F. or simmering	2 to 3 hours after browning
Stew	<sup>1</sup> /2" to 1" thick	325 F. or simmering	2 to 3 hours after browning
Veal Cutlets	<sup>1</sup> / <sub>2</sub> " to <sup>3</sup> / <sub>4</sub> " thick	325 F.	45 to 60 minutes after browning
Stew	1 <sup>1</sup> / <sub>2</sub> " to 2" pieces	325 F.	1 hour after browning
Lamb Braised	Servings	325 F.	1 to 1 <sup>1</sup> / <sub>2</sub> hours after browning
Stew	1" Cubes	325 F.	1 to 1 <sup>1</sup> / <sub>2</sub> hours after browning
Irish Stew	1" Cubes	Simmer	2 hours
Mutton Braised	Servings	325 F.	2 to 3 hours after browning
Pork Chops and Steaks	<sup>1</sup> / <sub>2</sub> " to <sup>3</sup> / <sub>4</sub> " thick	325 F.	45 to 60 minutes after browning

#### Stews and Meat Pies

The method for making stew is the same for all meats. The meat is cut into cubes or into servings and is then browned. The one exception to this is Irish Lamb Stew, which should be light in color and for this reason is made without braising the meat.

Variations can be introduced into stews by the addition of vegetables, the use of tomato juice for part of the liquid and by using different seasonings.

Meat Pies, which are to be served hot, are stews, which are covered with Pastry or Biscuit Dough and baked in a hot oven until the crust is cooked through and brown. Any stew can be made into a pie in this way.

#### General Method For Making Stews

1. Cut the meat into one-inch cubes.

- 2. Place in greased baking pans, brush with fat.
- 3. Braise for 1 hour in a moderate oven (350 degrees F. light brown flour test) or, brown on top of the stove, stirring constantly.
- 4. Add finely chopped raw onions and cook with the meat for 10 minutes.
- 5. Lift the meat and onions from the pan, leaving the renderings.
- 6. Measure the renderings; there should be one pint. If there is less than this, add the necessary quantity of the same kind of fat to make up to this amount.
- 7. Add the flour and seasonings, blend well. Cook for one or two minutes.
- 8. Add the hot liquid slowly, stirring as you add. Boil for two or three minutes.
- 9. Pour over the meat and onions.
- 10. Cover closely. Simmer in a slow oven (300 degrees F. creamy flour test) or on top of stove, or in a steam jacketed kettle, until the meat is tender.

#### **Beef Stew**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Stewing Beef	31 – 35	
1	Gal.	Onions diced	6	

#### Gravy for Stew

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Pts.	Renderings from pan	1	8
1 1/2	Qts.	Flour	1	14
3	Gals.	Boiling water or stock	30	
3	B.sp	Salt		5
2	Tsp.	pepper		

Method:

Make according to the general method.

Yield 100, 8 oz. servings.

#### Variations

1.

- 1. Beef Stew with Noodles Add 5 lbs. of noodles to the stew, 20 minutes before it is ready to serve. Cover closely and continue cooking until the noodles are tender.
- 2. Beef Stew with Mashed Potato Crust Pour hot beef stew into baking pans, cover with hot, well beaten mashed potatoes, brush the top with melted fat and brown in a hot oven (425 degrees F. golden brown flour test).

#### Meat Pie

Measure	Unit	Ingredients	Lbs.	Ozs.
		Recipe for Beef Stew		

1	Gal.	Potatoes Diced	6	
1/2		Recipe for Biscuit Dough /		
		OR		
1/2		Recipe for Pie Dough		

- Prepare Beef Stew.
   When the meat is almost tender add
- 2. When the meat is almost tender, add the diced raw potatoes. Continue cooking until both the potatoes and meat are done.
- 3. Pour into baking pans. Cool.
- 4. Cover with Biscuit Dough rolled <sup>1</sup>/4" thick or with Pie Dough rolled 1/8" thick. Make several slits in the Dough before taking it from the board.
- 5. Bake in a hot oven (425 degrees F. golden brown flour test) until the crust is cooked and well browned.
- 6. Cut into portions and serve very hot.

Yield: 100, 9 oz. servings.

#### Beef And Vegetable Pie

Method: Prepare as Meat Pie above.

#### Beef and Vegetable Stew

Measure	Unit	Ingredients	Lbs.	Ozs.
		Boneless Stewing Beef	25 - 30	
1	Gal.	Onions Diced	6	

#### Gravy For Stew

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Pts	Rendering from pan	1	8
1 1/2	Qts	Flour	1	14
3	Gals.	Boiling Water or Stock	30	
3	B.sp	Salt		5
2	Tsp	Pepper		
1	Gal.	Vegetables Diced	6	

Method:

- 1. Prepare as Beef Stew.
- 2. One hour before the stew is finished, add the diced raw vegetables.

Yield: 100, 8 oz. servings.

Note:1.Combinations of 2 or more of the following vegetables may be used.<br/>Carrots, Celery – Green Peas, Green peppers – Potatoes, Turnips.3.Add canned green peas (drained) 10 minutes before serving.

4. If prepared, the full ration of fresh vegetables allowed for the meal may be cooked in the stew provided they are of a suitable kind. When this is done, the potatoes should be cooked and served separately.

## Dumplings

Measure	Unit	Ingredients	Lbs.	Ozs.
5	Qts.	C.A. Flour	6	4
6	B.sp	Baking Powder		6
2	B.sp	Salt		3
1	Pt.	Butter or Shortening	1	8
2	Qts.	Milk	5	

Method:

- 1. Mix and sift the dry ingredients.
- 2. Work in the fat until it is very fine.
- 3. Add the milk gradually as in making tea biscuits. Handle as little as possible. The dough should be soft, but not sticky. More milk may be required.
- 4. Scale in 1 oz. pieces. Drop on boiling stew. Cover tightly. Cook for at least 10 minutes with out lifting the lid. Test with a skewer or by pressing lightly with the finger.
- 5. Serve very hot with the stew and gravy.

Yield 200, 1 oz. dumplings.

Note

- 1. 3 lbs. of copped suet may be used in place of shortening.
- 2. If all the dumplings can not be cooked on top of the stew, some may be placed on lightly greased steamer trays, covered and steamed.
- 3. Dumplings become tough and rubbery when over mixed or when the dough is too stiff.

## Beef and Kidney Stew

Measure	Unit	Ingredients	Lbs.	Ozs.
		Recipe for Beef Stew.		
		Beef	21	
		Kidney Diced	8	

Method

Use the method for beef stew, braising the kidneys with the beef.

Yield 100, 8 oz. servings.

## Preparation of Kidneys

- 1. Trim and dice kidneys.
- 2. Soak in a weak brine (1/2 B.sp. Salt to 1 qt. Water) for one hour.

3. Drain, rinse with cold water, drain again before braising.

## Beef and Kidney Pie

Measure	Unit	Ingredients	Lbs.	Ozs.
		Recipe for Beef and Kidney Stew		
1⁄2		Recipe for Biscuit Dough / OR		
1/2		Recipe for Pie Dough		

Method:

- 1. Prepare Beef and Kidney Stew. Pour into shallow baking pans. Cool.
- 2. Cover with pie dough rolled 1/8" thick or with biscuit dough rolled 1/4 " thickness. Make several slits in the dough.
- 3. Bake in a hot oven (425 degrees F. golden brown flour test) until pastry is cooked and well browned.
- 4. Cut into portions and serve.

Yield: 100, - 9 oz. servings.

#### Goulash

Measure	Unit	Ingredients	Lbs.	Ozs.
		Boneless Stewing Beef	31	
1	Gal.	Onions Diced	6	
2	Only	Cloves, Garlic		

#### Gravy for Stew

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Pt.	Renderings from pan	1	8
1 1/2	Qts	Flour	1	14
1	Gal.	Boiling Water or Stock	10	
3	# 10 cans	Tomatoes or Tomatoes Juice	19	
3	B.sp	Salt		5
1	Tsp.	Pepper		
2	B.sp	Paprika		

Method: Prepare as Beef Stew. Braise the minced garlic with the onion.

Yield 100, - 8 oz. Servings.

#### Swiss Steak

Measure	Unit	Ingredients	Lbs.	Ozs.
100	Ea.	5-oz. steaks from Hip or Chuck of Beef	30 - 32	
2	Qts	Flour	2	8
1	Qt.	Beef Fat	2	
2	Qts.	Onions finely diced	3	

6	Qts.	Tomato gravy	15	
3	B.sp	Salt		5
1	B.sp	Pepper		1/2

- 1. Trim the fat from meat and cut into steaks 1/2" thick.
- 2. Pound the flour into steaks. If there is not time for this, dip each in flour.
- 3. Brown in the hot fat.
- Blanch the onions in boiling water. Drain well and sprinkle over the meat. 4.
- Place in a roasting pan, so that the steaks are standing. 5.
- 6. Make a tomato gravy, using 6 # 2 <sup>1/2</sup> cans (1Gal.) of tomatoes or tomato juice and 2 qts. of water or stock. Add salt and pepper to the gravy.
- 7. Pour the tomato gravy over the meat. Cover the roasting pan.
- Bake in a slow oven (300 degrees F. creamy colored flour test) until the meat is tender (1 ½ to 8. 2 hours)

Yield 100, 4-oz. servings.

#### Spanish Steak

Measure	Unit	Ingredients	Lbs.	Ozs.
		Recipe for Swiss Steak		
1	Pt.	Green Peppers, finely chopped		
1	Pt.	Celery finely chopped		

Method:

Prepare Swiss Steak 1.

2. Sprinkle the green peppers and celery over the meat before adding the gravy.

#### Stewed Steak

Recipe for Swiss Steak

#### Method:

- Use 1 ½ gals. Brown gravy made from the drippings in pan instead of tomato gravy. 1. 2.
- Dip the steak in the flour instead of pounding it.
- Note 1. The meat used for stewed steak should be more tender than is required for Swiss steak.

#### Lamb Stew

Measure	Unit	Ingredients	Lbs.	Ozs.
		Boneless Lamb	30 - 32	
2	Qts.	Onions, chopped	3	

1 1/2	Qts.	Flour	1	14
3	Gals.	Lamb stock or Water	30	
3 1/2	Qts.	Celery diced	4	8
3	Qts.	Carrots diced	4	8
3	B.sp	Salt		5
2	Tsp	Pepper		

1. Follow the general directions given for making Stew, but do not cook the onions in the fat until the meat has been lifted out and the fat measure (there should be 1 ½ pts.)

2. Add the chopped celery and carrots about <sup>3</sup>/<sub>4</sub> hour before the meat is tender.

Yield: Approx. 100 – 7 oz. Servings.

#### Lamb Pie

Measure	Unit	Ingredients	Lbs.	Ozs.
		Recipe for Lamb Stew		
1/2		Recipe for Pie Dough /		
		OR		
1/2		Recipe for Biscuit Dough		

Method:

- 1. Prepare Lamb Stew and pour into baking pans. Cool.
- 2. Cover with Pie Dough rolled to 1/8" thickness, or Biscuit Dough rolled to <sup>1</sup>/4" thickness. Make several slits in the dough.
- 3. Bake in a hot oven (425 degrees F. golden brown flour test) until the crust is cooked and well browned.
- 4. Cut into portions and serve.

Yield: Approx. 100, - 9oz. servings.

#### Irish Stew

Measure	Unit	Ingredients	Lbs.	Ozs.
		Stewing Lamb or Mutton	28	
3	Gals.	Boiling Water	30	
3 1/2	Qts.	Onions diced	5	4
3 1/2	Qts.	Carrots diced	5	4
2	Gals.	Potatoes diced	12	
5	B.sp	Salt		7 1⁄2
2	# 2 cans	Peas	2	8

Method:

1. Cut meat into one inch pieces.

2. Add boiling water and simmer until the meat is almost tender.

3. Add the diced raw vegetables and continue cooking until the meat and vegetables are done.

4. Add the salt and drained green peas.

Yield: 100, - 8 0z. servings.

#### Braised Lamb or Mutton

Measure	Unit	Ingredients	Lbs.	Ozs.
		Stewing lamb or mutton	44	
5	B.sp	Salt		7 1/2

Method:

- 1. Trim off the excess fat and cut the meat into 5 oz. portions.
- 2. Braise in a moderate oven (350 degrees F. light brown flour test) for one hour or braise on top of the stove. Pour off the melted fat.
- 3. Add boiling water to a depth of about <sup>1</sup>/4". Add the salt. Cover closely and continue cooking in a slow oven (300 degrees F. creamy flour test) until the meat is tender.
- 4. Serve with baked rice and curry sauce or with brown gravy made from the liquid in the pan.

Yield: 100 – 3 oz. servings.

#### **Curried Lamb**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Boneless Lamb	30	
		Twice recipe for curry sauce		
1	Pt.	Raisins		13
1	Gal.	Celery diced	5	
2	Qts.	Carrots diced	3	
1	# 10 can	Green Peas	6	9

Method:

- 1. Cut the Lamb into 1 inch dice and braise as in making stew.
- 2. When brown, lift from the fat, drain well, and add to the curry sauce.
- 3. Add the raisins.
- 4. Cover closely and simmer for one hour.
- 5. Add the diced celery and carrots. Simmer until the meat and vegetables are almost tender.
- 6. Add the drained peas and cook 10 minutes longer.
- 7. Serve on steamed or boiled rice with Fried Onion Rings.

Yield: 100 – 5 oz. servings.

Note: Beef or Veal may be substituted for Lamb.

#### Veal Stew

Measure	Unit	Ingredients	Lbs.	Ozs.
		Boneless Veal	30	
1 1/2	Pts.	Fat	1	8
1	Qt.	Flour	1	4
4	B.sp	Salt		6
1/2	B.sp	Pepper		1/2
2	Gal.	Water or Stock	20	
1 1/2	Gals.	Onions, quartered and blanched	9	
1 1/2	Gals.	Celery diced large	7	8
1 1/2	# 10 can	Tomatoes	10	

1 1/2	# 10 can	Green Beans / OR	13	2
2	# 10 can	Green Peas		

- 1. Cut the meat into  $1\frac{1}{2}$  inch to 2 inch dice.
- 2. Follow the general directions for making stew, but do not cook the onions in the fat.
- 3. Add the blanched onions and the celery one hour before the end of the cooking period. Keep the stew closely covered.
- 4. Add the tomatoes and drained green beans or peas 15 minutes before the end of the cooking period.
- 5. Serve very hot with potatoes. No other vegetable is required.
- Yield 100 12 oz. servings.

Variations: The recipe may be used for making Beef Stew.

#### Veal and Ham Pie

Measure	Unit	Ingredients	Lbs.	Ozs.
		Boneless Veal diced	20	
		Lean Ham diced raw	10	
3	Gals.	Veal Stock or Water	30	
1 1/2	Pts.	Fat	1	8
1	Qt.	Onions chopped	1	8
1 1/2	Qts.	Flour	1	14
2	B.sp	Salt		3
2	Tsp.	Pepper		
1/2		Standard recipe for pastry		

Method:

- 1. Simmer the diced veal and ham in the stock or water until tender
- 2. Melt the fat, add the onions and cook until clear.
- 3. Add the flour and seasonings to make a roux.
- 4. Drain the liquid from the meat, add to the roux as in making gravy.
- 5. Add the meat. Heat to boiling. Pour into baking pans and cool.
- 6. Cover with pastry rolled 1/8" thick.
- 7. Bake in hot oven (425 degrees F. golden brown flour test) until the pastry is cooked and well browned.

Yield: 100 – 9 oz. servings.

Additions: Add 1 # 10 can of green peas, drained, just before the filling is placed in the baking pans.

#### Pot – Roast

When there is any doubt as to the tenderness of a Roast, it should be cooked in moist heat. Less tender cuts such as the Sirloin Tip and the upper round, as well as better cuts from carcasses of poor quality will be tenderer and have a better flavor if cooked by this method. When carved, Pot – Roast is indistinguishable from a well – done dry roast.

#### Cuts Suitable for Pot – Roasting

Beef: Hip, Sirloin Tip, Rump, Chuck

Veal: Rump, Shoulder, Leg

Mutton , Lamb, and Pork, - Should Not Be Pot - Roasted.

#### General Method for Pot – Roasting

Measure	Unit	Ingredients	Lbs.	Ozs.
		Boneless Meat	30 - 32	

#### Method # 1

- 1. Cut the meat into 7 to 8 lb. Pieces, roll and tie.
- 2. Grease and salt the meat.
- 3. Braise for one hour in a moderate oven (350 degrees F. light brown flour test).
- 4. Make a brown gravy from the glaze in the pans, according to recipe given for stew. A few carrots and onions added to the gravy will improve the flavor.
- 5. Place the roasts in a pot or in a steam jacketed kettle. Add the gravy and cover tightly.
- 6. Simmer until tender on top of the stove, or in a steam jacketed kettle, or in a slow oven (300 degrees F. creamy flour test). Approximate time allowance for simmering, 30 to 35 minutes per inch thickness of roast.

Yield: 100 – 4 oz. servings.

#### Method # 2

- 1. Prepare the roasts and braise as in method # 1.
- 2. Add a small quantity of water, about  $\frac{1}{4}$  inch to each pan. Cover closely.
- 3. Simmer on top of the stove, or in a steam jacketed kettle, or in a slow oven (300 degrees F. creamy colored flour test).
- 4. Diced vegetables may be added one hour before the roast is completely cooked.
- 5. Serve the roast with gravy made from the liquid in the pan. If necessary, add brown gravy stock to make 1 ½ gals. of gravy.

Yield:  $100 - 3\frac{1}{2}$  oz. servings of meat.

#### Variations for Pot Roast Gravy

- 1. Add vegetables as in recipe for Vegetable Gravy.
- 2. Use canned tomatoes as part of the liquid in the gravy.
- 3. Add 1 pt. finely chopped green peppers to the gravy before serving.

#### Browned Pot - Roast with Beans

Measure	Unit	Ingredients	Lbs.	Ozs.
5	Qts.	Dried white beans	10	

		Pot Roast of Beef	30 - 32	
1	Gal.	Onions diced	6	
1 1/2	Pts.	Flour	1	
3	B.sp	Salt		5
2	Gals.	Hot water or stock	20	

- 1. Soak and cook the beans according to the general method given.
- 2. Brown roasts in a moderate oven (350 degrees F. light brown flour test) for 45 minutes.
- 3. Add diced onion and cook for an additional 15 minutes.
- 4. Remove the roasts and add flour and salt to the renderings left in the pan. (there should be 1 pt.)
- 5. Add boiling water to make a thin gravy.
- 6. Place the meat and beans in stock pots or in steam jacketed kettles. Add the gravy.
- 7. Simmer until tender.

Yield:  $100 - 3\frac{1}{2}$  oz. servings of meat.

100 – 4 oz. servings of beans.

#### Baked Corned Beef

Measure	Unit	Ingredients	Lbs.	Ozs.
	canned	Corned Beef	25	

Method:

- 1. Remove the meat from the tins without breaking it.
- 2. Place in roasting pans. Cover the bottom of the pan with water or with Barbecue or Tomato Sauce. Cover closely.
- 3. Bake in a slow oven (325 degrees F. creamy colored flour test) for ½ hour.
- 4. Cut into slices and serve with Tomato or Barbecue Sauce.

Yield: Approx. 100 – 3 oz. servings.

#### Braised Heart with Dressing

Measure	Unit	Ingredients	Lbs.	Ozs.
		Beef or Veal Hearts	31	
1 1/2	Pts.	Butter or Bacon Fat	1	8
1	Qt.	Onions chopped	1	8
1	Qt.	Celery diced	1	4
1/2	Pt.	Sage, Thyme, or Savory		
3	Gal.	Bread crumbs (fresh)	8	
1 1/2	B.sp	Salt		2
1/2	B.sp	Pepper		

- 1. Wash the hearts thoroughly in warm water.
- 2. Remove all valves and blood vessels.
- 3. Trim off Fat.
- 4. Wash and drain the hearts.
- 5. Melt the bacon fat, add the onions and celery and cook until the onions are clear.
- 6. Mix the seasonings and bread crumbs and add to the fat and vegetables.
- 7. Fill the hearts and sew or skewer the openings if necessary.

- 8. Place the hearts in a greased baking pan, brush with fat and braise in the oven (350 degrees F. light brown flour test) for one hour. Turn at least once.
- 9. Add a small quantity of water. Cover closely and either simmer or bake in a slow oven (325 degrees F.) until tender (3 to 4 hours).
- 10. Make gravy, using the stock in the pan.
- 11. Cut the cooked hearts across the grain in 1/3 inch to  $\frac{1}{2}$  inch slices.
- 12. Serve very hot with gravy.

Yield:  $100 - 4 \frac{1}{2}$  oz. servings.

Note:

- 1. Large beef hearts may have to be covered with water in order to make them tender.
- 2. Dressing left over after the hearts are stuffed should be baked in pans and served with the meat.

#### **Braised Hearts**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Beef or Veal Hearts	31	
		Beef Drippings	1	
1	Qt.	Onions	1	8
1	Qt.	Celery	1	4
1	Qt.	Carrots	1	8
2	Gals.	Beef Stock or Water	20	
3	B.sp	Salt		5

Method:

- 1. Prepare Hearts as for Braised Hearts with Dressing.
- 2. Braise for one hour.
- 3. 15 Minutes before the braising is finished, add the vegetables.
- 4. Add the salt and liquid. Cover closely.
- 5. Simmer until tender (3 to 4 hours).
- 6. Remove from the pan and keep very hot.
- 7. Slice across the grain in 1/3 inch to  $\frac{1}{2}$  inch slices.
- 8. Serve with gravy made from the liquid in the pan. Skim fat from liquid before using it for gravy.

Yield: 100 - 3 oz. servings of meat.

## Mock Duck

Measure	Unit	Ingredients	Lbs.	Ozs.
		Boneless Chucks or Hips of Beef	30 - 32	
		Dressing for Beef	12	

- 1. Cut lean beef in ½ inch slices about 12 inches by 10 inches in size. Spread with dressing, roll and tie.
- 2. Or use thicker pieces of meat, slice them lengthwise, and insert the dressing in the pocket so formed. Tie with string.
- 3. Brush with grease and salt.

- 4. Braise for one hour in a moderate oven (350 degrees F. light brown flour test). Baste frequently.
- 5. Add hot water to the depth of <sup>1</sup>/<sub>4</sub> inch in the roast pan. Cover closely and continue cooking until the meat is tender. (approx. one hour)
- 6. Prepare gravy from renderings in pan, according to the general method.

Yield: 100 - 4 oz. servings.

#### Dressing for Mock Duck

Measure	Unit	Ingredients	Lbs.	Ozs.
3	Gals.	Fresh Bread	12	
1/2	B.sp	Pepper		1⁄4
3	B.sp	Salt		4 1/2
1/2	Pt.	Savoury		
1 1/2	Pts.	Butter or Fat	1	8
3	Pts.	Onions Diced	2	4

Method:

- 1. Crumb the bread or cut into fine cubes after removing the crusts. Add seasonings.
- 2. Melt butter, add finely diced onions and cook thoroughly, without browning.
- 3. Combine crumbs, fat, and onions. (if stale bread is used, add 1 qt. Milk or stock)
- 4. Use in making Mock Duck. Bake any left, after the meat is prepared by placing in pans. Cover for the first half of the time. Bake for one hour.

Yield: approx. 12 lbs.

#### **Braised Spare – Ribs**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Spare – Ribs	40	
4	B.sp	Salt		6
2	Tsp.	Pepper		
		Water or Stock		
		Pork Dressing		

Method:

- 1. Cut the spare ribs into 100 servings, weighing about 6 oz. each.
- 2. Place in roasting pans. (they should not be stacked)
- 3. Bake in a moderate oven (375 degrees F.- light brown flour test) until brown.
- 4. Add seasonings and just enough water to cover the bottom of the pan. Cover closely.
- 5. Bake in a slow oven (325 degrees F. creamy flour test) until the meat will slip from the ribs (1 <sup>1</sup>/<sub>2</sub> to 2 hours).
- 6. Serve very hot with pork dressing.

Yield: 100 – approx. 6 oz. servings.

#### Spare – Ribs with Barbecue Sauce

- 1. Cook as in preparing Braised Spare Ribs.
- 2. Pour 1 <sup>1</sup>/<sub>4</sub> Gals. of barbecue sauce over the browned meat in place of the water.
- 3. Bake until the meat will slip from the bones (325 degrees F. creamy flour test).
- 4. Serve very hot, without dressing.

Yield: 100 – approx. 6 oz. servings.

#### Simmered Meat

Tough cuts of fresh meat, as well as pickled and smoked meats, may be cooked in a large amount of water. The water should be boiling before the meat is added but must not boil afterwards.

Cuts of meat that are well – streaked with fat are better for simmering than are very lean cuts.

The time required for cooking will depend upon the toughness of the meat.

#### Cuts of Fresh Meat Suitable for Simmering

 Beef
 Brisket, Plate, Flank, Shank, Neck, Tongue

 Mutton
 Shoulder, Legs, Rolled Loin

 Pork
 Shoulder, Legs, Hocks

 Pickled or Smoked Meats All corned Beef, Pickled Tongue, Hams, Pickled Pork

#### General Method for Simmering Meat

Method:

1.	Cut the meat into 6 to 8 lb. Pieces, roll and tie. Smoked Hams and legs of Pork should be left
	whole. They may be cooked with the bone in or may be boned and rolled.
2	Disco in hailing sustants assure

- 2. Place in boiling water to cover.
- 3. Simmer 2 to 3 hours or until the meat is tender. DO NOT BOIL.
- 4. Skim frequently. Add more water if required.
- 5. Serve cold or serve hot with a suitable sauce

Note:

- 1. The meat may be cooked through before it is tender.
- 2. Over cooking will cause the meat to break up.
- 3. Boiling will make the meat hard.

#### Time Table for Simmered Meat

MEAT	AVERAGE WEIGHT	MINUTES PER LB.
Beef- Brisket, Plate, Flank	7 to 8 lbs.	35 to 45
Rolled	4 to 6 lbs.	40 to 50

Corned	7 to 8 lbs.	35 to 45
	4 to 6 lbs.	40 to 50
Mutton		
Boned and rolled	7 to 8 lbs.	35 to 45
Pork sweet pickled	10 to 12 lbs.	40 to 45
	8 to 10 lbs.	45 to 50
Ham smoked bone-in		
Large	12 to 16 lbs	15 to 20
Small	10 to 12 lbs.	20 to 25
Half	8 to 10 lbs.	25 to 30
Picnic	4 to 8 lbs.	35 to 45
Ham boneless		
Cottage roll	4 to 7 lbs.	45
Large	12 to 16 lbs	15
Small	10 to 12 lbs.	20
Half	6 to 8 lbs.	25
Tongue		
Fresh	$3\frac{1}{2}$ to 4 lbs.	50 to 60
Pickled	$3\frac{1}{2}$ to 4 lbs	50 to 60

#### Simmered Fresh Meat

Measure	Unit	Ingredients Lbs.		Ozs.
		Boneless Meat	30 - 32	
2	Qts.	Carrots 3		
2	Qts.	Onions 3		
1 1/2	B.sp	Salt		2 1/4
5	Gals.	Boiling Water 50		

Method:

- 1. Cook according to the general directions for simmered meat. Add the vegetables and salt with the meat.
- 2. Serve hot with vegetable sauce or serve cold.

Yield:  $100 - 3\frac{1}{2}$  oz. servings.

# Vegetable Sauce for Simmered Beef or Mutton

Measure	Unit	Ingredients	Lbs.	Ozs.
1/2	Pt.	Fat		8
1	Pt.	Flour		10
1	Gal.	Stock from simmered meat	10	
1/2	Gal.	Cooked vegetables diced	4	
2 or 3	B.sp	Salt		1

- 1. Blend melted fat and flour together.
- 2. Add hot stock. Cook until there is no taste of raw starch. Strain.

3. Add cooked vegetables (carrots, onions, celery, peas) and salt.

Yield:  $100 - 2 \frac{1}{2}$  oz. servings

Variations: Add 1 <sup>1</sup>/<sub>2</sub> cup horseradish, grated.

#### Simmered Pickled or Smoked Meat

Method:

- 1. Wash pickled meat before cooking.
- 2. Follow the general method for simmering meat.
- 3. When the pickled meat is half cooked, taste the water. If the water is very salty, pour it off and finish cooking the meat in fresh water.

## Corned Beef and Cabbage

Measure	Unit	Ingredients	Lbs.	Ozs.
		Corned Beef	44	
		Cabbage	35	

Method:

- 1. Simmer the corned beef according to the general method for pickled meats.
- 2. Cook the cabbage in freshly boiling water (not in the meat stock) for 6 to 8 minutes.
- 3. Serve both very hot.

Yield: 100 - servings of approx. 3 <sup>1</sup>/<sub>2</sub> oz. cooked meat, and 3 <sup>1</sup>/<sub>2</sub> oz. servings cabbage.

cooked. When cool, remove from the liquid, skin, and trim.

#### Simmered Tongue

Method:

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1.	Need 25 lbs. Pickled Beef Tongue.
2.	Wash the tongue in warm water.
3.	Cook according to the general method for pickled meat until the tongue is tender (3 to 4 hours).
4.	Remove from water. Plunge into cold water. Skin and cut away the roots.
5.	Return to cooking water and reheat. Carve across the grain into <sup>1</sup> / <sub>2</sub> inch slices.
6.	Serve hot with raisin sauce, horseradish sauce or mustard.
Yield:	$100 - 2\frac{1}{2}$ to 3 oz. servings.
Note:	If tongues are to be served cold, allow them to cool in the water in which they were

#### Simmered Smoked Ham

Method:

Smoked Ham 25 lbs. 1.

- 2. Prepare ham for cooking by removing hock at stifle joint and removing aitch bone. Save hock and bones for soup.
- 3. Cook according to general method for simmering meat. The time required will depend on the weight of the hams.
- 4. Remove ham from liquid and take off the skin. Save the stock for soup.
- 5. If the ham is very fat, trim leaving about  $\frac{1}{2}$  inch of fat.
- 6. Allow the ham to set for 20 to 30 minutes.
- 7. Remove knuckle section by cutting through to leg bone on each side of ham. Remove round bone and knee cap.
- 8. Split the boned ham along the seams into 3 sections.
- 9. Carve by hand or on a meat slicer.
- 10. Serve hot with raisin sauce, tartar or mustard sauce or with Mustard.

Yield:  $100 - 2\frac{1}{2}$  oz. servings.

Note:

- 1. Cook cottage roll and boned hams by this method. Consult chart for time required. Allow to set for 20 minutes before carving.
- 2. Boneless hams are usually preceded in such a way that they need shorter cooking see time table. If the casing is left on, the ham will be moister but the time allowed for cooking should be increased.

## Dry Roasts

Meat Suitable for Roasting – Only tender meat should be roasted. If there is any doubt due to the cut or to the quality or age of the meat, it is always wiser to cook the meat by pot – roasting.

BEEF	VEAL	LAMB	PORK	MUTTON
Prime Rib	Leg	Leg	Leg	Leg
Long Loin	Loin	Loin	Loin	Loin
Rump (variable)	Rib	Shoulder	Shoulder	See Note
Beef loaf	Shoulder	Patties	Spare Ribs	
Meat Balls	Veal Loaf		Sausage Loaf	

Note:

Unless the mutton is of a very superior quality, it should be simmered rather than roasted.

#### Time Table for Roasting Boneless Meat

Meat	Weight	Oven Temp.	No. of Minutes Per. Inch	Stage to which Cooked	Internal Temp. When Cooked
Beef	10 – 12 Lbs.	325 F.	20 Min.	Rare	140 F.
		325 F.	25 Min.	Medium	160 F.
		325 F.	30 Min.	Well Done	170 F.
Lamb	5 – 6 Lbs.	325 F.	25 Min.	Well Done	180 F.
Mutton	5 – 8 Lbs.	325 F.	30 Min.	Well Done	180 F.
Pork	10 – 12 Lbs.	325 F.	45 Min.	Well Done	185 F.
Pork Smoked	10 – 12 Lbs.	325 F.	25 Min.	Well Done	170 F.
Pork Smoked, Tenderized	10 – 12 Lbs.	325 F.	20 Min.	Well Done	170 F.

MEAT	WEIGHT	OVEN TEMP.	No. of Minutes Per.	Stage Of Which	Internal Temp. When
			Pound	Cooked	Cooked
Beef	10 – 12 Lbs.	325 F.	18 – 20 Min.	Rare	140 F.
	10 – 12 Lbs.	325 F.	22 – 25 Min.	Medium	160 F.
	10 – 12 Lbs.	325 F.	27 – 30 Min.	Well Done	170 F.
Lamb Leg	6 – 8 Lbs.	325 F.	30 – 35 Min.	Well Done	180 F.
Lamb Shoulder	4 ½ - 5 ½ Lbs.	325 F.	30 – 35 Min.	Well Done	180 F.
Pork Loin	12 – 15 Lbs.	325 F.	25 – 30 Min.	Well Done	185 F.
Pork Leg	10 – 12 Lbs.	325 F.	35 – 40 Min.	Well Done	185 F.
Pork Shoulder	12 – 14 Lbs.	325 F.	35 – 40 Min.	Well Done	185 F.
Ham Whole	10 – 12 Lbs.	300 F.	25 – 30 Min.	Well Done	170 F.
Ham	10 – 12 Lbs.	300 F.	20 – 25 Min.	Well Done	170 F.
Tenderized					

#### Time Table for Roasting Meat with Bone-In

#### Steaks and Chops

Tender Steaks and Chops are cooked by pan broiling. The steaks and chops will have a better flavor and be more moist and tender if the fat which melts out from the meat is not allowed to collect in the pan, but is ladled or poured off when it becomes more than about 1/8 inch in depth.

When large quantities are being cooked, the steaks or chops may be browned by pan broiling and then finished in the oven.

#### Meats which can be Pan Broiled

Beef	Veal	Lamb	Mutton	Pork	Smoked Ham
Steaks from	Is never Pan	Rib Chops	Loin Chops	Loin Chops	Sliced Leg
long loin.	Broiled	Loin Chops		Rib Chops	Or Butt or
Steaks from		Shoulder		Sausages	Sliced Bacon
Prime Rib		Chops		Sausage Caked	
Hamburgers		Leg Chops			
		Patties			

#### ESCORT MAINTENANCE SHIP

#### CAPE SCOTT

Commissioned 28 January 1959

Paid Off 1 July 1970

Displacement	8580
Dimensions	441 Ft. 6 Inches x 57 Ft. x 20 Ft.
Speed	11
Crew	270
Armament	Nil

A modified fort type cargo ship, CAPE SCOTT was launched at Vancouver in 1944 as HMS BEACHY HEAD. She was turned over to the Royal Netherlands Navy in 1947 as repair ship VULKAAN. She became part of our RCN fleet in 1952 and in 1953 renamed CAPE SCOTT. From 1953 until 1958, she was used as a supplementary workshop and classrooms facilities. CAPE SCOTT was at last commissioned on January 28, 1959, after refit at Saint John. She was paid off into reserve on July 01, 1970 and redesigned Fleet Maintenance Group (Atlantic) in 1972 until sold. She left Halifax under tow in 1978 to be broken up in Texas.

Feeding Concept:	Cafeteria
Cooks:	11
Galley:	One on main deck.

## Time Table for Pan – Broiling

MEAT	THICKNESS	RARE	MEDIUM	WELL DONE
Beef Steaks	1/2"	5	8	10
Beef Steaks	1"	10	12	15
Beef Steaks	1 1/2"	20	25	30
Beef Steaks	2"	30	35	40
Hamburgers	1/4"		5	8
Hamburgers	1/2"		8	10
Hamburg Steak	1"		15	20
Lamb Chops	1/2"	Never	10	15
Lamb Chops	1"	Served	20	25
Lamb Patties	1"	Rare	20	25
Mutton Chops	1/2"	Never	10	15
Mutton Chops	1"	Rare	15	20
Pork Chops	1/2	Never	Never	15
Pork Chops	1"	Rare	Medium	25
Pork Sausage		Never	Never	12
		Rare	Medium	
Sausage Cakes	1"	Never	Never	25
		Rare	Medium	
Ham slices	1/2"	Never	Never	20
Ham slices	1"	Rare	Medium	25
Bacon	1/8"	Never	Never	4 to 5
		Rare	Medium	

### General Method for Roasting Meat

#### Method:

	1.	Need Boneless, Tender Meat $30 - 32$ Lbs.
	2.	Cut the roast into pieces of uniform size, weighing 10 to 12 lbs. each.
	3.	Place in greased roasting pans, Fat side up. Do not crowd the roasts.
	4.	If the meat is lean, coat with dripping or place pieces of suet on top.
	5.	Bake uncovered in a slow oven (325 degrees F. – creamy colored flour test) according to the
		time table given for roasting meat.
	6.	Turn the roasts over, once or twice, but it is not necessary to baste meat when it is baked at this temperature.
	7.	Allow the roasts to stand in a warm place for $20 - 30$ minutes after taking them from oven and
		before carving them.
Yield:		$100 - 3 \frac{1}{2}$ oz. servings.
Note:		Roasts with the bone in are cooked in the same way.

## Yorkshire Pudding

Measure	Unit	Ingredients	Lbs.	Ozs.
3	Qts.	C.A. Flour	4	
2	B.sp.	Salt		3
2 1/2	Pts.	Eggs	3	4
5	Qts.	Milk	12	8
1	Pt.	Beef Drippings		

Method:

- 1. Sift the flour and salt.
- 2. Add the unbeaten eggs to the milk and beat well.
- 3. Add the egg mixture to the flour and beat until bubbles form.
- 4. Pour the beef drippings into 5 roasting pans (18" X 12" X 2") Which have been heated until very hot.
- 5. Pour the mixture into pans. Place immediately in a moderate oven (350 degrees F. light brown flour test). Bake for 45 minutes. Reduce heat if oven becomes too hot.
- Yield: 100 servings, approx. 3" X 2 <sup>1</sup>/<sub>2</sub>" in size.

Note: If possible, mix and bake Yorkshire Pudding in relays of 1 lb. Of flour at a time.

## Dressing for Roast Meat

## **Beef Dressing**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Dressing for mock duck		

## Pork Dressing

Measure	Unit	Ingredients	Lbs	Ozs
1 1/2	Pts.	Butter, or Bacon, or Chicken Fat	1	8
1 1/2	Pts.	Onions finely chopped	1	2
3	Gals.	Bread Crumbs Fresh	8	
5	Qts.	Apples diced	6	4
3	B.sp	Salt		4 1/2
1/2	B.sp	Pepper		
5	B.sp	Sage		

Method:

- 1. Cook the onions in the fat until tender.
- 2. Combine all the ingredients lightly.
- 3. Place in greased baking pans.
- 4. Bake in moderate oven (350 degrees F. light brown flour test) for one hour. Cover during the first half hour.
- 5. Serve with roast pork.

Yield:  $100 - 2\frac{1}{2}$  oz. servings.

## Veal Dressing

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Pts.	Butter, or Bacon or Chicken Fat	1	8
3	B.sp	Onions finely chopped		
3	B.sp	Lemon Rind		
1/2	Pt.	Lemon Juice		
3	Gals.	Bread Crumbs fresh	8	
3	B.sp	Salt		4 1/2
1/2	B.sp	Pepper		
4	B.sp	Thyme of Savoury		

Method:

Combine the ingredients as in making Pork Dressing.

2. Serve with roast Veal or Baked Veal Chops.

Yield:  $100 - 1 \frac{1}{2}$  oz. servings.

## Glazed Ham

1.

1.

Measure	Unit	Ingredients	Lbs.	Ozs.
		Simmered Ham		
		Brown Sugar		
		Mustard		

Method:

Remove skin or casing carefully from hot, simmered ham.

- 2. Rub a mixture of brown sugar and mustard over the surface of the hot ham allowing 2 tsps. Mustard to <sup>1</sup>/<sub>2</sub> pt. brown sugar.
- 3. Bake in a hot oven until the glaze is golden brown.
- 4. Serve hot with Raisin, Tartar or Mustard Sauce or with mustard.

Yield:  $100 - 2\frac{1}{2}$  to 3 oz. servings.

Note: 1. Cuts suitable for glazing – Leg, Shoulder, or Cottage Roll.

3. If ham is to be served cold, let stand until cool, place in refrigerator and remove just before serving.

#### Variations:

- 1. Whole cloves may be pushed into the ham after the brown sugar has been put on and before the ham is baked.
- 2. Corn syrup may be substituted for half the brown sugar.
- 3. The ham may be baked without glazing.
- 4. <sup>1</sup>/<sub>4</sub> tsp. Ground cloves, mixed with the sugar and mustard, may be used instead of whole cloves when the latter are not available.

## General Method for Pan – Broiling

#### Method:

- 1. Heat heavy roasting pans, frying pans or griddles and rub them over with trimmings of fat or suet, leaving only a thin film of grease on the pan.
- 2. Put in the meat. Leave without turning until the underside is brown.
- 3. Season with salt and pepper and turn.
- 4. Continue until the meat is cooked to the desired degree.
- 5. The meat should be cooked quickly, but the pan should never become hot enough to cause the fat to smoke.
- 6. If much fat (more than 1/8 inch.) collects in the pan, empty it out before putting in a second lot of meat.
- 7. Serve the meat immediately.

## Pan – Broiled Steak

Method:

- 1. !00 Steaks suitable for pan Broiling.
- 2. Cook according to the general method for Pan Broiling.
- 3. When the space on top of the stove is limited, the steaks may be cooked rare by pan broiling and finished in a moderate oven (350 degrees F. light brown flour test). This will require 6 to 8 minutes. The steaks should not be stacked.

## Pan – Broiled Ham

- 1. Need 25 lbs. Smoked Ham.
- 2. Cut the ham into 4 oz. servings, <sup>1</sup>/<sub>4</sub> Inch to 3/8 inch thick.
- 3. Pan Broil for 10 minutes over a moderate heat. The ham should be brown on both sides.

Yield:  $100 - 3 \frac{1}{2}$  oz. servings.

4. Serve very hot.

Yield:  $100 - 2\frac{1}{2}$  to 3 oz. servings.

## Pan – Broiled Pork or Lamb Chops

Method:

1.

- Need 100 each Chops.
- 2. Trim off all but  $\frac{1}{4}$  inch fat.
- 3. Cut the chops evenly. They should be about  $\frac{1}{2}$  inch thick.
- 4. Follow the general method for pan broiling.
- 5. Cook for 10 to 12 minutes. They must be well done.
- 6. Serve with brown Gravy made from the drippings collected from the pan or with Tomato or Barbecue Sauce.

Yield:  $100 - 4 \frac{1}{2}$  oz. servings.

Note: The chops may be cooked rare and finished in the oven. Stand the chops in baking pans. Bake in a slow oven (325 degrees F. – creamy flour test) 20 minutes to  $\frac{1}{2}$  hour.

## **Baked Pork Chops**

Method:

- 1. Need 100 ea. 6 oz. Pork Chops.
- 2. Trim the pork chops, leaving about  $\frac{1}{4}$  inch fat or less.
- 3. Arrange in baking pans.
- 4. Spread with pork dressing 1 inch deep. (recipe for pork dressing)
- 5. Bake in a moderate oven (350 degrees F. light brown flour test) until the chops are well done. (30 to 40 Minutes)
- 6. Serve very hot.
- 7. Yield: 100 6 oz. servings.

Measure	Unit	Ingredients	Lbs.	Ozs.
		Smoked Ham	25	
		Boiling Water		
1/2	B.sp	Cloves, Whole		
1/2	B.sp	Mustard		
1	Pt.	Brown Sugar		18
1 1/2	Pts.	Onions Chopped and Blanched	1	2
2	Qts.	Bread Crumbs dry and Sifted	2	
1 1/2	Qts.	Milk	3	12

#### **Baked Ham Slices**

- 1. Skin and bone the ham.
- 2. Cut into  $\frac{1}{4}$  inch slices weighing approx.  $3\frac{1}{2}$  ozs.
- 3. Arrange into baking pans, cover with boiling water and simmer for 35 to 40 minutes.
- 4. Drain, save the water for soup.
- 5. Combine the sugar, spices, onion, and bread crumbs. Sprinkle over the ham.
- 6. Pour the milk around the ham.

- 7. Bake in a slow oven (325 degrees F. creamy flour test) for 30 to 45 minutes or until the top is browned.
- 8. Serve hot.

Yield: 100 – 4 oz. servings.

### Pan – Broiled Bacon

Method:

- 1. Need moderately thick slices of Bacon 12 lbs.
- 2. Heat heavy pans, do not grease.
- 3. Arrange single layers of bacon in each pan.
- 4. Cook over moderate heat for 2 minutes. Turn. Cook 2 or 3 minutes longer. When cooked, bacon is slightly crisp and is golden brown in color. It should not be hard and should not be crisp enough to break.
- 5. Drain thoroughly before serving.

Yield: 100 – servings of 2 slices each.

## **Oven Cooked Bacon**

Method:

- 1. Need 12 lbs. or 200 slices of Bacon, moderately thick.
- 2. Arrange bacon in large pans with the slices slightly over-lapping.
- 3. Cook in a moderate oven (350 degrees F. light brown flour test) until the bacon is light brown. When half cooked, remove the pan part way from the oven and tip it sufficiently to collect the grease at one end. Ladle out grease, return pans to oven and finish cooking.
- 4. Lift bacon from the fat and drain. Transfer to an ungreased pan. When possible, place paper on a rack in the pan in order to drain off the fat more thoroughly.
- Yield: 100 servings of 2 slices each.

## Pan Broiled Sausages

- 1. Need 25 lbs. Sausages.
- 2. Cut the sausage links. Prick each sausage with a fork.
- 3. Place sausages in heavy, hot, ungreased roasting pans over a moderate heat.
- 4. Cook on top of stove until done -10 to 12 minutes. Turn so that they brown evenly on all sides.
- 5. Ladle fat from pans as in cooking bacon.
- Yield:  $2 \text{ to } 2\frac{1}{2} \text{ oz. servings.}$
- Note: Sausages may be baked in a slow oven (325 degrees F. creamy color flour test). When done in this way, they do not need pricking. Ladle out fat when half done. Time 25 to 30 minutes.

### Sausages Baked in Tomato Sauce

Measure	Unit	Ingredients	Lbs.	Ozs.
		Sausages	25	
1 1/2	Gals.	Tomato Sauce	15	

Method:

- 1. Pan sausages and bake for 15 minutes in a moderate oven (350 degrees F. light brown flour test).
- 2. Ladle off the fat.
- 3. Pour the hot tomato sauce over the half cooked sausages.
- 4. Return to the oven, cover, and bake for 20 minutes.

Yield:  $100 - 4\frac{1}{2}$  to 5 oz. servings.

## Sausage Rolls

Measure	Unit	Ingredients	Lbs.	Ozs.
		Sausages	25	
		Standard recipe for pastry		
		OR standard recipe for tea biscuits		

Method:

- 1. Separate the sausages.
- 2. Roll the pie dough 1/8 inch thick or tea biscuit dough <sup>1</sup>/<sub>4</sub> inch thick and cut into oblong pieces large enough to cover one or two sausages, depending upon the size of the sausage.
- 3. Roll the sausage in the pastry dough, leaving the ends open. Seal the edge by moistening the under surface with water and pressing the upper edge on to it with a fork.
- 4. Place on baking sheets and cook in a hot oven (425 degrees F. dark brown flour test) until the pastry is brown and the sausage is cooked (20 to 30 minutes)
- 5. Serve hot with Chili, Tomato, or Barbecue Sauce.

Yield: 100 - to 150 rolls.

## **Breaded Veal Cutlet**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Veal Leg Boneless	38	
1 1/2	B.sp	Salt		2
2	Tsp.	Pepper		
1 1/2	Qts.	Flour	1	14
2	Ea.	Eggs		
1	Qt.	Milk	2	8
2	Qts.	Dry Bread crumbs	2	

- 1. Cut the veal into 5 oz. servings,  $\frac{1}{2}$  inch thick.
- 2. Mix the salt and pepper with the flour.
- 3. Beat the eggs and add the milk.
- 4. Dip each piece of meat in the seasoned flour, then in the egg wash and then in the sifted bread crumbs.
- 5. Brown the cutlets in the frying pan, having the fat 1/8 inch to1/4 inch deep.

- 6. Drain. Arrange in a single layer in a baking pan, or if this is impracticable, stand the cutlets on edge. Do not pile them, as it spoils their appearance.
- 7. Cover closely. Bake in a slow oven (325 degrees F. creamy flour test) until cooked through and tender.
- 8. Serve with Tomato or Barbecue Sauce.

Yield: 100 – 4 oz. servings.

Variations: A small amount of water, stock or gravy may be placed in each baking pan. This will increase the tenderness but if much liquid is added, it will spoil the finish.

## Frankfurters

#### Method:

- 1. Need 25 lbs. frankfurters.
- 2. Have a steam jacketed kettle or stock pot 1/3 full of hot water.
- 3. Put in the Frankfurters. Cover the pot. Bring to the boil.
- 4. Lower the heat and cook below boiling for 30 to 40 minutes.
- 5. Serve very hot.

Note:

- 1. Remove cellophane cover from frankfurters before cooking.
- 2. If Frankfurters are placed directly into boiling water, the skins may break.

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Qt.	Onions finely chopped	1	8
1/2	Pt.	Fat		8
1⁄4	Pt.	Vinegar		5
1/2	Pt.	Brown Sugar		8
1	Pt.	Lemon Juice	1	4
1	Qt.	Quick Chili Sauce	2	8
1	Qt.	Tomato Puree	2	8
1⁄4	Pt.	Prepared Mustard		3
1	Qt.	Celery chopped	1	4
2	Qts.	Water	5	
		Frankfurters	25	

#### Spanish Frankfurters

Method:

- 1. Braise the onion in the fat.
- 2. Add the other ingredients and simmer for 30 minutes.
- 3. Add the frankfurters. Cover tightly. Simmer for 30 minutes.

Yield: 100 servings of 2 frankfurters plus 1 <sup>1</sup>/<sub>2</sub> oz. sauce.

Note: 2 Qts. Catsup may be substituted for the quick chili sauce and the puree.

#### Frankfurters and Sauerkraut

Measure Unit Ingredients Lbs. Ozs.
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Frankfurters	25	
Sauerkraut	20	

Method:

- 1. Cook the frankfurters in a steam jacketed kettle as directed.
- 2. Heat the sauerkraut in about 1 qt. Of the water in which the frankfurters were cooked. Cook for 10 to 15 minutes only.
- 3. Drain the sauerkraut well.
- 4. Serve very hot with frankfurters on top of the sauerkraut.

Yield: 2 Frankfurters and 3 oz. servings of Sauerkraut per person.

## Frankfurter Rolls

Measure	Unit	Ingredients	Lbs.	Ozs.
		Frankfurters	25	
		Standard recipe for pastry OR		
		Standard recipe for tea biscuits		

Method:

- 1. Cook the frankfurters. Drain well.
- 2. Roll pie dough 1/8 inch thick or biscuits dough <sup>1</sup>/<sub>4</sub> inch thick.
- 3. Cut into rectangular pieces that will exactly cover a frankfurter.
- 4. Roll each frankfurter in the dough, seal the ends.
- 5. Bake in a hot oven (400 degrees F. golden brown flour test) until the pastry is cooked and golden brown.
- 6. Serve very hot with tomato or barbecue sauce.

Yield: 100 servings of 2 frankfurters each.

## Sautéed Liver

Measure	Unit	Ingredients	Lbs	Ozs
		Liver	25	
2	B.sp	Salt		3
1	B.sp	Pepper		1/2
2	Qts.	Flour	2	8

Method:

- 1. Cut liver into <sup>1</sup>/<sub>2</sub> inch slices, allowing 4 oz. per serving.
- 2. Add the salt and pepper to flour.
- 3. Coat the slices of liver with the seasoned flour.
- 4. Sauté in hot fat, until the liver is well browned and cooked through to the center. Turn once. There should not be more than 1/8 inch of fat in the pan and it must not be hot enough to smoke.
- 5. Serve with brown gravy, onion gravy or bacon.

Yield: 100 - 4 oz. servings.

Note:

1. Liver becomes very hard and dry when over cooked or sautéed at too high a temperature.

2. Liver may be browned on top of the stove and the cooking finished in a moderate oven. The pieces of braised liver should be placed on end in roasting pans and the pans should be covered. Bake in a moderate oven (350 degrees F. creamy color flour test) until cooked through (20 to 30 minutes).

#### Meat Loaf

Measure	Unit	Ingredients	Lbs.	Ozs.
3	Qts.	Bread Crumbs dried	3	
1 1/2	Gals.	Milk	15	
1 1/2	Pts.	Onions finely chopped	1	2
2	B.sp	Fat		
3 1/2	B.sp	Salt		5
1/2	B.sp	Pepper		
		Lean Beef minced	32	

Method:

- 1. Soak the bread crumbs in the milk until it is nearly all absorbed.
- 2. Cook the onions in the fat until tender.
- 3. Combine all the ingredients and mix thoroughly.
- 4. Shape into 2 lb. Loaves and place in greased roasting pans.
- 5. Brush with melted fat.
- 6. Bake in a slow oven (325 degrees F. creamy color flour test) for one hour or until the loaves are well done.
- 7. Baste every 20 minutes.
- 8. Remove from the oven and stand in a warm place for 20 minutes before slicing.
- 9. Cut 10 slices per loaf. Serve 2 slices per order.
- 10. Serve hot with onion or vegetable gravy, tomato, barbecue or chili sauce. Or the loaf may be served cold with chili sauce.

Yield:  $4\frac{1}{2}$  oz. servings.

Variations of Meat Loaf

- 1. Substitute tomato juice for all or part of the milk.
- 2. Add 1 pt. finely chopped parsley to the meat loaf mixture
- 3. Add 8 ozs. Soya flour with the bread crumbs. This improves both the color and flavor of the loaf.
- Note: If fresh bread crumbs are used, reduce the liquid. After soaking, the bread crumbs should be very moist and there should be a small amount of milk unabsorbed.

## Meat Loaf with Dressing

Measure	Unit	Ingredients	Lbs.	Ozs.
		Meat loaf mixture		
		Dressing for Mock Duck		

- 1. Spread the meat loaf mixture <sup>3</sup>/<sub>4</sub> inch deep in roasting pans.
- 2. Spread a one inch layer of dressing on top.

- 3. Cover with a second layer of meat loaf. Press down so that the three layers will stay together and cut easily.
- 4. Brush the top with melted fat.
- 5. Bake in a slow oven (325 degrees F. creamy flour test) for 1 <sup>1</sup>/<sub>2</sub> to 2 hours or until the meat is thoroughly cooked.
- 6. Cut into servings while in the baking pans.
- 7. Serve with tomato or barbecue sauce.

Yield: 100 – 6 oz. servings.

## Beef and Pork Loaf

Note: Use 10 lbs. of minced pork, raw or cooked, and 22 lbs. of minced beef in the meat loaf mixture.

## Beef and Kidney Loaf

Note: Use 10 lbs. minced raw kidney and 22 lbs. of minced beef in the meat loaf mixture.

## Beef and Liver Loaf

Note: Use 10 lbs. minced liver, cooked or raw, and 22 lbs. of minced beef in the meat loaf mixture.

## Beef and Vegetable Loaf

Note: Use 28 lbs. of minced beef and 4 lbs. of cooked green peas or carrots in the meat loaf mixture.

## Beef And Cheese Loaf

Note: Use 24 lbs. of minced beef and 8 lbs. of cheddar cheese cut into 1/4 inch cubes, in the meat loaf mixture

#### Beef and Macaroni Loaf

Note: Use 23 lbs. of minced beef and 9 lbs. of cooked macaroni (3 lbs. raw) in the meat loaf mixture.

## Meat Balls or Hamburg Steak

- 1. Prepare Meat Loaf Mixture.
- 2. Shape into 2 0z. balls or into 4 oz. cakes, one inch thick.
- 3. Place in greased baking pans and bake in a slow oven (325 degrees F. creamy color flour test) until the meatballs or Hamburg steaks are cooked through (20 to 25 minutes).
- 4. Lift from the pans and drain well.
- 5. Serve very hot with brown gravy, onion gravy, tomato or barbecue sauce.

Yield: 400 – Meatballs, or 200 Hamburg Steaks.

#### Note:

- 1. Hamburg steak may be Pan broiled instead of baked.
- 2. If the beef used is very tough (neck or shank), cook the meat balls or hamburg steaks as follows:
- 3. (a) Brown in a moderate oven (350 degrees F. light brown flour test).
- 4. (b) Add boiling water to the depth of  $\frac{1}{2}$  inch. Cover closely.
- 5. © Bake for <sup>1</sup>/<sub>2</sub> to 2 hours in a slow oven (325 degrees F. creamy flour test).
- 6. Add more water as needed.

## Hamburgers

#### Method:

- 1. Use meat loaf mixture.
- 2. Prepare meat loaf mixture.
- 3. Shape into thin, flat, 4 oz. cakes.
- 4. Pan broil 5 to 6 minutes or place in greased baking pans and bake in a slow oven (325 degrees F. creamy flour test) for 10 to 12 minutes.
- 5. Serve between slices of buttered bread or with brown gravy, onion gravy, tomato or barbecue sauce.
- Yield: 200 hamburgers.
- Note: Hamburgers should be made from minced round or chuck.

## Lamb Patties

Measure	Unit	Ingredients	Lbs.	Ozs.
		Boneless Lamb	30	
5	Qts.	Fresh Bread Crumbs	3	
1 1/2	Gals.	Lamb Stock or Water	15	
3 1/2	B.sp	Salt		5
2	Tsp.	Pepper		
1 1/2	Pts.	Onion finely chopped	1	
4	B.sp	Fat		4

Method:

- 1. Trim the fat from the lamb and then mince the lean meat.
- 2. Soak the bread crumbs in the liquid. Add the salt and pepper.
- 3. Braise the onions in the fat.
- 4. Combine all the ingredients and mix thoroughly.
- 5. Shape into  $3\frac{1}{2}$  oz. meat cakes, one inch thick.
- 6. Place in roasting pans, brush with melted fat and bake in a slow oven (325 degrees F. creamy color flour test) for 45 minutes until meat is well done.
- 7. Serve with tomato, barbecue or mint sauce.

Yield: 100 servings of 2 patties each.

## Veal Loaf

Measure	Unit	Ingredients	Lbs.	Ozs.
		Boneless Veal, minced	25	
		Lean Boneless Pork, minced	5	
1/2	Pt.	Fat		8
1	Pt.	Onions, finely chopped		12
1 1/2	Gal.	Bread Crumbs fresh	4	
3	Qts.	Milk	7	8
4	B.sp	Salt		6
2	Tsp.	Pepper		

Method:

- 1. Follow the directions given for making beef loaf.
- 2. Serve with Tomato, Spanish, Horseradish or barbecue Sauce; or Gravy or vegetable Gravy.
- Yield: Approx. 100 5 oz. servings.

#### Variations:

- 1. Add one or more of the following: 1 qt. Celery, finely chopped, 1 qt. Green peppers, finely chopped.
- 2. Add <sup>1</sup>/<sub>2</sub> pt. lemon juice and reduce the milk by one cup.
- 3. Add 4 B.sp Worcestershire sauce.
- 4. Increase the veal to 30 lbs., omit the fresh pork and add 1 lb. Salt pork, minced. When this is done, reduce the salt to 4 ozs. (2 2/3 B.sp)

Note: If dried bread crumbs are used, reduce the amount to 3 <sup>3</sup>/<sub>4</sub> qts. (3 lbs. 12 oz..) and increase the milk to 1 <sup>1</sup>/<sub>4</sub> gals.

## **Veal Patties**

Method:

- 1. Prepare the Veal Loaf Mixture.
- 2. Shape into  $3\frac{1}{2}$  oz. Patties, one inch thick.
- 3. Sauté in order to brown them well on both sides.
- 4. Arrange in roasting pans, add a small quantity of water, and cover the pan well.
- 5. Bake in a slow oven (325 degrees F. creamy color flour test) for about one hour or until tender.
- 6. Serve with Tomato or Barbecue Sauce.

Yield: 100 – servings of 2 patties each.

#### **Dutch Beef Stew**

Measure	Unit	Ingredients	Lbs.	Ozs.
1/2	Pt.	Fat		8
1	Qt.	Onions finely chopped	1	8
2	B.sp	Salt		3
1	Tsp.	Pepper		
1	Pt.	Flour		10
3	Qts.	Stock or Tomato Juice	7	8
		Minced Beef	30	

- 1. Cook the onions in the fat until clear. Lift out and drain. Save the fat.
- 2. Braise the beef either in the oven (350 degrees F. light brown flour test) or on top of the stove. It must be stirred frequently with a fork in order to keep the particles of meat separated.
- 3. When the meat is well browned, drain off the fat.
- 4. Make a brown gravy, using the fat in which the onions were cooked and fat drained from the meat.
- 5. Add the onions and gravy to the meat. Cover the pan.
- 6. Simmer or bake in a slow oven (325 degrees F- creamy color flour test) until the meat is tender.
- 7. Serve very hot on toast, or mashed potatoes.

Yield: 100 - 4 to  $4\frac{1}{2}$  oz. servings.

### Shepherd's Pie (using raw meat)

Measure: use recipe for Dutch Beef Stew.

Method:

- 1. Prepare Dutch Beef Stew.
- 2. Pour into baking pans. Keep hot.
- 3. Cover with hot, freshly mashed potatoes.
- 4. Brush with melted fat and brown in a hot oven (400 degrees F. golden brown flour test).
- 5. Cut into squares and serve with Tomato, Barbecue Or Chili Sauce or with brown Gravy.
- Yield: 100 4 to  $4\frac{1}{2}$  0z. Servings.
- Note: The mashed potatoes should be quite dry. One pint of hot milk is sufficient liquid for the quantity of potatoes required.

Measure	Unit	Ingredients	Lbs.	Ozs.
		Lean Raw Beef from	20	
		Chuck or Flanks		
1	Pt.	Fat	1	
1	Gal.	Onions finely chopped	6	
2 1/2	Qts.	Raw Rice	6	4
6	# 2 ½ Cans	Tomato Juice or	10	8
		Strained Tomatoes		
1	Gal.	Stock	10	
3 1/2	B.sp	Salt		5

#### Scalloped Beef and Rice

- 1. Cut the beef into  $\frac{1}{2}$  inch Dice.
- 2. Braise in the oven for one hour at a moderate temperature (350 degrees F. light brown flour test).
- 3. Melt the fat, add the raw onions and the rice. Cook for 10minutes, stirring continuously.
- 4. Add hot tomato juice and the stock to the rice. Bring to a boil.
- 5. Add the braised beef and mix well.
- 6. Bake in a covered pot in a slow oven (325 degrees F. creamy flour test), on top of the stove, or in a steam jacketed kettle, until the meat and rice are tender. Do not stir.

Yield: 100 – 8 oz. servings.

Note: 1 pt. chopped Green Peppers may be added with the tomato juice and will improve the flavor.

Measure	Unit	Ingredients	Lbs.	Ozs.
13	Qts.	Raw Meat, diced	26	
1 1/2	Qts.	Onions, sliced	2	4
1	Pt.	Fat	1	
1	Qt.	Flour	1	4
2 1/2	B.sp	Salt		4
1	B.sp	Pepper		
10	# 4 can	Tomatoes	25	
2 1/2	Gal.	Stock	25	
6	Qts.	Raw Macaroni	7	8

## Macaroni with Tomato and Meat

Method:

- 1. Braise the meat for 45 minutes at 350 degrees F.
- 2. Add the sliced onions and braise 15 minutes longer. Drain off the melted fat and add to the fat in the recipe.
- 3. Make a tomato sauce, using the fat, flour, tomatoes, stock, and seasonings.
- 4. Add the meat and onions to the sauce. Cover and cook over a low heat or bake in a moderate oven (350 degrees F.) until the meat is tender.
- 5. Cook the macaroni according to the general method.
- 6. Add the cooked macaroni to the meat. Reheat if necessary.

Yield: 100 – 13 oz. servings.

Variations: 1 pt. finely chopped Green Peppers and 1 qt. Diced Celery may be added to the tomato sauce.

## Macaroni with Tomato, Cheese, and Meat

Note: Reduce the meat to 20 lbs. and add 4 lbs. grated cheese just before adding the macaroni.

## Scalloped Macaroni, Tomato, and Meat

Method:

- 1. Substitute 12 lbs. of diced cooked meat for the raw meat.
- 2. Make a tomato sauce, cooking the onions in the fat before the flour is added.
- 3. Combine all the ingredients and pour into baking dishes.
- 4. Cover with 1 Gal. of buttered crumbs and bake in a moderate oven (350 degrees F.) for 1/2 hour.

Note: Spaghetti may be substituted for macaroni.

## Meat Sauce for Macaroni or Spaghetti

Measure	Unit	Ingredients	Lbs.	Ozs.
		Lean Raw Beef	20	
4	B.sp	Bacon Fat		4
3 1/2	Qts.	Onions minced	5	4
1	Qt.	Celery diced	1	4
		Garlic, crushed		4
4	B.sp	Salt		6
1	B.sp	Pepper		1/2
2	# 10 cans	Tomatoes	12	12
2	# 2 can	Tomato Puree	13	
1	Gal.	Beef Stock	10	

Method:

- Cut the meat into small dice or put through a coarse mincer. Braise in a moderate oven (350 1. degrees F. light brown flour test) for 45 minutes.
- 2. Melt the bacon fat, add the onions, celery, and garlic and cook slowly until the onions are lightly browned. Stir frequently.
- 3. Combine all the ingredients. Simmer for 2 to 3 hours.
- 4. Pour over hot boiled macaroni or spaghetti. Mix well.
- 5. Serve very hot.

Yield: Approx.  $100 - 6 \frac{1}{2}$  oz. servings of sauce (1/2 pt.).

Note: The spaghetti may be served on a plate and the meat sauce poured over it.

Measure	Unit	Ingredients	Lbs.	Ozs.
		Pork Cuttings, minced	25	
		Lean Beef, minced	10	
3	Qts.	Pastry Flour, unsifted	3	12
3	Qts.	Dry Bread Crumbs	3	
1 1/2	Qts.	Water	3	12
2	Tsp	Sage		
2	Tsp.	Nutmeg		
3 1/2	B.sp	Salt		5
1	B.sp	Pepper		1/2

#### Sausage Cakes or Loaf

Method:

- 1. Combine all the ingredients. Mix thoroughly.
- 2. Shape into 2 lb. Loaves or 6 oz. cakes.
- Bake in a moderate oven until thoroughly cooked. Bake sausage loaves at 350 degrees F. for 3. approx. 1 <sup>1</sup>/<sub>2</sub> hours. Pan- broil sausage cakes or bake at 350 degrees F. for approx.15 minutes.
- 4. Serve with brown gravy or applesauce.

Yield: 100 – 4 oz. servings.

# **Recipes Using Cooked Meat**

## Jellied Meat

Measure	Unit	Ingredients	Lbs.	Ozs.
		Cooked Meat diced	15	
1 1/2	Gal.	Water or Stock	15	
1	Qt.	Onions, chopped and blanched	1	8
1/2	Pt.	Parsley, minced		4
2	B.sp	Salt		3
1/2	B.sp	Pepper		
1	Qt.	Cold water	2	8
2/3	Qt.	Gelatin	1	

Method:

- 1. Combine the stock, seasoning, and meat. Simmer for 20 minutes.
- 2. Pour the cold water over the gelatin and let stand until the water is absorbed.
- 3. Add the moistened gelatin to the simmering meat mixture and stir until the gelatin is completely dissolved. Do not boil.
- 4. Pour into deep pans that have been moistened with cold water.
- 5. Cool and then place in a refrigerator. Protect from dust by covering lightly with a clean paper or cloth.
- 6. Keep very cold until ready to use.
- 7. Cut into uniform slices and serve on cool plates.

Yield – 100 5 oz. servings.

Note: Veal and Pork, Beef and Veal, Ham and Veal; as well as other combinations of meat may be used in making jellied meat.

Recipes Using Leftover Meat

## Baked Hash

Measure	Unit	Ingredients	Lbs.	Ozs.
3 1/2	Gals.	Raw Potatoes, diced	21	
1	Gal.	Onions, diced	6	
2	Qts.	Brown gravy	5	
2	Qts.	Water	5	
3 1/2	B.sp	Salt		5
2	Gal.	Cooked Meat diced	16	

Method:

- 1. Place all the ingredients, except the diced meat, into a baking pan. Cover.
- 2. Bake in a hot oven (400 degrees F. golden brown flour test) or boil on top of the stove until the potatoes are almost tender.
- 3. Add the diced meat and continue cooking until the potatoes are tender and the meat is thoroughly heated.
- 4. Serve very hot with Quick Chili Sauce.

Yield:  $100 - \frac{1}{2}$  oz. servings.

Variations:

- 1. Cook 2 qts. diced celery with the other vegetables.
- 2. Add 1 pt. finely chopped green peppers with the meat.

#### Meat and Potato Cake or Rissole

Measure	Unit	Ingredients	Lbs.	Ozs.
2 1/2	Gals.	Mashed Potatoes	25	
10	Ea.	Eggs	1	2
1 3⁄4	Gals.	Cooked Meat minced	15	
3⁄4	Pt.	Cooked Onions		10
3 1/2	B.sp	Salt		5
1/2	B.sp.	Pepper		

Method:

- 1. Combine all ingredients thoroughly.
- 2. Mould into 3 oz. cakes.
- 3. Dip in flour and fry on a griddle or brush with fat and bake for 12 to 15 minutes in a hot oven (400 degrees F. golden brown flour test).

Yield: 200 Cakes or Rissoles.

Note:

- For Rissole, shape into cylinders, roll in flour, egg wash and sifted bread crumbs. Fry in deep fat at 375 degrees F. until brown. Place in pan and finish heating in a moderate oven (375 degrees F. light brown flour test) for approx. 10 minutes.
- 2. One cup chopped parsley may be added.

Measure	Unit	Ingredients	Lbs.	Ozs.
1/2	Pt	Fat		8
1	Qt.	Onions	1	8
2 1/2	Gals.	Meat, cooked and minced	25	
2	B.sp	Salt		3
1	Tsp	Pepper		
3	Qts.	Gravy, Stock or Tomato Juice	7	8
2/3		Recipe for Mashed Potatoes		

## Shepherd's Pie

Method:

- 1. Cook the onions in the fat until clear.
- 2. Add the meat, seasoning, and gravy to the onions. Mix thoroughly.
- 3. Spread in baking pans to the depth of 1 <sup>1</sup>/<sub>2</sub> inches. Heat.
- 4. Spread with the mashed potatoes 1 inch thick. The potatoes will be quite dry, 1 pt. of milk is sufficient for the quantity of potatoes required.
- 5. Brush the surface with fat and brown in the oven (375 400 degrees F.)
- 6. Cut into squares and serve with Tomato, Barbecue or Chili Sauce or Brown Gravy.

Yield: 100 - 8 oz. servings.

### Baked Lima Beans and Ham

Measure	Unit	Ingredients	Lbs.	Ozs.
9	Qts.	Dried Lima Beans	17	
		Cold Water to Cover		
3	Gals.	Boiling Water		
1	Pt.	Onions Diced		12
1	Qt.	Brown Sugar	1	12
1 1/3	B.sp	Salt		2
7 1/2	Qts.	Ham, cooked, diced	15	

Method:

- 1. Pick over and wash the beans. Soak over night in cold water to cover.
- 2. Do not drain before cooking. Add boiling water to cover (about 3 gals.) and boil gently until almost tender (1 to 2 hours). They must not be allowed to break up.
- 3. Drain.
- 4. Blanch the diced onions in boiling water. Drain.
- 5. Mix the salt and sugar.
- 6. Spread a layer of beans in greased baking pans, add a layer of diced ham, sprinkle with blanched onions and brown sugar. Repeat until the pans are full. Have brown sugar on top.
- 7. Bake in a slow oven (325 degrees F. creamy flour test) for at least one hour or until the beans are tender. Cover during the first half of the baking, then remove the lid to permit browning.

Yield: Approx. 100 – 7 oz. servings.

## Corned Beef Hash (1)

Measure	Unit	Ingredients	Lbs.	Ozs.
5	Gals.	Raw Potatoes, diced	30	
2	Qts.	Raw Onions, diced and blanched	3	
1	Gal.	Stock	10	
	Canned	Corned Beef	18	

Note: If canned corned beef is not available, use 42 lbs. of corned beef. Cook, trim and remove excess fat.

Method:

- 1. Combine the potatoes, onions, and stock.
- 2. Bake, cook on top of stove, or in a steam kettle, until tender.
- 3. Add the diced meat and bake for 30 minutes at 350 degrees F. If the canned corned beef is very fat, heat separately and pour off the grease before adding the meat to the vegetables.

Yield: 100 – 8 oz. servings.

Note: The Hash may be finished on top of the stove or in a steam kettle, but must not be allowed to boil.

## Corned Beef Hash (2)

Measure	Unit	Ingredients	Lbs.	Ozs.
2	Qts.	Raw Onions, minced	3	
1	Pt.	Fat	1	
3 1/2	Gals.	Dry Mashed Potatoes	35	

3	Gals.	Corned Beef, minced	18	
		Salt		
		Pepper		

Method:

- 1. Cooked the minced onions in the fat until tender.
- 2. Combine the potatoes, minced meat, and cooked onions.
- 3. Add salt and pepper to taste.
- 4. Spread 2 to 3 inches deep in greased baking pans.
- 5. Bake in a moderate oven (350 degrees F. light brown flour test) until heated through and the under surface is well browned (35 to 40 minutes).
- 6. Cut into portions and serve with the browned side up.
- Yield: 100 8 oz. servings.

## Corned Beef Hash with Eggs

Measure	Unit	Ingredients	Lbs.	Ozs.
		Corned Beef Hash (2)		
100	Ea.	Eggs		

Method:

- Prepare corned beef hash and bake, with cover on for 20 minutes.
   Remove from the oven, make depressions in the top. Drop one raw egg into each depression. Return to oven.
   Continue baking at same temperature, but uncovered, until the eggs are cooked.
   Remove from heat, cut into servings, allowing one egg per serving.
- 5. Serve very hot.

Yield: 100 - 8 0z. servings of hash and one egg.

Variations: Eggs may be poached on top of the stove. One egg, well drained, should be placed on top of each serving of corned beef hash.

## Jellied Corn Beef

Note: Use corned beef in the jellied meat recipe. Hard cooked egg cut in slices may be arranged on the bottom of the pan before pouring in the meat mixture.

## Meat Loaf

Note:

- 1. Use meat loaf recipe.
- 2. Use two parts of cooked corned beef and one part cooked beef in the meat loaf recipe. Serve hot or cold.

## Shepherd's Pie

Note:

- 1. Use shepherd's pie recipe.
- 2. Use minced corned beef for all or part of the meat required in the recipe. Use beef stock or tomato juice as liquid. Serve very hot.

### Meat and Potato Cake or Rissole

Note:

- 1. Use meat and Potato Cake or Rissole recipe.
- 2. Use minced corned beef instead of left-over meat or use a combination of the two.

# **Pickling of Meat**

Beef and pork are cured by standing in a brine. A large barrel or tub that has no metal fittings is required and the pickle must be kept in a cool place.

Cuts of beef which contain plenty of fat such as the brisket and the plate will be more moist when pickled than leaner cuts. The meat should be cut into 6 to 8 lb. Pieces.

All cuts of pork contain sufficient fat to make them suitable for pickling.

Measure	Unit	Ingredients	Lbs.	Ozs.
5	Gals.	Water	50	
2	Qts.	Salt (coarse)	6	4
2 1/2	Pts.	Brown Sugar	2	
		Saltpeter		2 1/2
		Mixed whole pickling spice	1	

## Pickle for Beef or Pork

- 1. Heat one gallon of water and add the spice tied in a bag, sugar, salt, and saltpeter. Stir until the salt is dissolved.
- 2. Add to the balance of water. Chill.
- 3. Place the meat in the barrel and cover with the pickle. Place a loose fitting cover on the meat, and weigh it down so that the meat will be entirely submerged in the pickle.
- 4. Leave for 2 to 3 weeks.
- Note: To shorten the time required for pickling to 5 to 6 days, increase the salt to 10 lbs. This will produce meat that is harder and drier than that treated with the weaker brine. The flavor of the meat will be improved by adding to the brine 1 lb. Each of raw sliced carrots, onions, and celery.

## Care of Pickle

Method:

- 1. After using, strain to remove bits of meat.
- 2. Bring up to strength after each use by the addition of approx. 5 lbs. of salt and 1 lb. Of sugar.
- Note: Pickle is good as long as it is sweet and clear. Pickle is unfit to use when it becomes thick, ropey, dark in color or smells sour. When this occurs, sterilize the barrel with boiling water and steam or a mild disinfectant before using again. If a disinfectant is used, rinse the barrel with boiling water and air well.

## Prepared Meats (Baked)

Measure	Unit	Ingredients	Lbs.	Ozs.
		Prepared Meat	25	
1 3⁄4	Pts.	Brown Sugar	1	8
1	Qt.	Orange Juice	2	8
2	Qts.	Water	5	

Method:

- 1. Remove the meat from the tins without breaking it.
- 2. Place the loaves in baking pans and score on the surface.
- 3. Mix the sugar and orange juice and pour over the meat.
- 4. Add the water.
- 5. Bake in a moderate oven (350 degrees F. light brow flour test) for 30 minutes. Baste occasionally.

Yield: 100 - 3 to 4 oz. servings.

Variations: Substitute 1 gallon of tomato sauce or I gallon of barbecue sauce for the orange juice and water.

## Pan – Broiled Prepared Meat

- 1. Need 25 lbs. prepared meat.
- 2. Cut the meat into  $\frac{1}{4}$  inch slices.
- 3. Pan broil until brown on both sides.
- 4. Serve very hot with Tomato, Spanish or Barbecue Sauce.
- Yield: 100 3 to 4 oz. servings.

# ATHABASKAN TRIBAL CLASS

Commissioned	20 January 1948
Paid Off	21April 1966
Displacement	1,950
Dimensions	377 ft. x 36 x9
Speed	36
Crew	14 Officers / 245 Other Ranks
Armament	4-4" (2 x 11), 2-3" (1 x 11), 4-40 MM , 4-21" TT (1 x IV) 2 Squid

ATHABASKAN was the last of her class to be completed and commissioned at Halifax o 20 January 1948. Until the outbreak of the Korean War, she trained new entries and officers on the West Coast. From July 05, 1950 until December 11, 1953 she was deployed on three (3) tours of duty in Korean waters. She emerged from an extensive conversion classed as a destroyer escort in October 1954 and resumed her training role until January 1959. She was placed in reserve at Halifax in 1964 and on April 21, 1966, paid off for disposal.

# **POULTRY**

### Roast Chicken or Turkey

Method:

- 1. Clean, stuff, and truss the birds.
- 2. Brush with melted fat.
- 3. Place on their sides in roasting pans. Add enough water to cover the bottom of the pan.
- 4. Roast in a slow oven (300 degrees F. creamy color flour test) until the meat is tender. Turn once or twice in order to brown evenly. Baste occasionally or brush with additional fat.
- 5. Serve with Giblet or Brown Gravy made from the drippings in the pan.

Note:

- 1. If the birds seem old, pour about 1/3 inch of water into the pan and cover for the first half of the cooking.
- 2. The bird is cooked if the leg joint moves easily or breaks when the drumstick is grasped in the hand.
- 3. For large numbers, additional dressing will have to be baked in pans.

### Time Table for Roasting Poultry

Poultry	Weight	Min. Per Lb. Approx.	Cooking Temp.
Chicken	3 ½ to 5 lbs	35 – 45 min.	325 degrees F.
	5 lbs and over	30 to 35 min	325 degrees F.
Duck	4 – 8 lbs	25 min	325 degrees F.
Fowl	5 lbs and over	40 – 50 min	325 degrees F.
Goose	10 to 12 lbs	20 – 25 min	325 degrees F.
Turkey	12 – 18 lbs	18 – 20 min	300 – 325 degrees F.

## Dressing for Roast Chicken or Turkey

Measure	Unit	Ingredients	Lbs.	Ozs.
3	Gals.	Fresh Bread Crumbs	8	

3	B.sp	Savory or thyme		
3	B.sp	Salt		5
2	Tsp.	Pepper		
1/2	Pt	Parsley chopped		
1 1/2	Pts.	Butter or Bacon Fat Melted	1	8

Method:

- 1. Add the seasonings to the Bread Crumbs.
- 2. Add to the melted fat. Mix lightly.

Yield: 9 lbs of dressing  $/ 1 \frac{1}{2}$  oz. per person.

Variations:

- 1. Add 1 qt. Of raisins to the bread crumbs.
- 2. Add 1 pt. of diced celery.

Quantities: 3 qts. of dressing (3 lbs) are required for one turkey (15 lbs) 1 qt. Of dressing (1 lb) is required for one chicken (4 ½ to 5 lbs.)

The dressing not used in stuffing the birds should be baked In a moderate oven (350 degrees F. light brown flour test) for 1 hour. Brush the surface with melted fat to prevent drying out.

### **Baked Chicken**

Method:

- 1. Need -56 Lbs. Chicken.
- 2. Prepare the chickens for cooking.
- 3. Cut into servings. Season with salt and pepper
- 4. Dredge with flour, sprinkle with bacon fat.
- 5. Place in roasting pans and bake in a hot oven for ½ hour. Baste with equal amounts of fat and stock.
- 6. Serve with gravy made from the drippings in the pan.

Yield: 100 - 5 oz. servings.

#### **Braised Fowl**

- 1. Need 56 lbs fowl.
- 2. Prepare the fowl for cooking.
- 3. Cut into servings.
- 4. Simmer in water to cover until tender ( $1\frac{1}{2}$  to 2 hours).
- 5. Drain. Save the stock.
- 6. When the fowl is cool enough to handle, coat with flour which has been seasoned with salt and pepper (see Fried Chicken)
- 7. Sauté until golden brown.
- 8. Serve hot with gravy made from the stock drained from the fowl and any drippings remaining in the pans.

Measure	Unit	Ingredients	Lbs	Ozs.
2	Gals.	Fresh Bread Crumbs	8	
2 1/2	Qts.	Sausage Meat	6	
6	B.sp	Parsley finely chopped		
2	B.sp	Salt		3
4	Tsp	Pepper		
3⁄4	Pt.	Onions finely chopped		9
6	B.sp	Butter or Bacon Fat		6
9	Ea.	Eggs Beaten	1	

## Sausage Dressing for Turkey

Method:

- 1. Mix the bread crumbs, sausage meat and seasonings.
- 2. Cook the onion in the fat until clear.
- 3. Add the beaten eggs, onion, and fat to the other ingredients and mix well.
- Yield: 100 2 oz. servings.
- Note: Sausage dressing should not be made for large numbers unless the sausage meat is freshly ground and the dressing is baked in pans in the oven. Never stuff turkeys with dressing made from sausage meat that has been frozen.

## Giblet Gravy

#### Method:

- 1. Prepare giblets by washing and trimming.
- 2. Chop heart and gizzard fine or mince coarsely.
- 3. Cover with water and simmer for one hour.
- 4. Dice the liver and add. Continue to simmer until the giblets are tender.
- 5. Drain. Use the stock as part of the liquid in making brown gravy from the drippings in the pan.
- 6. Add the cooked giblets. Reheat.

## To Cut Raw Chicken or Fowl into Servings

- 1. Clean and wash chicken.
- 2. Remove wing tips and cook with giblets.
- 3. Cut off the legs, separate thigh from drumstick.
- 4. Remove wings, cutting around joint, close to body.
- 5. Separate breast from back by cutting through the ribs.

- 6. Break the back in half cross-wise. Cut each half again, lengthwise.
- 7. Divide the breast into four pieces by cutting lengthwise and then across.

Chicken prepared in this way is used for baked, fricasseed and stewed chicken.

Measure	Unit	Ingredients	Lbs.	Ozs.
2	B.sp	Salt		3
4	Gals.	Boiling Water	40	
3	Gals.	Noodles	7	
1	Qt.	Chicken or other fat	2	
1 1/2	Qts.	Flour	2	
2	B.sp	Salt		3
1/2	B.sp	Pepper		1⁄4
2	Gals.	Chicken stock	20	
6	Ea.	Egg yolks		
1 1/2	Gals.	Chicken, cooked, diced	10	
1	Qt.	Bread crumbs, fine		10
1/2	Pt.	Butter, melted		8

## Baked Chicken and Noodles

Method:

- 1. Add the salt to the boiling water.
- 2. Stir in the noodles and boil until tender about 20 minutes. Drain.
- 3. Make a roux using the fat, flour, salt, and pepper.
- 4. Add the chicken stock slowly, stirring as you add, and cook until there is no taste of raw flour. Pull the pot to the side of the stove or turn off the steam if a steam-jacketed kettle is used.
- 5. Add a small quantity of the thickened chicken stock to the beaten egg yolks, blend well and then stir this mixture into the remainder of the sauce.
- 6. Pour the sauce over the noodles. Stir in the chicken.
- 7. Place in greased baking pans.
- 8. Add the breadcrumbs to the melted butter. Mix well.
- 9. Spread the breadcrumbs over the chicken mixture.
- 10. Bake in a moderate oven (350 degrees F. light brown flour test) for ½ hour or until thoroughly heated and well browned.

Yield: 100 – 6 oz. servings.

- Note: 1. The egg yolk may be omitted
  - 2. Diced turkey may be used instead of chicken.

#### Fried Chicken

Measure	Unit	Ingredients	Lbs.	Ozs.
		Chicken	56	
1 1/2	Qts.	Flour	2	
1	B.sp	Pepper		
2	B.sp	Salt		3

1	Pt.	Bacon or Chicken Fat	1	
		Hot Water or Chicken Stock		

#### Method:

- 1. Prepare the chicken for cooking.
- 2. Cut into servings.
- 3. Mix flour, salt, and pepper.
- 4. Coat each piece of chicken with the seasoned flour.
- 5. Cook in the bacon fat until well browned.
- 6. Place in baking pans.
- 7. Add enough hot water or chicken stock to cover the bottom of the pans.
- 8. Cover closely
- 9. Cook in a moderate oven (350 degrees F. light brown flour test) until tender (2 <sup>1</sup>/<sub>2</sub> to 3 <sup>1</sup>/<sub>2</sub> hours).
- 10. Turn and baste several times during the cooking.
- 11. Make gravy from the liquid left in pan.

Yield: 100 - 5 to 6 oz. servings.

### **Chicken Stew**

Chicken or Turkey used in pies, stews, creamed dishes, etc.. must be cooked and served on the same day. Never prepare filling for chicken pie one day and make the pie on the day following.

Measure	Unit	Ingredients	Lbs.	Ozs.
		Chicken	56	
2 3⁄4	Pts.	Onions, chopped	2	
3	Pts.	Celery	2	
1	Qt.	Carrots	1	8
		Hot water to cover		
2	B.sp	Salt		3
1	Pt	Fat	1	
1	Qt.	Flour	1	4

Method:

- 1. Prepare the chicken for cooking. Cut into portions and place in a steam kettle
- 2. Blanch the chopped onions, by allowing them to stand in boiling water for 2 minutes. Drain.
- 3. Add the blanched onions, the celery, carrots, and salt to the chicken.
- 4. Add the hot water. (there should be just enough to cover the chicken).
- 5. Cover the kettle and simmer until the chicken is tender  $(3 \frac{1}{2} to 4 hours)$ . Do not allow to boil.
- 6. Make a roux with the fat and flour.
- 7. Drain off the chicken stock and measure. There should be 1 ½ gals. Make up to this amount with water or vegetable stock, if necessary, or if there is too much, concentrate it by cooking it in the steam-jacketed kettle.
- 8. Finish the gravy, using the chicken stock as liquid.
- 9. Pour the gravy over the chicken and vegetables. Reheat. Serve immediately on mashed potatoes, boiled rice or noodles.

Yield: 100 - 4 to 5 oz. servings.

## Chicken Pie (1)

Recipe for Chicken Stew 1/2 Recipe for Pastry OR 1/2 Recipe for Tea Biscuits

#### Method:

- 1. Prepare Chicken Stew according to the recipe.
- 2. Pour into baking pans.
- 3. Cover with pie dough rolled 1/8 inch thick or with Tea Biscuit dough rolled 1/4 inch thick.
- 4. Bake in a hot oven (425 degrees F. dark brown flour test) until the crust is brown on top (15 to 20 minutes).

## Chicken Pie (2)

Recipe for Chicken Stew <sup>1</sup>/<sub>2</sub> Recipe for pastry Or <sup>1</sup>/<sub>2</sub> Recipe for Tea Biscuits

Method:

- 1. Prepare Chicken or Fowl for cooking.
- 2. Leave whole but cook as directed for Chicken Stew.
- 3. Drain off the stock and make gravy, using the proportions and method given for Chicken Stew.
- 4. Remove the cooked chickens from the kettle and cut the meat from the bones. Use the fingers as little as possible in doing this.
- 5. Cut the meat into large dice (1 to  $1\frac{1}{2}$  inch).
- 6. Place the meat into baking pans, pour the gravy and vegetables over it.
- 7. Cover with biscuit dough rolled 1/4 inch thick or pie dough rolled 1/8 inch thick.
- 8. Bake in a hot oven (425 degrees F. dark brown flour test) for 15 to 20 minutes.
- 9. Keep very hot and serve at once.

Yield: 100 – 7 oz. servings (approx.)

Note: To give larger servings, the vegetables may be increased. 1gal. Onions (6 lbs.), <sup>3</sup>/<sub>4</sub> gal. Carrots (6 lbs.), <sup>3</sup>/<sub>4</sub> gal. Celery (3 <sup>3</sup>/<sub>4</sub> lbs.).

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Qt.	Chicken Fat or Butter	2	
		Mushrooms sliced	2	
1 1/2	Gals.	Chicken stock	15	
1	Qt.	Green Peppers Chopped	1	7
1 1/2	Gals.	Milk	15	
4	B.sp	Onion Juice		
2	Qts.	Flour	2	8
1	Pt.	Eggs slightly beaten	1	5
1	Qt.	Pimento, chopped	2	8
2	B.sp	Salt		3
6	Qts.	Chicken, cooked and cut into 1 inch	10	
		dice		

## Chicken A` la King

- 1. Melt the fat and add the mushrooms. Cook for 5 minutes. Lift out the mushrooms.
- 2. Heat the chicken stock, add the green pepper and cook until tender.

- 3. Combine the hot stock, milk, and onion juice.
- 4. Make a roux, using the fat in which the mushrooms were cooked, and the flour.
- 5. Add the hot stock and milk and cook until there is no taste of raw flour.
- 6. Stir about 1 pt. of the hot sauce into the beaten eggs.
- 7. Add the egg mixture to the sauce, stirring constantly.
- 8. Add the mushrooms, pimento, salt, and chicken. Reheat over hot water or in a steam-jacketed kettle with the steam pressure very low.
- 9. Serve immediately on toast, cooked rice, noodles or tea biscuits split in half.

Yield: 100 - 7 to 8 oz. servings. Approx.  $\frac{1}{2}$  pt.

Note: Mushrooms may be omitted or 2 no. 2 cans of mushroom soup may be used in place of fresh mushrooms.

### **Creamed Chicken**

Measure	Unit	Ingredients	Lbs.	Ozs.
7 1⁄2	Qts.	Cooked Chicken	12	
1 1/2	Gals.	Chicken stock	15	
1 1/2	Gals.	Milk	15	
1	Qt.	Chicken fat or butter	2	
2	Qts.	Flour	2	8
2	B.sp	Salt		3
1/2	Tsp.	Pepper		

Method:

- 1. Cut the cooked chicken into 1, inch dice.
- 2. Make a cream sauce, using the chicken stock and milk as the liquid.
- 3. When the sauce is cooked, add the chicken and reheat.
- 4. Serve on tea biscuits, split in half, on toast or rice.

Yield: 100 - 7 oz. servings.

Note: Creamed chicken or turkey must be prepared only a short time before it is served.

#### Variations:

- 1. Use turkey instead of chicken.
- 2. Reduce chicken to 10 lbs. and add 2 doz. Hard cooked eggs, cut into quarters.
- 3. Cook 1 pt. finely chopped green peppers in the milk for 10 minutes before making the sauce.

## **Roast Duck**

- 1. Before drawing, scrub the skin with warm soapy water and a brush. Rinse the soap off thoroughly.
- 2. Clean, stuff, truss, and weigh as in preparing chicken. Use Chicken or apple stuffing.
- 3. Place in roasting pans, put strips of bacon over the breast.
- 4. Pour into the pans  $\frac{1}{2}$  pt. boiling water and 1 tsp. Salt for each bird.
- 5. Roast in a slow oven (300 325 degrees F. creamy color flour test), allowing the same time as for chicken. Baste frequently and turn at least once.
- 6. Serve hot with Giblet Gravy and apple sauce or steamed apple rings.

### Roast Goose

Method:

- 1. Before drawing, scrub the skin with warm soapy water and a brush. Rinse the soap off thoroughly.
- 2. Clean, stuff, truss, and weigh as in preparing chicken. Use apple or chicken dressing, in which 6 B.sp. of sage are used instead of savory or thyme.
- 3. Place in pans and add <sup>1</sup>/<sub>2</sub> pt. boiling water and 1 tsp. of salt for each bird.
- 4. Cover closely.
- 5. Cook in a slow oven (300 325 degrees F. creamy color flour test) for about 1 ½ to 2 hours.
- 6. Pour off the grease that has collected in the pan.
- 7. Return to the oven; add more boiling, salted water. Cook uncovered until tender. Time the cooking as for chicken.
- 8. Baste frequently with the water in the pan.
- 9. Serve very hot with applesauce.

Measure	Unit	Ingredients	Lbs.	Ozs.
3⁄4	Pt.	Butter		12
2	Qts.	Onions	3	
3	Gals.	Bread, 2 – 3 days old	3	8
1 1/2	B.sp	Salt		2
1	Tsp.	Pepper		
1	Gal.	Apples, sliced	5	

### Apple Dressing for Roast Duck or Goose

Method:

- 1. Melt the butter and sauté the onions until clear.
- 2. Combine the bread, salt, and pepper.
- 3. Cut the apples into thick slices or dice coarsely.
- 4. Combine all ingredients.

Yield: 16 lbs. dressing, approx. 2 <sup>1</sup>/<sub>2</sub> oz. per serving.

#### Variations:

- 1. Omit apples; add 5 lbs. cooked, drained prunes or dried apricots.
- 2. Use 5 lbs. apples and 3 lbs. raisins.

# **ROUX**

Roux is the basis of most Sauces, Gravies, and Cream Soups. It consists of fat and flour in approximately equal quantities by weight. These are blended and then cooked until the desired color is obtained.

Roux may be white or brown, depending upon the color required in the Sauce or Soup.

#### General Proportions for Roux

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Pt.	Fat	1	
<sup>3</sup> ⁄4 to qt.		Flour	1 to 1 ¼	

This makes sufficient roux to thicken 1  $\frac{1}{2}$  gals. of liquid, which is the quantity of Sauce or Gravy required for 100 servings.

The amount of flour needed will vary slightly with different fats and different flours. The important point to remember is that ALL THE FAT must be absorbed by the flour and it is this fact which determines the exact quantity to use.

#### White Roux

White Roux should be cooked over a low heat or in a steam jacketed kettle.

Ingredients:

Flour Butter or Shortening – or Part Butter and Part Shortening or Rendered Beef or Pork Fat

#### Method:

<ol> <li>Melt the fat and blend in the flou</li> </ol>
--

2. Cook over a low heat for 3 to 5 minutes, stirring constantly.

Use: As a base for cream soups and cream sauce.

#### **Brown Roux**

Brown Roux is cooked over direct heat.

Ingredients:

Flour

Drippings from roast meat, bacon or ham fat.

#### Method:

- 1. Melt the fat, blend in the flour.
- 2. Cook over a moderate heat, stirring constantly until the mixture becomes chestnut brown in color. Great care must be taken to avoid scorching.

Use: As a base for brown gravies, sauces, and soups.

#### How to use Roux

The liquid, which is to be thickened by the roux, must be very hot.

- 1. Add about one eighth (1/8) of the hot liquid to the roux and stir until smooth.
- 2. Continue adding the hot liquid in small amounts (about one eighth 1/8) until it has all been used.
- 3. Cook until there is no taste of raw flour.

Note: If the roux is cold, first add enough hot liquid to form a thin paste. Heat almost to boiling and then proceed as above.

### Using Roux for Large Quantities

- 1. Heat the liquid in a stockpot or steam jacketed kettle.
- 2. Make a thin paste by mixing some of the hot liquid with the roux.
- 3. Using a chef's whip, stir the paste into the hot liquid.
- 4. Continue to stir until the mixture thickens.
- 5. Cook until there is no taste of raw flour.

### Advantages in Using Roux

- 1. The fat, when cooked with flour, will not separate out and float on the surface of soups, gravies, and sauces.
- 2. The flavor of the product is improved.
- 3. The color of gravies is better when made with brown roux.
- 4. Roux can be made in larger quantities then are immediately required, stored in covered containers in a cool place and used as needed.

The recipes for soups, sauces and gravies in this manual give the proportions of fat and flour required in each as well as the directions for making the roux. An equal weight of roux, which has been made, previously may be substituted for the quantity given in any recipe.

FUNDY	BAY CLASS SWEEPER	
Commissioned	19 March 1954	
Paid Off	31 March 1954	
Displacement	412	
Dimensions	152 x 28 x 7	
Speed	16 Knots	
Crew	3 Officers, 35 Other Ranks	

Armament

#### 1-40, 77 Sweeping Gear

FUNDY II was one of the six (6) Bay Class coastal minesweepers which was transferred to the French Navy in 1954. She was transferred on 31 March 1954 and renamed LA DUNKERQUOISE.

Feeding Concept:	Cafeteria
Cooks	3
Galley	1

# SALADS AND SALAD DRESSINGS

Serve vegetables or fruit salad daily. Salad should be cool, crisp, and appetizing in arrangement, color, and flavor.

- 1. Chill all ingredients thoroughly.
- 2. Handle salads as little as possible.
- 3. Individual salads should be piled they should never be spread out on a plate or be flat.
- 4. Garnish should be placed at one side or on top.
- 5. Never sprinkle a garnish over a salad or arrange it in a pattern.

### Preparation of Celery

The entire head of celery may be diced for salad, or the larger stalks may be used in this way and the hearts cut into sections and served as garnish or as celery sticks.

Wash, trim, and remove the celery leaves as directed in the recipe for boiled celery. After removing the strings, cut the stalks into <sup>1</sup>/<sub>4</sub> inch to 3/8 inch dice.

#### Preparation of Celery Hearts

- 1. Remove the outer stalks without cutting off the root.
- 2. Trim the root to a point.
- 3. Cut the hearts in half, lengthwise through the root.
- 4. Cut each half lengthwise into 2 or 3 pieces.
- 5. Stand in cold water until ready to serve.
- 6. Use alone or with carrot sticks to give crispness to a meal, or serve as a garnish on salad.

#### Preparation of Green Peppers

- 1. Wash the peppers.
- 2. Make a circular cut around the small green center where the stem was attached.
- 3. If the peppers are to be cut in rings, remove the core membranes and seeds, through the stem end. Wash the inside well to get rid of all the seeds.
- 4. If the peppers are to be diced or cut into strips, cut each pepper in half, remove the core, membranes and all the seeds. Cut into fine strips for garnish or dice very fine for mixing in salads.

### Preparation of Lettuce

#### Head Lettuce

Cut the entire core from the center of head lettuce. Hold the head under the cold-water tap, allowing the water to run into the hole made by the removal of the core. This will separate the leaves. Trim heads, cutting away all unusable outside leaves. Soak heads for one hour in cold water. Remove and place in a container in the refrigerator in such a way as to permit them to drain. Cover heads and let stand for several hours to become crisp. Separate leaves and serve.

### Leaf Lettuce

Cut off the root, remove wilted leaves. Wash the lettuce carefully in cold water, drain. Place in the refrigerator until it is to be used. Leaf lettuce is apt to have small green bugs on it. Examine each leaf before using.

#### Marinating

Diced cooked vegetables, meat or fish used in salads should be sprinkled lightly with French dressing and chilled for one hour before they are used. This is done to allow the seasonings to penetrate to the

center of the diced ingredients, and is called Marinating. Very little dressing should be used and each vegetable should be marinated separately.

French dressing is also sprinkled over lettuce and other greens after they have been shredded. They should be tossed lightly to spread the dressing and should be served at once. When serving large numbers, add the dressing to only part of the salad at a time. If allowed to stand in French Dressing for more than 15 minutes, the lettuce will become limp.

## Apple and Celery Salad

Measure	Unit	Ingredients	Lbs.	Ozs.
		Apples, A.P.	24	
9 1/2	Qts.	Celery, diced	12	
1	Qt.	Mayonnaise OR	2	8
1	Qt.	Boiled Dressing	2	8

Method:

- 1. Wash and core the apples.
- 2. Cut into  $\frac{1}{2}$  inch dice and drop into the salad dressing.
- 3. Add the diced celery
- 4. Toss together lightly. Chill for  $\frac{1}{2}$  hour.
- 5. Serve immediately
- Yield: 100 5 oz. servings.

Variations:

- 1. Add 1 lb. Washed, drained raisins to the salad.
- 2. Omit 4 lbs. of celery and just before serving, add 25 to 30 ripe bananas, sliced or diced.
- 3. Reduce apples to 18 lbs. and just before serving, add 20 oranges cut into <sup>1</sup>/<sub>2</sub> sections.

## Chicken Salad

Measure	Unit	Ingredients	Lbs.	Ozs.
2	Gals.	Boneless cooked fowl	13	
5	Qts.	Celery, diced	6	4
2	B.sp	Salt		3
1 1/2	Qts.	Mayonnaise	3	12

Method:

- 1. Cut the chicken into  $\frac{1}{2}$  inch cubes.
- 2. Add the diced celery and salt. Chill.
- 3. Add the mayonnaise, toss lightly and serve at once.

Yield: 100 – 4 oz. servings.

Variations: Add 1 qt. Diced green peppers.

## Cabbage Salad

Measure	Unit	Ingredients	Lbs.	Ozs.
6	Gal.	Cabbage shredded	18	
1	Pt.	Onions		12
1	Pt.	Vinegar	1	4
2	Qts.	Mayonnaise	5	
1 1/2	Pts.	Cooked Salad Dressing	2	
2	B.sp	Salt		3
2	Tsp.	pepper		

Method:

- 1. Select firm, crisp cabbage. Remove the coarse outer leaves. Cut into quarters and remove the heart.
- 3. Wash thoroughly and drain.
- 4. Shred very fine and chill.
- 5. Add remaining ingredients just before serving.
- Yield: 100 4 oz. servings.
- Note: 3 <sup>1</sup>/<sub>2</sub> pts. Of Modified Mayonnaise may be used instead of the mayonnaise and the cooked salad dressing given in the recipe.
- **Variations:** Cabbage may be varied by the addition of one or more of the following. Use weight given for each and omit an equal weight of cabbage from the recipe given above.

Ingredients	Preparation	Weight	Measure
Celery	Finely diced	5 lbs.	1 gal.
Celery leaves	Coarsely chopped	3 lbs.	
Carrots	Shredded or finely diced	3 lbs.	2 qts.
Onions	Finely chopped (blanch after chopping by allowing	3 lbs.	2 qts.
	to stand in boiling water for 2 minutes. Drain and chill before using).		
Green Peppers	Remove the core and seeds. Dice the pepper fine.		6 – 8 No.
Apples, raw	Wash, core, and cut into 1/2 inch dice. Use unpeeled	5 lbs.	1 gal.
	if skin is red.		
Raisins, seedless	Pick over, wash, drain, and pick out stems, etc	3 lbs.	2 qts.
Pineapple canned	Drain and dice	5 lbs.	1 gal.
Spinach, raw	Coarsely chopped leaves	3 lbs.	

## Salmon Salad

Measure	Unit	Ingredients	Lbs.	Ozs.
24	Cans	Salmon (1 lb cans)	20	(drained)
2	Gal.	Celery, diced	10	
1/2	Pt.	Onions, finely diced		6
2	Qts.	Cooked Salad dressing	5	
2	B.sp	Salt		3
2	Tsp.	Pepper		

- 1. Remove the skin and bones from the salmon and then flake the fish. Add the remaining ingredients. Chill before serving.
- 2. Serve on lettuce with vegetable salad.

Yield: 100 – 5 oz. servings.

## Salmon Mayonnaise

Measure	Unit	Ingredients	Lbs.	Ozs.
		Cooked boneless salmon	25	
		Head lettuce	15	
3	Qts.	Mayonnaise	7	8

Method:

- 1. Chill the salmon.
- 2. Cut into 4 oz. servings.
- 3. Wash the lettuce and separate the leaves under running water. Drain.
- 4. Arrange lettuce cups on plates.
- 5. Carefully lift the salmon onto the lettuce.
- 6. Place 1 B.sp. stiff mayonnaise beside the fish.
- 7. Garnish with cress, celery hearts, sliced tomatoes, cucumbers, etc.
- 8. Potato Salad may be served on the same plate.

Yield: 100 servings.

# Fruit Salad

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/4	Gals.	Oranges diced	12	8
3	Qts.	Pineapples diced	8	
2	Gals.	Apples diced	10	
2	Qts.	Cooked salad dressing	5	
		Lettuce		

Method:

- 1. Prepare the oranges and pineapple.
- 2. As the apples are diced, add to the other fruit.
- 3. Chill.
- 4. Just before serving, drain. Save the juice.
- 5. Mix the drained fruit with the salad dressing and pile on lettuce or serve the dressing separately.

Yield: 100 – 5 oz. servings.

Note:

- 1. Any combination of fresh fruit or canned fruit may be used. The total weight of fruit should be from 30 to 40 lbs. The total volume from 4 to 6 gallons.
- 2. When bananas are added, slice or dice just before serving, and drop into the other fruit or into the salad dressing, as they are prepared. This prevents discoloration.

# Potato Salad

Measure	Unit	Ingredients	Lbs.	Ozs.
4	Gal.	Potatoes, cooked diced	28	
1	Pt.	French dressing		10
1	Qt.	Onions finely diced	1	8
3	Qts.	Mayonnaise	7	8
		OR		
3	Qts.	Cooked salad dressing	7	8
2	B.sp.	Salt		3
2	Tsp.	Pepper		

Method:

- 1. Cut the potatoes into  $\frac{1}{2}$  inch dice.
- 2. Sprinkle with a small amount of French dressing and toss lightly. Chill for one hour.
- 3. Blanch the diced onions by allowing to stand in boiling water for 2 minutes. Drain thoroughly. Drain.
- 4. Combine all ingredients very carefully a short time before serving.
- 5. Serve with cold meat or fish.

Yield: 100 – 5 oz. servings (approx. 2/3 pt.)

#### Variations:

Add one or a combination of the following when available. Use the amounts given and omit an equal weight of potato from the recipe.

Ingredients	Preparation	Weight	Measure
Celery	Diced	5 lbs.	1 gal.
Cucumber	Peeled and diced (1/3 inch)	5 lbs.	1 gal.
Radishes	Diced or sliced	4 lbs.	3 qts.
Parsley	Finely chopped		1 qt.
Green peppers	Finely chopped	1 lb.	1 ½ pts.

# **Combination Salad**

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Pt.	Onions finely diced and blanched		12
		French Dressing		
1 1/2	Gals.	Potatoes cooked and diced	10	
1	Gal.	Carrots cooked and diced	8	
5	No. 2 can	Green peas	4	Drained weight
5	No. 2 can	Green beans	3	Drained weight
1	Gal.	Celery diced	5	
2	B.sp	Salt		3
2	Tsp.	Pepper		
3	Qts.	Cooked Salad dressing	7	8

Method:

- 1. Add about <sup>1</sup>/<sub>4</sub> of the diced onions to the French dressing, add the rest to the cooked salad dressing and mix well.
- 2. Sprinkle the potatoes and the carrots separately with French dressing. Cover and keep in a cool place for one hour.

- 3. Drain the green peas and beans thoroughly.
- 4. Combine all the ingredients. Mix carefully in order not to break the vegetables. Chill.
- 5. Serve on lettuce with cold meat or other salads. Garnish with hard-cooked egg or parsley.

Yield; 100 - 5 oz. servings.

### Green Salad

1. This salad is composed mainly of coarsely shredded head or leaf lettuce, to which one or more of the following vegetables may be added.

Coarsely shredded spinach	Diced cucumber
Finely chopped onions	Tomatoes cut into eighths
Sliced radishes	Water cress
Finely chopped green peppers	Finely shredded cabbage
Finely shredded green peppers	Finely shredded carrots

(A variety of ingredients makes the salad more attractive)

- 2. Prepare the greens, wash, drain well, and shake to get rid of the water. Keep in the refrigerator while the other ingredients are being prepared.
- 3. Cut lettuce into 1 inch shreds.
- 4. Add the onions, radishes, green peppers, etc. Toss lightly. Using a fork, do not stir. Keep the salad cool.
- 5. Add the French dressing just before serving. The dressing should be mixed with about 1 ½ to 2 gallons of salad at a time.
- 6. Prepare 7 gallons for 100 servings.

### Jellied Salad

Jellied salads should be kept in the refrigerator until they are to be served. They should be poured into shallow pans to set and should be cut into pieces of uniform size for serving. As this is usually impossibility when at sea, they are more suitable for use when in port. If made at sea, they should be allowed to set in deep pots, having the latter only 1/3 full. The salad can then be served with a cook's spoon, and if this is done carefully, can be made to look quite attractive. Each pot of jelly must be left in the refrigerator until it is to be used and must be kept away from the heat while being served.

Never use raw pineapple in a jelly. (See section on gelatin desserts)

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Qts.	Lemon jelly powder	3	6
1	Gal.	Hot water	10	
1/2	B.sp	Salt		
1	Gal.	Cold water	10	
1	Pt.	Vinegar	1	4
2 1/2	Qts.	Celery diced	3	
1	Gal.	Cabbage chopped fine	3	
1 1/2	Pts.	Carrots shredded or chopped	1	
		very fine		
1 1/2	Pts.	Peppers green, chopped fine	1	

### **Perfection Salad**

- 1. Dissolve the jelly powder in the hot water. Add the salt.
- 2. Add the cold water and vinegar. Cool until it begins to set.
- 3. Add the remaining ingredients.
- 4. Chill until firm.
- 5. Serve on lettuce with mayonnaise, modified mayonnaise, or cooked salad dressing.

Yield: 100 -Servings (2  $\frac{1}{2}$  inch square) or about 2 B.sp rounded.

Note: If the vinegar is very strong, add only part of it and taste before adding the balance.

Variation: Add 1 Qt. Pimento chopped fine.

# French Dressing

Measure	Unit	Ingredients	Lbs.	Ozs.
3⁄4	Pt.	Vinegar		15
2 or 3	B.sp	Salt		1
2	Tsp.	Sugar		
1	Tsp.	Pepper		
1	Tsp.	Mustard		
1/2	B.sp	Onion juice		
1 1/2	Pts.	Salad oil	1	12

Method:

1. Mix all ingredients together.

2. Shake well before using.

Yield: 1 – quart.

Note: This dressing may be made in larger quantities and kept in a covered container in a cool, dark place.

Additions: 1 tsp. curry powder, 1 B.sp paprika, <sup>1</sup>/<sub>2</sub> tsp. mace.

# Tomato Jelly (1)

Measure	Unit	Ingredients	Lbs.	Ozs.
3⁄4	Pt.	Gelatin		8
1	Pt.	Cold water	1	4
8	Ea.	Bay leaves		
5	Ea.	Cloves		
1/2	Tsp	Cinnamon		
1	Tsp	Pepper berries		
1/2	Pt.	Onions chopped		6
1	Pt.	Celery leaves and stocks		
8	# 2 ½ cans	Tomato Puree	14	
1 1/2	B.sp	Salt		2
3	B.sp	Sugar		3
1/2	Pt.	Vinegar		10
2	B.sp	Lemon juice		

- 1. Moisten the gelatin with the cold water.
- 2. Simmer spices, onions, celery, and 1 qt. Tomatoes together for 20 minutes.
- 3. Add the moisten gelatin and stir until dissolved.
- 4. Strain. Add salt and sugar.
- 5. Add the remaining tomatoes, vinegar, and lemon juice.
- 6. Pour into moistened moulds or pans.
- 7. Allow to set in cool place.
- Yield: Approx.  $1\frac{1}{2}$  gallons or  $100 2\frac{1}{2}$  oz. servings.
- Note: The lemon juice may be omitted. Tomato juice may be substituted for canned tomatoes.

Variations:

- When the jelly has begun to set, add
  - 1. One gallon diced celery or
  - 2. One gallon diced celery and one # 10 can of green peas (drained) or
  - 3. One quart finely chopped green peppers, or
  - 4. Three quarts diced celery, one quart chopped green peppers and three # 2 cans of green peas (drained).

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Pts.	Lemon jelly powder	1	12
2	Qts.	Hot water	5	
1	# 10 can	Tomato Puree	6	8
1/2	Pt.	Lemon juice		10
3	B.sp	Onion juice		4
2/3	B.sp	Salt		
3	Qts.	Celery diced	3	12
3	# 2 cans	Peas	2	6 (drained)

### Tomato Jelly (2)

Method:

1. Dissolve the jelly in the hot water.

2. Add the tomato, salt, lemon, and onion juice.

3. Cool. When the mixture begins to jell, fold in the celery and green peas (drained).

4. Serve on lettuce, with mayonnaise, modified mayonnaise or cooked salad dressing.

Yield: 100 – 3 oz. servings (approx. 2 gallons)

### **Cooked Salad Dressing**

Measure	Unit	Ingredients	Lbs.	Ozs.
6	Ea.	Eggs		10
3	Cups	Sugar	1	4
1/4	Cup	Salt		4
1/2	Cup	Mustard		1 1/2

1 1/2	Pts.	Vinegar	1	12
5	Pts.	Milk	6	4
1 1/2	Pts.	Flour		14
1	Cup	Butter		8

1. Beat the eggs until thick.

2. Add the sugar, salt, and the mustard and mix well.

- 3. Add the vinegar, milk, and the flour. Continue beating until smooth.
- 4. Cook over hot water stirring constantly until there is no taste of raw flour.
- 5. Remove from the heat. Cool slightly. Add the butter and mix well.

Yield: 1 – gallon.

# Mayonnaise

Measure	Unit	Ingredients	Lbs.	Ozs.
2 1/2	B.sp	Pure mustard		1
1 1/2	B.sp	Salt		2
2	B.sp	Sugar		2
1	Pt.	Vinegar or lemon juice	1	4
1	B.sp	Onion juice or grated onion		
16	Ea.	Egg yolk or whole eggs		
1	Gal.	Salad oil	9	8

Method:

- 1. Mix the dry ingredients.
- 2. Add the vinegar and onion juice> blend well.
- 3. Add the beaten eggs and mix thoroughly.
- 4. Add the oil very gradually, beating constantly.

Yield: 1 1/8 gallons.

Note:

- 1. When mayonnaise is made in a mixing machine, use low speed until all the oil has been added.
- 2. A modified mayonnaise may be made by mixing together equal quantities of boiled dressing and mayonnaise.

# Modified Mayonnaise

Measures	Unit	Ingredients	Lbs.	Ozs.
3	B.sp	Sugar		3
3⁄4	Pt.	Flour		8
1 1/2	B.sp	Salt		2
1/2	B.sp	Mustard		
3⁄4	Pt.	Vinegar		15
1 1/2	Qts.	Boiling water	3	12
6	Ea	Egg yolks		
3	Qts.	Salad oil	7	2

Method:

1. Mix the dry ingredients.

- 2. Add the vinegar, 1 B.sp of oil and the boiling water.
- 3. Cook until it thickens and there is no taste of raw flour. Stir constantly.
- 4. Cool.
- 5. Add the egg yolks and beat well
- 6. Add the oil and bet until thoroughly blended. This may be done by hand or at low speed on a mixing machine.

Yield: 1 <sup>1</sup>/<sub>4</sub> Gallons.

# Mayonnaise Using Evaporated Milk

Measure	Unit	Ingredients	Lbs.	Ozs.
1⁄4	Pt	Sugar		4
1	B.sp	Mustard		
1	B.sp	Salt		
1	B.sp	Paprika		
	Few grains	Cayenne and white pepper		
3	# 1 cans	Evaporated milk	2	11
3 1/2	Qts.	Salad oil	8	5
1/2	Pt.	Vinegar		10
1/2	Pt.	Lemon juice		10

Method:

- 1. Mix the dry ingredients.
- 2. Add the evaporated milk. Beat well.
- 3. Add the salad oil. Beat well.
- 4. Add the vinegar and lemon juice.
- 5. Use with fruit or jellied salads.

Yield: 1 <sup>1</sup>/<sub>4</sub> gallons.

Note: When a mixing machine is used, keep it at low speed.

# WALLACEBURG ALGERINE CLASS MINESWEEPER

Commissioned	18 November 1943
Paid Off	24 September 1957
Displacement	990
Dimensions	255 x 36 x 10
Speed	16
Crew	6/99
Armament	1 – 4 ", 4 – 20 MM, Hedgehog

WALLACEBURG arrived in Halifax on December 13, 1943, was assigned to EG W – 8, Western Escort Force, in February 1944. During the summer 1945, she was attached to HMCS CORNWALLIS for training, and then placed in reserve. On November 1, 1950, she was recommissioned for cadet training. She spent the summers of 1956 / 1957 on the Great Lakes and was paid off on September 24, 1957. She was transferred to the Belgian navy on July 31, 1959, to serve as GEORGES LECOINTE until 1969.

Feeding Concept	Cafeteria
Galley	1
Cooks	4

# **BEVERAGES**

# Tea and Coffee

### Points to Remember:

- 1. Never use soap or chlorine for washing out urns.
- 2. Keep pots and urns clean.
- 3. Always use freshly boiling water for tea and coffee.
- 4. Keep tea and coffee hot and at an even temperature.
- 5. Never allow steeped tea or coffee to stand on the leaves or grains longer than the time specified in the recipe.
- 6. Never boil either tea or coffee.
- 7. Make tea and coffee in relays, when feeding large numbers.

General Rules for Making Coffee and Tea in Urns:

- 1. When using a new leach bag, wash it in cold water before putting it in the urn.
- 2. Drain all water from the water urn after each meal.
- 3. Fill the water urn with fresh water before each meal. Bring to the boil and use at once.
- 4. Never use water from the jacket for making tea or coffee.
- 5. Have plenty of water in the jacket and keep it near boiling point. Neither tea nor coffee keep their flavor if they are allowed to cool.
- 6. Do not allow water from the jacket to leak into the urn.
- 7. Do not allow tea or coffee to bubble over the top of the bag or work under the ring, as this will produce bitter tea and muddy coffee.
- 8. The urn must be very hot from start to finish.

Specific Rules for Making Coffee in Urns:

- 1. Check the water in the jacket to make sure that it is well filled and hot.
- 2. Fill the water urn with fresh, cold water. Turn on the heat in time to have the water reach boiling point just when the coffee is to be made.
- 3. If the coffee bag is dry, rinse it in cold water.
- 4. Look into the coffee urn to see that no water has leaked in. If it has, rinse out the urn with some of the freshly boiling water.
- 5. Weigh or measure the coffee accurately and put it into the bag.
- 6. Allow the water to flow from the water urn into the coffee urn. Measure the water carefully.
- 7. Run off about  $\frac{1}{4}$  of the coffee and pour it back over the grains.

8. Let the coffee stand for 5 to 10 minutes and then serve.

### Proportions for Coffee Made in Urns

10	Gallon	Urn	4 lbs.	Coffee
20	Gallon	Urn	7 lbs.	Coffee
30	Gallon	Urn	10 lbs.	Coffee
40	Gallon	Urn	12 lbs.	Coffee

# **Proportions for Steeped Coffee**

Ingredients	For 10 Persons	For 25 Persons	For 50 Persons
Coffee	9 ozs.	14 ozs.	1 - lb 8 ozs.
Boiling Water	3 qts.	7 qts	3-1⁄4 gal.
Yield (approx.)	2 ¾ qts.	6 ½ qts.	3 gals.

### Steeped Coffee

Measure	Unit	Ingredients	Lbs.	Ozs.
		Coffee	3	
6 ¼	Gals.	Water		
3	Qts.	Hot Milk		

Method:

- 1. Have water freshly boiling in a perfectly clean pot. Use enamel rather than aluminum or tin.
- 2. Draw to the side of the stove where it will keep hot but not boil and let stand for 5 minutes.

3. Put in the coffee bag as when making tea. (The bag should be only 1/3 full of coffee).

- 4. Let stand 10 minutes. Press the bag thoroughly with a spoon as you lift it out and drain it well. Add the hot milk. Serve immediately.
- 5. Keep the coffee hot and keep it covered.
- 6. When using evaporated milk, 3, 1-lb. tins of milk with 5 of water, heat and add to the coffee just before serving. Or use 2, 1-lb. tins of undiluted and 2 quarts of fresh milk, heated.

Yield: 100 - 80z. cups.

Note:

- 1. Coffee should not be allowed to stand on the grains as this makes it bitter.
- 2. To make it stronger, use more coffee.
- 3. The flavor of coffee is spoiled if the coffee stands for more than a few minutes before serving.
- 4. The flavor of coffee is spoiled if it is not kept very hot.

## Tea Made in Urns

Measure	Unit	Ingredients	Lbs.	Ozs.
		Tea	1/2	
6	Gals.	Water		

Method:

- 1. Follow the method given for making coffee in urns.
- 2. When all the water has passed through the tea, remove the tea bag.
- 3. Serve immediately.

Yield: 100 - 8 oz. cups.

## Tea Made in Pots

Measure	Unit	Ingredients	Lbs.	Ozs.
		Tea	1/2	
6	Gals.	Water		

Method:

- 1. Have water freshly boiling in a perfectly clean pot. Use enamel rather than aluminum or tin.
- 2. Put the tea in a thin cotton bag and tie the bag tightly at the top. The dry tea should occupy only 1/3 of the bag in order to allow for expansion.
- 3. Remove the water from the heat as soon as it is boiling. Put in the tea bag. Cover the pot. Let stand in a warm place for 5 minutes. Move the bag around in the water, lift out, drain thoroughly.
- 4. Keep the tea covered and keep it hot. Do not let boil.
- 5. When evaporated milk must be used, add 1-<sup>3</sup>/<sub>4</sub> tins just before serving. Before adding the milk, run off enough for those who prefer it clear.
- 6. Tea should be made just before it is to be served, as it deteriorates very rapidly on standing.

Note:

When no thin cotton bag is available, place tea in a dry, heated pot; pour freshly boiling water over it. Allow to steep for four minutes in a warm place. Strain immediately into another dry, heated pot. Never allow tea to stand on the leaves as this makes it bitter.

### Cocoa

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Qts.	Cocoa	1	8
1 1/2	Pts.	Sugar	1	8
1	Tsp	Salt		
3	Gals.	Water	30	
3	Gals.	Milk	30	

Method:

- 1. Mix cocoa, sugar, salt, and water.
- 2. Simmer for 5 minutes. Do not boil.
- 3. Add milk and reheat.

Yield: 6 gallons - 100 - 8 oz. cups.

### Cocoa Syrup

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Gals.	Water	15	
1	B.sp	Salt		1 1/2

3	Qts.	Granulated Sugar	6	
6	Qts.	Cocoa	6	

- 1. Boil water, salt, and sugar until the latter is dissolved.
- 2. Add cocoa, stirring until smooth and thick. Simmer for 5 minutes.
- 3. Keep covered in a cool place until used. Add syrup to hot milk to taste.

Yield: Syrup for 24 gallons of cocoa.

## Chocolate Milk (using commercial chocolate syrup)

Measure	Unit	Ingredients	Lbs.	Ozs.
		Chocolate Syrup	9	
10	Gals.	Reliquefied Whole Milk		

Method: Add Chocolate Syrup to cold reliquefied milk and serve.

### Chocolate Syrup

Measure	Unit	Ingredients	Lbs.	Ozs.
		Navy Chocolate	24	8
7	Gals.	Water	70	
3 1/2	Qts.	Sugar	7	
2 1/2	B.sp	Salt		4

Method:

- 1. Make as hot chocolate and store in covered containers in a cool place.
- 2. Use 1 gallon of syrup to 4 gallons of milk.

Yield: Syrup for 28 gallons of milk.

# Hot Chocolate

Measure	Unit	Ingredients	Lbs.	Ozs.
		Navy Chocolate	3	8
1	Gal.	Water	10	
1	Pt.	Sugar	1	
2/3	B.sp	Salt		1
4	Gals.	Milk	40	

Method:

- 1. Melt the chocolate over hot water or a very low heat. Add the boiling water, mix well and cook below boiling for ½ hour.
- 2. Add the sugar and the salt and cook for 10 minutes.
- 3. Add the milk and reheat.

Yield: 100 – 8 oz. servings.

Note:

- 1. When made with evaporated milk, follow the same method using 22, 1 lb. tins of milk and 2 gallons of water in place of the milk given in the recipe. Add the undiluted milk to the cooked chocolate syrup.
- 2. When using dried milk that has been freshly made, cook the chocolate for <sup>1</sup>/<sub>2</sub> hour after adding the milk.
- 3. More sugar may be required, since navy chocolate varies in sweetness.

# Thick Chocolate

Measure	Ingredients	Lbs.	Ozs.
	Chocolate	7	

Method: Make the same as chocolate (hot).

# Tomato Juice Cocktail

Measure	Unit	Ingredients	Lbs.
3	# 10 cans	Tomatoes or tomato juice	
		OR	
11	# 2 ½ cans	Tomatoes or tomato juice	
		Salt	
		Pepper	
		Onion Juice	

Method:

- 1. Press cold, canned tomatoes through a fine sieve until only the seeds remain. Scrape the outside of the sieve to remove all the pulp.
- 2. If the sieved tomatoes seem too thick to drink, dilute with cold water to the desired consistency.
- 3. Season to taste with salt, pepper, sugar, and onion juice.
- 4. Chill thoroughly before serving.

Yield: 100 – 3 oz. servings.

Note: lemon juice or Worcester sauce may be added to taste.

# Lemonade

Measure	Unit	Ingredients	Lbs.	Ozs.
2 1/2	Qts.	Sugar	5	
1 1/2	Qts.	Boiling Water	3	12
		Lemon rind from 6 lemons thinly shaved		
2 1/2	Pts.	Lemon juice	3	2
4	Gals.	Cold Water	40	

Method:

1. Mix the sugar and boiling water, add thinly shaved lemon rind and boil for 5 minutes. Strain and cool.

- 2. Add the lemon juice to the cool syrup. Mix well.
- 3. Stir into the cold water.
- Yield: 100 8oz. servings (one cup full).

Note: 1. The lemon syrup may be made in larger quantities and used as required. Allow about 1 B.sp full to one cup of cold water. Add a small quantity of ice to the lemonade when available.

### Lemonade (using powdered lemon juice)

Measure	Unit	Ingredients	Lbs.	Ozs.
		Powdered lemon juice	3	
1 1/2	Qts.	Sugar	3	
6	Gals.	Cold Water	60	

Method:

- 1. Mix the sugar and powdered lemon juice.
- 2. Add a small quantity of the cold water and stir until a thin paste is formed.
- 3. Add to the cold water and stir well.

Note: Slightly more sugar may be required.

# Fruit Punch

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Qts.	Boiling Water	3	12
		Rind of 10 lemons thinly shaved		
		Rind of 10 oranges thinly shaved		
2	Qts.	Sugar	4	
2 1/2	Qts.	Orange juice	6	4
2 1/2	Pts.	Lemon juice	3	2
3 1/2	Gals.	Cold water	35	

Method: Make as lemonade.

Yield: 100 - 8 oz. servings (1 cup full).

Variations:

- 1. Juice from canned fruit may be added.
- 2. Add 6 cups strong tea.
- 3. Add 3 qts. of ginger ale and 3 qts. of grape juice.
- 4. Add 6 qts. of ginger ale.

# Milk (reliquefying powdered whole milk)

- 1. All utensils used in reliquefying powdered milk must be sterile.
- 2. The people doing the work must be very clean, their whites spotless, their hands and nails scrubbed in warm soapy water before starting the work, and their hair covered by a cap.

Proportions

Measure	Unit	Ingredients	Lbs.	Ozs.
		Powdered whole milk	1 1⁄4	
3 3/4	Qts.	Water to make one gallon of		
		milk		

#### Method:

- 1. Rinse the milk cans, whip and conical strainer in a weak chlorine solution (1/2 strength).
- 2. Measure the water and pour half of it into the sterilized milk can.
- 3. Add the powdered milk and whisk briskly with sterilized wire whip.
- 4. When the milk is dissolved, add the rest of the water.
- 5. Strain through the sterilized strainer into a second sterile container. Cover with a sterilized lid.
- 6. Place in a cold storage and leave for 24 hours. This is essential in order to get rid of the dried milk flavor.

#### To Sterilize The Cans After Using

- 1. Rinse all containers and utensils with cold water.
- 2. Brush and scour them with a warm solution of soap less washing powder.
- 3. Rinse with a luke warm solution of chlorine.
- 4. Rinse again with boiling water or steam.
- 5. Store in an inverted position on a rack, to permit thorough draining and drying.
- 6. Before using, rinse with a weak chlorine solution (1/2 strength).

#### **Precautions to be Observed**

- 1. Never use a cloth or mop for drying the cans or other utensils. Let them dry in the air.
- 2. Never lean over the can when mixing.
- 3. Do not dip a cup into the can; use a ladle which has been sterilized.
- 4. When emptying one can into another, do not allow any drip from the bottom of the can to get into the milk.
- 5. Never return leftover milk to the can, but keep it in a separate container.

### Table for Substituting Dried Milk Powder and Water for Fresh Milk

Fresh milk	Powdered Milk	Powdered Milk	Water at 55 degrees F.	
Measure	Weight	Measure	Measure	Measure
8 gals.	10 lbs.	1 ½ gals.	7 ½ gals.	8 gals.
1 gal.	1 ¼ lbs.	1 ½ pts.	3 <sup>3</sup> ⁄4 qts.	1 gal.
1 qt.	5 ozs.	6 B.sp.	1 qt.	1 qt.
1 pt.	2 ½ ozs.	3 B.sp.	1 pt.	1 pt.
<sup>3</sup> ⁄4 pt.	2 ozs.	2 ½ B.sp.	<sup>3</sup> ⁄4 pt.	<sup>3</sup> ⁄4 pt.
¹⁄₂ pt.	1 ¼ ozs.	1 ½ B.sp.	<sup>1</sup> ∕2 pt.	¹∕2 pt.
<sup>1</sup> ⁄4 pt.	5/8 oz.	<sup>3</sup> ⁄ <sub>4</sub> B.sp	<sup>1</sup> ⁄4 pt.	¼ pt.

Note:

1. Milk powder, when dissolved, is about 1/3 its original volume. In amounts of one quart or less, the difference in amount of liquid required to make an equal volume of fresh milk is so slight that it is not worth considering. In larger quantities it may affect the consistency of the food being cooked.

#### QUEBEC **CRUISER** 21 October 1944 Commissioned Paid Off 13 June 1956 Displacement 8,800 Dimensions 555 x 62 x 17 Speed 30 Knots 730 Crew Armament 9 - 6" (3 x 111), 8 - 4" (4 x 11) 6 – 21" 11 (2 x 111), 20 and 40 MM

Originally named UGANDA she joined the RCN in October 1944 from the UK.

She saw duty in the pacific with the 4 th British Pacific Fleet. She joined Task Force 57 in the Okinawa area and was employed in screening the fleet's aircraft carriers operating against Japanese airfields in the Ryukyse Islands and against Tokyo.

She was renamed QUEBEC in 1952. Remainder of her career was spent as a training vessel until she was paid off in June 1956.

Feeding Concept:	Cafeteria and Broadside
Cooks:	Approximately 18 to 20
Galleys:	Two aft for other ranks
	One forward for officers.

# SANDWICHES

Sandwiches are one means of providing adequate nourishment during an emergency, and they are also suitable for serving as part of the main course on other occasions. In the summer, for example, menus consisting of sandwiches, salads, and a dessert can be planned to meet all food requirements.

When sandwiches form the main part of a meal, they must supply the protein, minerals, and vitamins usually provided by meat and vegetables. This means that there must be enough filling of the right kind. Egg, fish, meat, cheese or peanut butter, supplemented by raw vegetables served separately or as part of the filling, will meet these requirements. Sandwiches made of thick slices of bread with a thin layer of filling are not suitable substitutes for the main course because they contain too much starch and not enough of the other foods needed.

When possible use whole wheat bread in preference to white as it will increase the vitamin B and mineral content of the meal.

#### Storing The Sandwiches

Even if sandwiches are to be stored for only a short time, they should be carefully packed, covered and kept in a cool place, preferably a refrigerator. This will prevent deterioration as well as waste through drying.

Before starting to make the sandwiches, line clean boxes or stock-pots with clean brown or waxed paper. As the sandwiches are made, pile them into the containers carefully, without crushing, and keep them covered. When the container is full, cover the sandwiches closely with waxed paper and then with a lid. A damp cloth, placed between the paper and the lid will help to keep the sandwiches moist. Place the filled containers in a cool place immediately.

#### Making The Sandwiches

Sandwiches should be fresh, moist but not wet, well seasoned and easy to handle. The butter and filling must cover the entire slice of bread and extend to the four edges.

The more quickly sandwiches are made, the fresher and more appetizing they will be.

A systematic arrangement of working places and a definite assignment of jobs is necessary in order to avoid delays, confusion, and waste.

#### Order of Preparation of Ingredients

- 1. Remove the butter from the refrigerator at least one hour before it is to be creamed but leave it in the refrigerator until the last moment if it is to be put through the mincer.
- 2. Make the fillings as short a time as possible before the preparation of the sandwiches is to start.
- 3. Cut the bread. Time the cutting so that there will be a steady supply of freshly cut bread as the sandwiches are being made. This will prevent the drying out and consequent waste that results when all the bread is cut ahead of time. In situations where such organization is impossible, keep the sliced bread piled in loaves or packed tightly in cartons.
- 4. Place a plate or bowl of butter, a plate or bowl of filling, 2 straight edged knives with a 6 to 7 inch blade, a board, and a knife for cutting and a paper lined container at each working place.

#### Method of Preparation of Sandwiches

- 1. Work from right to left.
- 2. Work in groups, one or two men spreading, one or two men cutting, counting, and packing.
- 3. Arrange slices of bread in pairs on a clean surface. Place as many pairs of slices on the table as space and convenience for spreading permits.
- 4. The plate of butter and the plate of filling should be directly in front of the slices of bread.
- 5. Using a straight edged knife, pick up enough butter along the sharp edge to spread at least two slices. The butter should extend along the whole length of the blade. The bread can then be spread with one circular stroke, followed by one short one.. This spreads the butter quickly, evenly, and without tearing the bread.
- 6. Spread the filling in the same way.
- 7. Cut and pack the sandwiches immediately.
- Note: Butter and filling are easily picked up along the length of the knife blade when they are on flat plates. It is more difficult when bowls are used.

#### **Bread for Sandwiches**

The bread should be fresh but firm enough to slice easily. Bread that is 24 hours old is usually better than very fresh bread. Slices should be even and not more then <sup>1</sup>/<sub>4</sub> inch to 3/8 inch thick.

#### **Butter**

The butter may be spread on the bread or it may be minced with the filling. The latter is a quick method, suitable for large quantities.

Butter that is to be combined with the filling by mincing should be very hard. Butter that is to be spread on bread should be creamed by hand or by machine until it is soft enough to spread easily. It must never be melted. Melted butter soakes into the bread and has an unpleasant taste.

### Whipped Butter

Measure	Unit	Ingredients	Lbs.	Ozs.
		Butter	1	
1/2	# 1 can	Milk evaporated		7
1/2	Pt.	Fresh milk		10
1/2	Tsp.	Salt		

Method:

- 1. Have the butter soft enough to cream.
- 2. Have the milk luke warm. It must not be hot.
- 3. Beat all the ingredients together in the mixer until light and creamy. More salt may be needed.
- 4. Use immediately, without chilling.

By whipping in this way, the ration of butter can be extended without any noticeable change in flavor. It cannot be used for mincing with the filling, but chopped ingredients may be worked into it by hand.

#### Seasoned Butter

By adding seasonings to creamed or whipped butter the flavor of many sandwiches is greatly improved. To 1 lb. of butter, add any one of the following and beat until thoroughly mixed.

<sup>1</sup> ⁄2 pt. chili sauce	<sup>1</sup> / <sub>2</sub> B.sp. prepared mustard
<sup>1</sup> / <sub>2</sub> B.sp. horseradish (moist)	<sup>1</sup> / <sub>2</sub> B.sp. onions, grated
1 B.sp. lemon juice	4 B.sp. parsley, chopped

### Sandwiches (Fillings)

Thinly sliced, tender meat, sliced cheese or pieces of fish may be used as fillings for sandwiches, or the ingredients may be chopped and mixed with salad dressing or evaporated milk.

There is less work involved with the first type but it is more difficult to produce sandwiches that are moist and well seasoned. Fresh bread should be used and both slices should be well buttered.

Ham sandwiches and sardine sandwiches, however, are best when made in this way.

A filling made by chopping the ingredients can be varied by the addition of crisp foods such as celery and pickles. The flavor can be improved by; seasonings such as horseradish, green peppers, onion juice, and chili sauce. These fillings must not be made into a paste. They are best when the ingredients are chopped by hand but when made in large quantities they will probably have to be minced. Use a coarse blade on the mincer so that the ingredients will be in small pieces and put them through twice.

Seasoning is a very important part of sandwich making. Fillings should always be tasted between slices of bread before the sandwiches are started and seasonings added if necessary.

Add the salad dressing or evaporated milk by hand. Fillings that are mixed in a machine become pasty.

### The Use of Lettuce in Sandwiches

Well - washed, crisp, drained lettuce may be used with baked bean, cheese, egg, fish, meat, and peanut butter sandwiches. It should never be mixed with the filling, but should be placed on top of the filling after the bread has been spread. It can be used only when the sandwiches are to be eaten with in a short time after they are made as it becomes limp and develops an unpleasant flavor when the sandwiches are stored for more than an hour or so.

### **Quantities Required**

Individual sandwiches should consist of 2 slices of bread (1/4 inch), each slice spread with 1 tsp. butter. With a few exceptions, the filling should weigh approximately 2 oz. (2 B.sp.).

For greater convenience, the fillings given in these following recipes are in the quantity required for one  $1\frac{1}{2}$  lb., loaf of bread (10 sandwiches).

Quantities for large numbers can be calculated by multiplying. For example:

# of sandwiches (2 whole slices)	Loaves of bread (1 ½ lbs.)	Butter	Filling
10	1	4 oz.	18 to 20 ozs.

100	10	2 ½ lbs.	11 ½ to 12 ½ lbs.
800	80	20 lbs.	92 to 100 lbs.

In one or two instances, it was more convenient to give the quantities for 100. These are headed "Sandwiches" instead of "fillings" and in each case the quantity is mentioned.

# Baked Bean Filling (for one loaf of bread)

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Pt.	Baked Beans		12
4	B.sp.	Chili Sauce		4
2	Tsp.	Onion juice		
		Salt to taste		

Method:

1. Mash all ingredients together.

2. Spread on buttered bread.

Yield: 2 oz. per sandwich.

# Baked Bean and Bacon Filling (for one loaf of bread)

Measure	Unit	Ingredients	Lbs.	Ozs.
3⁄4	Pt.	Baked Beans	1	
4	B.sp	Chili Sauce		4
		Bacon, cooked		6
		crisp, diced		

Method:

1. Mash the beans and chili sauce.

2. Add the drained, cooked, crisp bacon.

3. Spread on buttered bread.

Yield: Approx. 2 oz. per. Sandwich.

Note: The butter used on the bread for bean sandwiches may be seasoned with chili sauce, horseradish, prepared mustard or grated onion.

# Cheese Filling (for one loaf of bread)

Measure	Unit	Ingredients	Lbs.	Ozs.
		Hard Butter	1⁄4	
		Cheese	3⁄4	
		Cooked Salad Dressing to moisten		
		OR		
		Mayonnaise		

Method:

1.

Put the butter and cheese through the meat grinder, twice. Use a coarse blade.

2. Add sufficient salad dressing to make the mixture soft enough to spread.

Yield: Approx. 2 oz. per sandwich.

Additions:

- 1. One or more of the following may be minced with the cheese; sweet, sour or mustard pickles, green peppers, celery, crisp carrots, or pimento
- 2. Chili sauce or prepared mustard or both may be added with the salad dressing.

# Toasted Open-Face Cheese Sandwich with Bacon

Method:

- 1. Prepare the cheese filling.
- 2. Spread on toast or on  $\frac{1}{4}$  inch slices of bread.
- 3. Place on baking sheets and cook in a hot oven until the cheese melts.
- 4. Serve very hot with a slice of well drained, cooked bacon on top.
- 5. Use for supper with hot vegetables or a salad.

# Chicken Salad Filling (for one loaf of bread)

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Pt.	Chicken, cooked, boned	1	
1/2	Pt.	Celery, finely chopped		5
		Mayonnaise OR cooked		
		salad dressing		
		Salt to taste		

Method:

1. Chop the chicken finely.

- 2. Add the celery and sufficient salad dressing to moisten.
- 3. Spread on buttered bread and use within a short time.
- Yield: 2 oz. per. Sandwich

Note: The salad dressing must not be added to the chicken until just before the filling is to be used. The chicken must be kept in the refrigerator. The sandwiches must also be kept in the refrigerator until they are served.

Additions:

- 1.  $\frac{1}{4}$  pt. chopped green peppers.
- 2. 2 B.sp. chopped pimento.

# Corned Beef Filling (for one loaf of bread)

Measure	Unit	Ingredients	Lbs.	Ozs.
		Corned beef		12
5	Each	Eggs, hard cooked		8
		Pickles sweet		2

	Salad dressing
Method:	
	Dut the correct heaf ages and rickles through a correct grinder twice
1.	Put the corned beef, eggs, and pickles through a coarse grinder, twice.
2.	Add sufficient salad dressing to moisten.
3.	Spread on buttered bread.
Yield:	Approx. 2 oz. per. Sandwich.
Note:	
1.	In emergencies, slice the corned beef, place on buttered bread and spread with prepared mustard or a very small amount of English mustard.
2.	Buttered seasoned with chili sauce, horseradish, lemon juice or prepared mustard may be used

2. Buttered seasoned with chili sauce, horseradish, lemon juice or prepared mustard may be used on the bread.

# Jam or Marmalade Filling (for one loaf of bread)

Measure	Unit	Ingredients	Lbs.	Ozs.
		Butter		6
1/2	Pt.	Jam or Marmalade		12

Method:

1. Cream the butter until it will spread easily.

- 2. Butter both slices of bread in each sandwich.
- 3. Spread with jam or marmalade.
- 4. Serve at once. These sandwiches will become soggy if stored.

Yield: Approx. 1 scant B.sp. jam per. Sandwich.

Variation: A thin layer of cheese filling spread on each slice of bread will prevent the jam from soaking into the bread.

# Egg Filling (for one loaf of bread)

Measure	Unit	Ingredients	Lbs.	Ozs.
8	Each	Eggs		13
		Hard butter		4
1	Tsp.	Onions, finely		
		grated		
3	B.sp	Cooked salad		
		dressing Or		
		mayonnaise		

Method:

- 1. Cook the eggs until hard. Plunge immediately into cold water to prevent discoloration of the whites.
- 2. When the eggs are cold, remove the shells.
- 3. Put the hard butter and the eggs through a coarse mincer, twice.
- 4. Add the onion juice and sufficient salad dressing to give a consistency that will spread easily (approx. 3 B.sp.).
- 5. spread 1 oz. on each slice of bread.

Yield: 2 oz. per. Sandwich.

Additions:

- 1. Any of the following may be minced with the egg: celery, green pepper, pimento, cheese, cooked ham (1/4 lb.).
- 2. The following may be added with the salad dressing: 1 B.sp. finely chopped parsley, <sup>1</sup>/<sub>4</sub> lb. bacon, and cooked crisp and chopped or 1 B.sp. prepared mustard.

# Liver and Egg Filling (for one loaf of bread)

Measure	Unit	Ingredients	Lbs.	Ozs.
		Cooked liver		8
2	Ea.	Eggs		4
1/2	B.sp.	Onions minced and blanched		
		Butter		4
		Mayonnaise		

Method:

- 1. Put the liver, eggs, blanched onions, and butter through a coarse grinder.
- 2. Add sufficient mayonnaise to moisten.
- 3. Add salt to taste.
- 4. Spread 1 oz. on each slice of bread.

Yield: approx. 2 oz. per. Sandwich.

Additions: Use chili sauce in place of the mayonnaise.

# Meat Filling (for one loaf of bread)

Measure	Unit	Ingredients	Lbs.	Ozs.
		Lean meat cooked	1	
1/2	Pt.	Celery finely diced		5
		Cooked salad dressing OR		
		Mayonnaise		
		Pepper		
		Butter		4

Method:

- 1. Dice the meat finely, add the diced celery and enough salad dressing to give a consistency that will spread easily.
- 2. Spread on buttered bread (seasoned butter may be used) OR Put the meat, celery and butter (hard) through a coarse grinder, twice, and add the salad dressing.

Yield: 2 oz. of filling per sandwich.

Additions:

- 1. One or more of the following may be added: Mustard or sweet pickles, green peppers, Grated Carrots, Pimento.
- 2. Prepared Mustard and Chili Sauce may be mixed with the dressing.

# Meat Sandwiches (for one loaf of bread)

Measure	Unit	Ingredients	Lbs.	Ozs.
		Cold Cooked Meat	1	4
		Prepared Mustard		
		Salt		
1	Loaf	Bread	1	8
		Butter		4

#### Method:

	1. 2. 3.	Slice the bread before taking the meat from the refrigerator. Cut the meat into 2 oz. slices. Make into sandwiches. Serve at once or store in the refrigerator
Yield:		2 oz. per. Sandwich.

Note:

1.	Shredded Cabbage or Carrots may be spread on top of the meat.
2.	Seasoned butter may be used.

# Hot Meat Sandwiches

Measure	Unit	Ingredients	Lbs.	Ozs.
		Hot boneless roast Or pot roast	22	
3	Gal.	Hot brown gravy <u>OR</u> hot vegetable	30	
		or onion gravy		
200	Slices	Fresh Bread	15	8

Method:

1. Carve the meat into  $3\frac{1}{2}$  oz. servings.

2. Make sandwiches using 1 serving of meat and two slices of bread.

- 3. Place on warm plate. Pour <sup>1</sup>/<sub>4</sub> pt. hot gravy over it
- 4. Serve for supper with 2 vegetables (no potatoes) or with one vegetable and one salad.

Yield: 100 10 oz. servings.

Variation: use 100 slices of bread. Serve open-faced sandwiches.

# Peanut Butter Filling (for one loaf of bread)

Measure	Unit	Ingredients	Lbs.	Ozs.
1/2	Pt.	Peanut Butter	1	
1 1/2	B.sp.	Butter		1 1/2
1⁄4	# 1 can	Evaporated Milk		3

	Salt to taste	
Method		
	Beat the peanut butter, butter, and milk together in a mixer (slow speed) creamy.	) until smooth and
	Add salt as required.	
OR	Work the peanut butter with a knife until it is soft. Cream the butter. Mintter, and milk together until blended.	ix the peanut butter,
Yield:	2 Ozs. Per sandwich.	
Variatio		
	Use <sup>1</sup> / <sub>2</sub> cup chili sauce instead of the evaporated milk.	
	Spread both slices of bread with a thin layer of peanut butter filling. Spr slice before putting the sandwich together.	read marmalade on one
	Spread both slices of bread with a thin layer of peanut butter filling. Co	ver one slice with sliced

3. Spread both slices of bread with a thin layer of peanut butter filling. Cover one slice with sliced banana before putting the sandwich together. These sandwiches will keep fresh for only a short time.

# Peanut Butter and Bacon Filling (for one loaf of bread)

Measure	Unit	Ingredients	Lbs.	Ozs.
		Peanut Butter Filling		
		Bacon chopped	1/4	

Method:

1. Prepare the peanut butter filling.

- 2. Cook the chopped bacon until crisp.
- 3. Drain. Add to the filling.

Yield: 2 oz. per sandwich.

# Salmon Filling (for one loaf of bread)

Measure	Unit	Ingredients	Lbs.	Ozs.
	# 1 tall tin	Canned Salmon	1	
		Salt to taste		
		Salad Dressing		

Method:

- 1. Drain the salmon thoroughly, remove the skin.
- 2. Crush the bones and use with the fish.
- 3. Flake the fish coarsely, do not make into a paste.
- 4. Add cooked salad dressing or mayonnaise to give a consistency that will spread easily.
- 5. Spread on buttered bread.

Yield: Approx. 2 ozs. Per sandwich.

Note: 1. Other cooked fish may be substituted for salmon.

Butter seasoned with lemon, prepared mustard, chili sauce or parsley may be used.

#### Variations;

- 1.  $\frac{1}{2}$  pt. diced celery (5 ozs.)
- 2. 1 tsp. onion juice or 2 tsp. finely diced, blanched onions.
- 3. 1 oz. sweet pickles finely chopped (1 B.sp.). One or more of these may be added with the salad dressing.

# Sardine Filling (for one loaf of bread)

Measure	Unit	Ingredients	Lbs.	Ozs.
		Sardines		20
		Lemon Juice		

Method:

- 1. Drain the fish well and break with a fork into pieces but do not mince or flake.
- 2. Spread the pieces of fish on buttered bread and sprinkle with lemon juice.

Yield: Approx. 2 oz. per sandwich.

### Salad Sandwiches (for 100 sandwiches)

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Gal.	Cabbage shredded	3	
		Carrots shredded	3	
		Green peppers shredded	1	8
		Celery shredded	3	
2	Tsps.	Onion juice		
1 1/2	Pts.	Mayonnaise OR	2	
1 1/2	Pts.	Boiled dressing		
		Salt to taste		

Method:

1. Mix all ingredients together. Chill thoroughly.

2. Spread on buttered bread, allowing 2 oz. per sandwich.

3. Serve for variety with Meat or Cheese Sandwiches.

Yield: 100 – sandwiches.

# Some Common Defects in Sandwiches

Defect	#	Cause may be	#	Cure
Too Dry	(1)	Bread too stale.	(1)	Use bread only 24 hours old.
Or	(2)	Filling too dry.	(2)	Use salad dressing in filling.

Outside Dry	(3)	Not enough filling.	(3)	Use about 2 oz. of filling.
Edges Curled	(3) (4)	Not buttered to the edges.	(3) (4)	Butter bread carefully.
Euges Curred		Not properly packed.		•
	(5)	1 1 7 1	(5)	Follow directions for packing.
	(6)	Bread sliced too soon.	(6)	Slice bread as required.
	(7)	Sliced bread not kept covered.	(7)	Keep sliced bread covered.
	(8)	Sandwiches not packed as soon as	(8)	Do not allow sandwiches to stand
		made.		around. Pack immediately.
	(9)	Sandwiches not covered when	(9)	Cover the sandwiches in the
		packed.		container.
Too Wet	(1)	Bread too fresh.	(1)	Use bread 24 hours old.
Or	(2)	Slices too thin.	(2)	Cut slices <sup>1</sup> / <sub>4</sub> inch thick.
Soggy	(3)	Not properly buttered.	(3)	Butter to the edges.
	(4)	The use of melted butter.	(4)	Never use melted butter.
	(5)	Filling too wet.	(5)	Use thick salad dressing.
				Use less salad dressing
	(6)	Salad dressing too thin.	(6)	Use thick salad dressing.
		-		Use less salad dressing
	(7)	Handled too much.	(7)	Do not handle.
	(8)	Too many packed in the same	(8)	Pack carefully, do not press down
		container.		or squeeze.
Lack of	(1)	Inaccurate measurements.	(1)	Follow the recipe – add salt to
Flavor				taste. Add other seasoning if
				required.
	(2)	Filling not tasted on bread before	(2)	Always taste on bread before
	× í	making the sandwich		making up.
Unpleasant	(1)	Ingredients not fresh.	(1)	Use only fresh ingredients.
Flavor	(2)	Filling not kept in the refrigerator.	(2)	Follow directions for chilling.
	(3)	Sandwiches not kept cool.	(3)	Follow directions for chilling.
	(4)	Too much handling.	(4)	Do not handle.
	(5)	Improper seasoning.	(5)	Season carefully. (taste)
Appearance	(1)	Handle too much.	(1)	Do not handle.
Unattractive	(1) (2)	Carelessly packed.	(1) (2)	Pack carefully.
Chattaetti	(-)	Carefelosi puenea.	(-)	i went ewierwing.

Commissioned	12 September 1945
Paid Off	31 March 1964
Displacement	1,950 Avg.
Dimensions	377 x 36 x 9
Speed	36 Knots
Crew	14 Officers, 245 other ranks
Armament	4 – 4 inch, 2 – 3 inch, 4 – 40 MM, 4 – 20 inch TT, 2 Squid

HMCS MICMAC never fired a shot in anger and spent her entire career as a training vessel. She was a Tribal Class destroyer.

After a major collision in July 1947 with SS YARMOUTH COUNTY she was partially converted to a destroyer escort. She returned to duty early 1950 and completed her conversion in 1952. She was recommissioned in 1953. She continued to be a training vessel for another ten years, partook in numerous NATO exercises, she was paid off in March 1964.

Feeding Concept:	Broadside Messing
Cooks;	Eight
Galley & Bakery:	Two – After galley / officers FWD galley / other ranks.

# **CEREALS**

Porridge should have the consistency of soft jelly and should be free of lumps.

# General Rules for Making and Serving Porridge.

- 1. A steam-jacketed kettle should be used for making porridge. If this is not available, use a heavy stock pot. When the porridge becomes thick, place the stock pot over another one containing water.
- 2. Cereals should be added slowly to boiling, salted water.
- 3. Porridge should not be stirred as stirring makes it sticky.
- 4. Long cooking improves the flavor but reduces the thiamin. By cooking in a steam-jacketed kettle the time can be considerably reduced and the flavor will still be good. Do not sacrifice flavor because of the thiamin, since well cooked porridge will be eaten in larger quantities.
- 5. Do not put the milk and sugar in porridge before serving it.
- 6. Always serve porridge very hot.

Cereal	Weight	Measure	Water	Salt
Rolled Oats	6 lbs.	6 qts.	6 gals.	5 ½ B.sp (8 ozs.)
Rolled Wheat	6 lbs.	6 qts.	5 gals.	4 ½ B.sp (6 ¾ ozs.)
Cracked Wheat	5 lbs.	3 qts.	6 ¼ gals.	5 ½ B.sp (8 ozs.)
Cream of Wheat	5 lbs.	2 2/3 qts.	5 gals.	4 ½ B.sp (6 ¾ ozs.)
Or other fine			_	_
cereals				

# General Proportions for Porridge

Yield: 100 – 7 oz. servings.

Method:

- 1. Have salted water boiling vigorously.
- 2. Add cereal slowly so that the water does not go off the boil. To avoid the formation of lumps, the dry cereal may be beaten in with a wire whip.
- 3. Cook without stirring. As the porridge becomes thick, scrape a wooden paddle across the bottom of the pot or kettle to prevent scorching.
- 4. Boil gently until thick with the proportion given, this should take 30 to 40 minutes.
- 5. When thick cook very slowly in a steam jacketed kettle or place the stock pot over hot water.
- 6. Cover and cook for at least one hour.
- 7. Serve very hot.

# **Boiled Rice**

Measure	Unit	Ingredients	Lbs.	Ozs.
4	Qts.	Rice	10	
8	Gals.	Boiling water	80	
3 1/2	B.sp	Salt		5

Method:

1. Wash the rice thoroughly in cold water.

2. Add gradually to the rapidly boiling salted water.

- 3. Boil vigorously for 20 to 30 minutes, or until the kernels are tender. Test a few kernels by pressing with a fork.
- 4. Drain well. Rinse with boiling water to separate the kernels.

Yield: 100 – 5 oz. servings. Approximately 4 gals. or 33 lbs. of cooked rice.

# **Baked Rice**

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Pt.	Fat or Butter	1	
2 1/2	Qts.	Rice	6	4
1 1/2	B.sp	Salt		2
1 1/2	Gals.	Meat or vegetable	15	
		stock		

Method:

1. Melt the fat in baking pans.

2. Wash the rice thoroughly in cold water, drain well.

- 3. Pour in the melted fat, stir to coat the rice with fat.
- 4. Bake for 20 minutes (450 degrees F. dark brown flour test).
- 5. Add the boiling stock. It should be about one inch above the rice.
- 6. Continue baking until tender. If possible cover for the first 20 minutes after the liquid is added.
- 7. Stir occasionally with a fork.
- 8. Add more hot liquid if required.
- 9. Serve under stews, creamed fish or eggs, or with curry sauce.

Yield: 100 - 3 oz. servings.

# Boiled Macaroni, Spaghetti or Noodles

Measure	Unit	Ingredients	Lbs.	Ozs.
5	Qts.	Macaroni,	6	4
		spaghetti, or noodles		
1/2	Pt.	Salt		10
5	Gals.	Water	50	

Method:

- 1. Break macaroni into one inch pieces.
- 2. Add gradually to rapidly boiling salted water. Boil until tender (about 20 minutes) test with a fork.
- 3. Strain and rinse in hot water.

Yield: 100 – 4 oz. servings. Approximately 3 gallons or 25 lbs. of cooked macaroni, spaghetti, or noodles.

# GALT K163

# **CORVETTES, FLOWER CLASS**

Commissioned	15 May 1941 Montreal, Quebec
Paid Off	12 June 1945 Sorel, Quebec
Displacement	950
Dimensions	205 "1" x 33 ft. 1" x 11 ft 6"
Speed	16 knots
Crew	6 Officers / 79 other ranks.
Armament	1 – 4", 1 – 2 pdr, 2 – 20 MM, Hedgehog

The GALT duties extensively were that of an escort for the merchant convoys. Her first convoy was to Iceland; she did this from August 1941 till January 1942. She underwent refit and then was transferred to the "Newfie Derry" run from June 1942 to January 1943. After another refit in Liverpool, Nova Scotia she did duty with the C - 1 escort group until her decommissioning in 1945.

Feeding Concept:	Broadside Messing
Cooks:	4
Galley	1

# **DESSERT SAUCES**

# **Apricot Sauce**

Measure Unit Ingredients Lbs. Ozs.
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		Dried apricots	5	
5	Qts.	Cold water	12	8
2 1/2	Pts.	White sugar	2	8

#### Method: (1)

- 1. Wash the apricots thoroughly.
- 2. Soakin the cold water for 2 to 4 hours, according to the dryness.
- 3. Bring to the boil in the water in which they were soaked. Reduce the hest and simmer until tender.
- 4. Add the sugar and cook until it is dissolved.
- 5. Puree through a fine sieve.
- 6. Cook for 10 minutes.
- 7. Serve hot or cold on cottage pudding, vanilla pudding, bread pudding, custard or ice cream.
- Yield:  $100 2\frac{1}{2}0z$ . servings (2<sup>1</sup>/<sub>2</sub> 3 B.sp)

#### Method: (2)

- 1. Cook the fruit as above.
- 2. When the sugar is dissolved, drain, and measure the syrup. Add water, if required, to make one gallon.
- 3. Blend 4 ozs. Of cornstarch with a small quantity of cold water. Add gradually to the boiling syrup, stirring as you add. Boil until there is no taste of raw cornstarch.
- 4. Chop the cooked apricots with a knife and add to the thickened syrup.
- 5. Serve hot or cold on cottage pudding, vanilla pudding, custard, bread pudding or ice cream.
- Yield:  $100 2\frac{1}{2}$  oz. servings ( $2\frac{1}{2} 3$  B.sp).

Measure	Unit	Ingredients	Lbs.	Ozs.
2	Qts.	Brown Sugar	3	8
1	Pt.	Butter	1	
3⁄4	Pt.	Cornstarch		9
2 or 3	B.sp	Salt		1
1 1/2	Gals.	Boiling water	15	
1	B.sp (scant)	Vanilla		1

#### **Butterscotch Sauce**

Method:

- 1. Melt butter; add sugar and cook over a low heat until it become golden brown in color. Stir constantly.
- 2. Remove from the heat, add cornstarch and salt.
- 3. Add the boiling water slowly, stirring as you add. Boil until there is no taste of raw cornstarch.
- 4. Remove from the heat, add vanilla.
- 5. Serve on cottage pudding, chocolate pudding, steamed puddings, or baked apple pudding.

Yield:  $100 - 2\frac{1}{2}$  oz. servings (approximately 2 B.sp)

Note: When making this sauce in large amounts, have the water boiling in a steam – jacketed kettle, and whip the cornstarch mixture into it. Finish as above.

# **Caramel Sauce**

Measure	Unit	Ingredients	Lbs.	Ozs.
2 1/2	Qts.	White Sugar	5	
1	Gal.	Boiling water	10	
3⁄4	Pt.	Cornstarch		9
1	Qt.	Cold water	2	8
2 or 3	B.sp	Salt		1
1	Pt.	Butter	1	
1/2	B.sp	Vanilla		

Method:

- 1. Melt the sugar in a heavy pan until it becomes a golden brown. Use moderate heat and stir constantly until all the lumps are melted.
- 2. Add part of the boiling water, very slowly. Stir constantly as you add it. When the caramel is of the consistency of a thick syrup, add it to the rest of the boiling water.
- 3. Mix salt and cornstarch with the cold water and make it a thin paste. Add slowly to the sugar and water. Stir constantly.
- 4. Boil until there is no taste of raw cornstarch.
- 5. Add butter.
- 6. Remove from the heat and add the vanilla.
- 7. Serve on cottage pudding.

Yield:  $100 - 2\frac{1}{2}$  oz. servings (approximately 2 B.sp).

Chocol	late S	Sauce
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Measure	Unit	Ingredients	Lbs.	Ozs.
		Navy Chocolate	3	
2 1/2	Qts.	White Sugar	5	
1/2	Pt.	Corn Syrup		15
1 1/2	Gals.	Boiling water	15	
1	B.sp	Vanilla		1

Method:

- 1. Melt the chocolate in a steam jacketed kettle or over hot water.
- 2. Add  $\frac{1}{2}$  the sugar and mix well.
- 3. Add the boiling water, stir until the sugar is dissolved and the mixture thoroughly blended.
- 4. Add the corn syrup and the remainder of the sugar. Stir until the sugar is dissolved.
- 5. Cook until thick enough to serve (5 to 10 minutes).
- 6. Remove from the heat, add the vanilla.
- 7. Serve hot or cold on cottage pudding or ice cream.

Yield: 100 – 3 oz. servings (approximately 2 gallons of sauce)

# Corn Syrup Sauce

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Pt.	Brown sugar		14
1/2	Pt	Butter		8

1/2	Pt.	Cornstarch		6
3 1/2	Qts.	Boiling water	8	12
2	Qts.	Corn syrup	7	8
1	Tsp.	Salt		
1	B.sp	Vanilla		

- 1. Cook the brown sugar and butter together over a low heat until the mixture becomes golden brown in color. Stir constantly.
- 2. Add the cornstarch and stir well.
- 3. Add the boiling water slowly, stirring as you add.
- 4. Add the corn syrup. Cook until there is no flavor of raw starch.
- 5. Add vanilla and saly.
- 6. Serve hot, on steam puddings, cottage pudding or fritters.

Yield:  $100 - 2\frac{1}{2}$  oz. servings.

# **Custard Sauce**

Measure	Unit	Ingredients	Lbs.	Ozs.
2	Gals.	Milk	20	
2	Qts.	Eggs	5	
1	Qt.	Sugar	2	
1/2	B.sp	Salt		
1/2	B.sp	Vanilla OR		
		Almond Extract		

Method:

- 1. Combine the ingredients as in making baked custard.
- 2. Cook over hot water or in a steam kettle, stirring slowing and continuously until the sauce is thick enough to coat a metal spoon.
- 3. Strain at once into a cold container and stir for several minutes to cool quickly. Add the flavoring.
- 4. Cover and chill.
- 5. Serve as a sauce on jellies or whips.

Yield:  $100 - 3\frac{1}{2}$  oz. servings (approximately  $2\frac{1}{2}$  B.sp)

Note:

- 1. IF Custard curdles, beat with a wire whip until smooth.
- 2. When using dried eggs, mix 1 lb. of dried egg powder (1 qt.) with 1 qt. Of cold water and cook as above.

# Lemon Custard Sauce

Heat 4 B.sp of thinly shaved lemon rind with the milk. Omit the flavoring extract.

# Custard Sauce (using cornstarch)

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Gals.	Hot Milk	15	
5	B.sp	Cornstarch		3 3/4
1	Qt.	Sugar	2	
2	Tsp.	Salt		1/2
18	Ea.	Eggs, slightly	1	14
		beaten		
1	B.sp	Vanilla or almond		
		extract		

- 1. Mix the cornstarch, sugar and salt.
- 2. Add a small amount of the hot milk and stir until free from lumps.
- 3. Pour back into remaining hot milk and stir continually until it thickens.
- 4. Cover and cook over a low heat for at least 30 minutes. Stir occasionally.
- 5. Add some of the cooked sauce to the beaten eggs, mix well and then stir slowly into the sauce. Cook for 2 minutes, stirring constantly.
- 6. Remove from heat, strain into a cool pot.
- 7. When luke warm, add the flavoring.
- 8. Chill before serving.
- Yield: 100 2 oz. servings (approximately 2 B.sp).
- Note: When using dried eggs, mix 9 ozs. of dried egg powder (1 1/8 pts.) with 1 1/8 pt. of cold water. Add and cook as above.

### Hard Sauce

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Qt.	Butter	2	
2 1/2	Qts.	Icing Sugar	5	10
		OR		
2 1/2	Qts.	Brown Sugar	4	6
1	B.sp	Lemon Juice		
		OR		
1 1/2	B.sp	Vanilla Extract		

Method:

- 1. Cream the butter until very soft.
- 2. Sift the sugar and add it gradually to the butter until the two are well combined.
- 3. Add the flavoring and blend thoroughly.
- 4. Pack into shallow pans and chill.
- 5. Lift from the pans and slice.
- 6. Serve on steamed puddings, apple pie, and mince pie.

Yield: 100 – servings (approximately 1 B.sp)

#### Jam Sauce

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Qts.	White Sugar	3	

3⁄4	Pt.	Cornstarch		9
5	Qts.	Boiling Water	12	8
1	Qt.	Jam	3	2
1/2	Pt.	Lemon or		10
		Grapefruit Juice		

- 1. Mix the sugar and the cornstarch.
- 2. Add the boiling water gradually; stir constantly until the mixture boils. Cook until there is no taste of raw starch. Add the jam, mix well.
- 3. Remove from the heat and add the fruit juice.
- 4. Serve on vanilla, bread pudding, cottage pudding or ice cream.

Yield:  $100 - 2 \frac{1}{2}$  oz. servings (approximately 2 B.sp)

Note: A few drops of coloring may be required to improve the color of the sauce.

# Lemon Sauce

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Qt.	White Sugar	2	
1/2	Pt.	Cornstarch		6
1	Tsp	Salt		
1 1/2	Gals.	Boiling Water	15	
1/2	Pt.	Butter		8
1/2	Pt.	Lemon Juice		10
1	B.sp	Grated lemon rind		

Method:

- 1. Mix the sugar, cornstarch and salt.
- 2. Add enough boiling water to make a thin paste and then pour slowly into the remaining water, stirring as you add.
- 3. Continue stirring until the mixture boils.
- 4. Cook until the sauce is clear and there is no taste of raw starch.
- 5. Remove from the heat; add the butter, lemon juice, and grated lemon rind, mix thoroughly.
- 6. Keep hot, without boiling until ready to use.
- 7. Serve hot with vanilla pudding, bread puddings, apple crisp or baked apple pudding.

Yield: 100 – 2 oz. servings (approximately 2 B.sp)

Note: This sauce may be made with powdered lemon juice by mixing 4 ozs. of powdered lemon with enough cold water to moisten and adding it in place of the fresh lemon juice and rind.

# Marshmallow Sauce

Measure	Unit	Ingredients	Lbs.	Ozs.
2 1⁄4	Qts.	Sugar	4	8
1 1/4	Pts.	Water	1	9
15	Ea.	Egg Whites	1	
1	Tsp	Cream of Tartar		
1 1/2	B.sp	Vanilla		2
3⁄4	Pt.	Milk		15

- 1. Boil the sugar and water for 2 minutes.
- 2. Put the egg whites and cream of tartar in the mixer and turn on high speed. Beat until stiff but not dry.
- 3. Add the hot syrup very slowly to the beaten egg whites and beat for 10 minutes.
- 4. Add the vanilla and milk.
- 5. Serve on chocolate pudding.

Yield: 100 – servings (approximately 1 B.sp)

Measure	Unit	Ingredients	Lbs.	Ozs.
2	Qts.	Sugar	4	
1/2	Pt.	Cornstarch		6
1	Tsp	Salt		
1	Tsp	Cinnamon		
1	Gal.	Boiling water	10	
1	Pt.	Butter	1	
5	B.sp	Grated Orange Rind		3
2 1/2	Pts.	Orange Juice	3	2
1/4	Pt.	Lemon or grapefruit juice		5

### **Orange Sauce**

Method:

- 1. Mix the sugar, cornstarch, salt, and cinnamon. Add enough boiling water to make a thin paste and then pour slowly into the remaining water, stirring as you add.
- 2. Continue to stir until the mixture boils.
- 3. Cook until the sauce is clear and there is no taste of raw starch.
- 4. Remove from the heat, add butter, orange rind, and fruit juices.
- 5. Serve hot on bread pudding, rice custard, cottage pudding, apple crisp or steamed puddings.

Yield:  $100 - 2 \frac{1}{2}$  oz. servings (approximately 2 B.sp)

# Foamy Orange Sauce (using meringue powder)

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Qt.	Sugar	2	
3⁄4	Pt.	Boiling water		15
		Powdered Meringue		5
1/2	Pt.	Cold water		10
12	Ea.	Oranges (juice and grated		
		rind)		

Method:

- 1. Add the boiling water to the sugar and boil for 3 minutes. Remove from heat.
- 2. Whip the meringue powder and cold water.
- 3. Pour the syrup slowly over the beaten meringue, beating as you add.
- 4. Add the orange juice and grated orange rind.

5. Beat until smooth and stiff.

Yield: 100 servings (approximately 1 B.sp)

#### Orange Sauce (using concentrated orange juice)

Measure	Unit	Ingredients	Lbs	Ozs.
1 1/2	Qts.	Sugar	3	
1/2	Pt.	Cornstarch		6
1	Gal.	Boiling water	10	
5	B.sp	Butter		5
6	B.sp	Concentrated		8
		Orange Juice		

Method:

- 1. Mix the sugar and cornstarch thoroughly.
- 2. Add a small amount of the boiling water and stir until evenly blended.
- 3. Stir the cornstarch mixture into the remainder of the boiling water. Continue stirring until the mixture thickens and there is no taste of raw starch.
- 4. Remove from the heat. Add the butter and orange juice. Mix well.
- 5. Serve hot on cottage pudding and upside down cake.

Yield:  $100 - 1 \frac{1}{2}$  oz. servings (approximately  $1 \frac{1}{2}$  B.sp)

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Gals.	Prune Juice	15	
1 1/2	Qts.	Sugar	3	
1	B.sp	Cinnamon		
1⁄4	B.sp	Nutmeg		
3⁄4	Pt.	Cornstarch		9
		Grated rind of 4		
		lemons		
1/2	Pt.	Lemon Juice		5

## **Prune Sauce**

Method:

- 1. Heat the fruit juice.
- 2. Combine the sugar, spices, and cornstarch.
- 3. Add enough of the prune juice to make a thin paste.
- 4. Add the paste gradually to the hot prune juice and continue cooking until it thickens and there is no taste of raw starch.
- 5. Cool slightly and add the grated lemon rind and lemon juice.

Yield:  $100 - 2\frac{1}{2}$  oz. servings (approximately 2 B.sp)

Variations:

- 1. 1 qt. of chopped prunes may be added to the sauce.
- 2. The juice from other cooked fruits may be substituted for the prune juice.

## Mixed Fruit Sauce

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Gal	Fruit syrup	10	
1/2	Pt.	Cornstarch		6
1/2	Pt.	Cold water		10
		Grated rind of 3		
		lemons		
3	B.sp	Lemon juice		3
1	Qt.	Diced fruit	2	

Method:

- 1. Heat the fruit syrup.
- 2. Blend the cornstarch with the cold water and stir into the hot syrup. Stir until the mixture thickens. Cook until there is no taste of raw starch.
- 3. Add the grated lemon rind.
- 4. Cool, add the lemon juice and diced fruit.
- 5. Serve cold on ice cream.
- Yield: 100 2 oz. servings  $(1 \frac{1}{2} \text{ to } 2 \text{ B.sp})$

Note:

- 1. The syrup may be the juice from tinned or cooked fruit or may be made from sugar and water.
- 2. Fruits may be cooked or raw. One fruit such as oranges may be used or a combination of cooked and raw fruit.

Measure	Unit	Ingredients	Lbs.	Ozs.
2	# 1 Cans	Evaporated Milk	1	13
1 1/2	B.sp	Jelly powder		1
3	B.sp	Fine Sugar		3
1	B.sp	Vanilla		1

#### Whipped Evaporated Milk Topping No. 1

Method:

- 1. Heat  $\frac{1}{2}$  tin of milk to boiling water, but do not boil.
- 2. Add the jelly powder to the hot milk and stir until dissolved.
- 3. Add to the remaining milk and chill until ice cold.
- 4. Whip quickly until stiff, using a cold beater.
- 5. Fold in the sugar and vanilla.
- 6. Serve immediately on desserts.

Yield: 100 servings (approximately 1 B.sp)

# Whipped Evaporated Milk Topping NO. 2

	Measure	Unit	Ingredients	Lbs.	Ozs.
--	---------	------	-------------	------	------

2	# 1 Cans	Evaporated Milk	1	13
		(ice cold)		
3	B.sp	Sugar		3
3	B.sp	Lemon Juice		4

1. Add the sugar to cold milk and beat until fluffy.

2. Add the lemon Juice. Continue whipping until stiff.

3. Serve at once on desserts.

Yield: 100 – servings (approximately 1 B.sp)

## Lemon Syrup

Measure	Unit	Ingredients	Lbs.	Ozs.
2	Qts.	Corn syrup	7	8
2	Qts.	Water	5	
1	Only	Lemon rind (thinly shaved)		
1	Pt.	Lemon juice	1	4
2	B.sp	Butter		2

Method:

1. Boil corn syrup, water, and lemon rind for 15 minutes.

2. Strain. Add lemon juice and butter.

3. Serve hot on fritters or griddle cakes.

Yield: 100 – servings (approximately 1 B.sp)

# Orange Syrup

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Qt.	Sugar	2	
1	Qt.	Corn Syrup	3	12
1	Qt.	Water	2	8
1	Only	Orange rind		
		(thinly pared)		
1 1/2	Qts.	Orange juice	3	12
2	Qts.	Diced Oranges	4	

Method:

1. Cook the sugar, corn syrup, and water and orange rind for 10 minutes.

2. Remove from the heat, strain. Add orange juice and diced oranges.

3. Serve hot on fritters or griddle cakes.

Yield: 100 – servings (approximately 1 B.sp)

# **CRUSADER**

# "C" Class Destroyer

Commissioned:	15 November 1945
Paid Off:	15 January 1960
Displacement:	1710
Dimensions:	363 x 36 x 10
Speed:	31 knots
Crew:	200
Armament	4 – 4 . 5", 4 – 40 mm, 4 – 20 mm, 4 – 21" TT (1 x IV)

As a "C" Class Destroyer, CRUSADER was to be used against the Japanese; however, the Pacific War ended before she had been completed. She was lent to Canada late in 1945, permanent transfer taking place in 1951. She arrived at Esquimalt in January 1946, after having made the journey via the Azores and the West Indies. She was almost immediately paid off into reserve, a state in which she was to spend several years. While her sister ship was being rebuilt, CRUSADER carried out two tours of duty in the Korean Theatre between June 1952 and August 1954. Reverting then to her former training role, she was paid off on January 15, 1960, at Halifax and was sold for scrapping in 1963.

Feeding Concept:	Cafeteria
Galley:	1
Cooks:	8

# **DESSERTS**

# Apple Betty

Measure	Unit	Ingredients	Lbs.	Ozs.
		Apples A.P.	30	
		OR		
		Evaporated Apples	5	
1 1/2	Qts.	Sugar	3	
2 1/2	B.sp	Cinnamon		1
2	B.sp	Salt		3
1/2	Pt.	Lemon juice		10
6	Qts.	Crumbs (bread or	4	
		cake 2-3 days old)		

I Pt. Butter I	1	D	<b>D</b>	1	
	1	Pt.	Butter	1	

- 1. Wash, quarter, core, and pare the apples, cut into thin slices. If evaporated apples are used, soak in 2 gals. of water for 18 hours.
- 2. Combine the sugar, cinnamon, and salt; add the lemon juice and mix with the apples.
- 3. Melt the butter, add crumbs, mix together thoroughly.
- 4. Fill greased shallow baking pans with alternate layers of apples and crumbs. Finish with crumbs on top.
- 5. Bake in a moderate oven (375 degrees F. light brown flour test) until the apples are tender.
- 6. Serve hot with butterscotch or lemon sauce

Yield: 100 – 4 oz. servings.

Note:

- 1. 4 No. 10 tins of solid pack apples may be used in place of fresh or evaporated apples.
- 2. 4 <sup>1</sup>/<sub>2</sub> B.sp of powdered lemon juice, dissolved in 6 B.sp of water may be used in place of <sup>1</sup>/<sub>2</sub> pt. of lemon juice.
- 3. Bake in 5 enamel pans, 15" x 10", if these are available.

# Apple Crisp

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Qt.	Butter or	2	
		shortening		
1 3⁄4	Qts.	Brown sugar	3	
2 1/2	B.sp	Cinnamon		1
2	B.sp	Salt		3
3	Qts.	Flour	3	12
		Apples A.P.	30	
		Or		
		Apples Evaporated	5	
1 1/2	Pt.	White Sugar	1	8
1	Pt.	Water	1	4
1⁄4	Pt.	Lemon or		5
		grapefruit juice		

Method: using fresh apples.

- 1. Mix the brown sugar, cinnamon, flour, and salt.
- 2. Rub in the fat as in making pastry.
- 3. Wash, quarter, core, and slice the apples.
- 4. Spread the sliced apples in greased enamel baking pans (15" x 10"), sprinkle with the white sugar.
- 5. Add the water and fruit juice.
- 6. Spread the flour mixture over the apples.
- 7. Bake in a moderate oven (350 degrees F. light brown flour test) until the apples are tender and the crust is crisp.
- 8. Serve hot or cold with lemon sauce or with milk.

Method: using evaporated apples.

- 1. Wash the apples and soak in 2 gals. of water for 18 hours.
- 2. Spread in greased baking pans.

3. Finish as in method for fresh apples.

Yield: 100 - 4 oz. servings.

Note:

- 1. 2 B.sp powdered lemon juice dissolved in 3 B.sp of water may be used in place of lemon or grapefruit juice.
- 2. If black pans are used for baking this pudding, spread 1/3 the mixture of flour, etc. on the bottom before putting in the apples.

## Cheese Apple Crisp

Add 4  $\frac{1}{2}$  lbs. of mild – grated cheese (4  $\frac{1}{2}$  qts.) to the mixture of butter and sugar before spreading it over the apples.

# Apple Cornflake Crisp

Measure	Unit	Ingredients	Lbs.	Ozs.
1/2	Pt.	Butter or Shortening		8
1 1/2	Qts.	Brown Sugar	2	10
2 1/2	B.sp	Cinnamon		1
1 1/2	B.sp	Salt		2
1 1/2	Pts.	Flour	1	
		Cornflakes or	1	8
		Branflakes		
		Apples fresh A.P.	30	
		OR		
		Evaporated Apples	5	
1	Pt.	White Sugar	1	
2	B.sp	Lemon or grapefruit		4
	_	juice		

Method:

- 1. Follow the method given for apple crisp.
- 2. Combine the cornflakes with the flour.
- Yield: 100 4 oz. servings.

Note:

- 1. 2 B.sp of powdered lemon juice dissolved in 3 B.sp of water may be used in place of lemon or grapefruit juice.
- 2. If black pans are used for baking this pudding, spread 1/3 the mixture of flour, etc., on the bottom before putting in the apples.

## **Baked Apple Pudding**

Measure Units Ingredients Lbs. Ozs.
-------------------------------------

4	Gals.	Fresh Apples	20	
		Sliced		
1	Pt.	White Sugar	1	
1 1/2	B.sp	Cinnamon		
1 1/2	B.sp	Salt		2
		<sup>1</sup> / <sub>2</sub> of Tea Biscuit		
		Recipe		

- 1. Mix the sugar, cinnamon, and salt together. Add to the sliced apples.
- 2. Place the mixture in 5 enamel-baking pans (15 inch X 10 inch).
- 3. Cover with Tea Biscuit dough, rolled to ¼ inch thick and bake in a moderate oven (350 degrees F. light brown flour test) for about 45 minutes.
- 4. Serve hot with butterscotch or lemon sauce or milk.

Yield: 100 – 3 oz. servings.

Measure	Unit	Ingredients	Lbs.	Ozs.
2	Qts.	Butter or shortening	2	
1 3⁄4	Qts.	Brown Sugar	3	
2 1/2	B.sp	Cinnamon		1
2	B.sp	Salt		3
5 1/2	Pts.	Flour	3	8
3	Qts.	Rolled Oats	3	
		Apples A.P. OR	30	
		Evaporated Apples	5	
1 1/2	Pts.	White Sugar	1	8
3⁄4	Pt.	Lemon or grapefruit juice		5

## Apple Rolled Oats Crisp

Method:

- 1. Combine the ingredients as in making apple crisp. Add the rolled oats with the flour.
- 2. Spread 1/3 of the mixture on the bottom of greased baking pans.
- 3. Add the raw apples or soaked evaporated apples. Add the white sugar and fruit juice.
- 4. Cover with the remainder of the dry ingredients.
- 5. Bake as apple crisp.

Yield: 100 – 6 oz. servings.

Note:

- 1.  $\frac{1}{2}$  pt. of powdered lemon juice and  $\frac{3}{4}$  pt. of water may be used in place of fresh lemon juice.
- 2. If black pans are used for baking this pudding, spread 1/3 the mixture of flour etc. on the bottom before putting in the apples.

## Raisin Rolled Oats Crisp

#### Recipe (A)

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Gals.	Hot Water	15	
9	Qts.	Raisins	14	10
1 1/4	Pts.	Cornstarch	1	
1	Tsp.	Salt		
		Cold water		
1/2	B.sp	Cinnamon		
1/2	Pt.	Lemon or		5
		Grapefruit juice		
4	B.sp	Grated lemon rind		
		OR		
12	Only	Medium oranges,		
		rind and juice		

Method:

Wash and pick over the raisins. Soak in the hot water for 10 minutes. Simmer for 10 minutes.
 Make a raisin filling using all the remaining ingredients except the orange juice and rind. Add the juice and rind after the filling is removed from the heat. If oranges are used, put them through a grinder.

Yield:  $100 - 5 \frac{1}{2}$  oz. servings.

Recipe (B)

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Pt.	Butter	1	
1	Pt.	Shortening	1	
2 3⁄4	Qts.	Flour	3	8
3	Qts.	Rolled Oats	3	
1 1/2	Qts.	Brown Sugar	2	10

Method:

- 1. Combine the ingredients as in making apple crisp.
- 2. Spread 1/3 of the mixture in greased baking pans.
- 3. Add the raisin filling; it should be one inch deep.
- 4. Sprinkle the remaining rolled oats mixture on top.
- 5. Bake in a moderate oven (350 degrees F. light brown flour test) until the rolled oats are cooked and the pudding brown.
- 6. Serve hot or cold, plain or with milk or with lemon or orange sauce.

Yield: 100 5 <sup>1</sup>/<sub>2</sub> oz. servings.

Note: 2 lbs. of shortening or 2 lbs. of butter may be used in place of half butter and half shortening.

## **Cherry Cobbler**

Method:

- 1. Use 3 No. 10 Tins of pitted cherries instead of the apples.
- 2. Serve with sauce made from the cherry juice.

## Fruit Short Cake

Measure	Units	Ingredients	Lbs.	Ozs.
5	Qts.	Flour	6	4
6	B.sp	Baking powder		6
2	Qts.	Fat	4	
1/2	Pt.	Sugar		8
1 1/2	B.sp	Salt		2
1 1/2	Qts.	Milk	3	12

Method:

- 1. Follow the general method for making Tea Biscuits.
- 2. Roll the dough <sup>1</sup>/<sub>4</sub> inch thick and cut into 2 inch biscuits.
- 3. Place <sup>1</sup>/<sub>2</sub> of the biscuits on greased bun pans or baking sheets. Brush the top surface of the biscuits with melted butter.
- 4. Place the remaining biscuits on top.
- 5. Bake in a hot oven (425 degrees F. dark brown flour test) for 12 to 15 minutes.
- 6. When cooked, split with the fingers (do not cut). Pile crushed, sweetened fruit or sliced fruit between the halves and on top.
- 7. Serve hot.

Yield: 100 short cakes.

#### Large Fruit Short Cake

Short cakes can also be cooked by rolling the dough in sheets the size of bun pans. The dough should be only <sup>1</sup>/<sub>4</sub> inch thick. Brush the top surface, place another layer on top.

Bake at (425 degrees F. dark brown flour test) for 15 to 20 minutes. Split, spread crushed or sliced fruit between the halves. Cut into servings. Place fruit on top of each serving.

Measure	Units	Ingredients	Lbs.	Ozs.
6 1/2	Qts.	Pastry Flour	8	
8	B.sp	Baking powder		8
1 1/2	B.sp	Salt		2
1	Pt.	Fat	1	
1	Pt	Sugar	1	
1	Pt.	Eggs	1	
1 1/2	Qts.	Milk	3	12
		Apples fresh	20	
Sugar and Spice mix				
1	Pt.	Sugar	1	
1 1/2	Tsp	Cinnamon		
1	Tsp	Mace or Nutmeg		
1/2	Pt.	Butter		8

## **Dutch Apple Cake**

Method:

- 1. Mix and sift the flour, baking powder, and salt.
- 2. Rub in the fat as in making tea biscuits.
- 3. Add the sugar and mix it in well.
- 4. Beat the eggs, add the milk, and combine with the dry ingredients following the method given for tea biscuit dough.
- 5. Placed the dough on greased baking sheet, roll or press out to <sup>3</sup>/<sub>4</sub> inch thickness.
- 6. Prepare raw apples, cutting them into eighths, lengthwise. If the skins are tender, they may be left on.
- 7. Press the thin edge of the pieces of apple into the dough.
- 8. Combine the sugar and spice, sprinkle over the apples and dough.
- 9. Melt the butter and pour over the top.
- 10. Bake in a hot oven (400 degrees F. golden brown flour test) for approximately 20 to 25 minutes.
- 11. Serve hot with butterscotch or lemon sauce or fresh milk.
- Yield: 100 4 oz. servings.

#### Note:

- 1. 6 lbs. of C. A. flour may be used in place of 8 lbs. of pastry flour.
- 2. 6 ozs. Of dried eggs (3/4 pt.) and <sup>3</sup>/<sub>4</sub> pt. of water may be used in place of fresh Eggs.
- 3. 7 ½ oz. of dried milk (9 B.sp) may be sifted with the flour and 1 ½ qts. of water in place of fresh milk.

## **Dutch Prune Cake**

Method:

- 1. Use the recipe for Dutch Apple Cake, but substitute 3 qts. of raw prunes (6 lbs.) for the apples. Cook and pit the prunes before placing them on the dough.
- 2. Serve with a sauce made from the prune juice.

# Cottage Pudding

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Qt.	Shortening or butter	2	
4 3⁄4	Pts.	Sugar	4	12
20	Each	Eggs	2	
1 3⁄4	Qts.	Milk	4	6
1 1/2	B.sp	Vanilla		2
5 <sup>1</sup> / <sub>2</sub>	Qts.	Pastry Flour	7	
6	B.sp	Baking Powder		6
1 1/2	B.sp	Salt		2

Method:

- 1. Have all the ingredients at 73 to 75 degrees F.
- 2. Combine the ingredients as in making cake.
- 3. Pour into well greased pans to the depth of one inch.
- 4. Bake in a moderate oven (360 degrees F. light brown flour test) until the pudding is brown in color and shrinks from the sides of the tin (40 to 45 minutes)
- 5. Serve hot with Apricot, Butterscotch, Caramel, Jam, Lemon, Mixed Fruit or Orange Sauce.

Yield: 100 - 3 oz. servings (3  $\frac{1}{2}$  inch x 3 inch).

#### Note:

- 1. Use 4 pans 18 inches x 12 inches. Allow approximately 5 lbs. of batter per pan. Cut each pan into 25 servings.
- 2. 5 lbs. 4 ozs. Of C.A. Flour (4 qts.) may be used in place of 7 lbs. of pastry flour.
- 3. Part shortening and part butter may be used.
- 4. Do Not Use A Knife For Cutting Hot Cakes divide into servings by using a fork. A knife produces a heavy streak along the cut surface.

# Variations of Cottage Pudding

# Apple Pudding

Measure	Unit	Ingredients	Lbs.	Ozs.
		Cottage Pudding Recipe		
		Apple Pie Filling	15	
		Using fresh ,canned, or		
		evaporated apples		

Method:

- 1. Spread the apple pie filling 1 inch x 1 <sup>1</sup>/<sub>2</sub> inch deep in the bottom of 6 greased enamel baking pans (15 inch x 10 inch).
- 2. Pour the cottage pudding batter over it, to the depth of ½ inch (approximately 3 lbs. of batter per pan).
- 3. Bake in a moderate oven (360 degrees F. light brown flour test) 35 to 40 minutes, until the pudding is cooked and well browned.
- 4. Serve hot with Lemon, Butterscotch or caramel sauce.

Yield: 100 – 5 oz. servings.

## Chocolate Cottage Pudding

Measure	Unit	Ingredients	Lbs.	Ozs.
5	Qts.	Pastry Flour	6	4
		Reduce the flour		
		in the Cottage		
		Pudding Recipe to		
		above amount		
2 1/2	Pts.	Cocoa (sift cocoa	1	4
		with dry		
		ingredients		

Method:

1. Make as cottage Pudding.

2. Serve with butterscotch or orange sauce.

Yield: 100 – 3 oz. servings.

# **Raspberry Pudding**

Measure	Unit	Ingredients	Lbs.	0zs.
		Cottage pudding		
		recipe		
		Raspberry Jam	10	

Method:

- 1. Spread the jam <sup>1</sup>/<sub>4</sub> inch thick on the bottom of 5 well greased enamel baking dishes (15 inch x 10 inch).
- 2. Pour the cottage pudding batter over it, to the depth of <sup>3</sup>/<sub>4</sub> inch (approximately 4 lbs. per pan.
- 3. Bake in a moderate oven (360 degrees F. light brown flour test) until the pudding is cooked and well browned on top.
- 4. Serve hot with lemon sauce.

Yield: 100 – 4 oz. servings.

# Fruit Upside Down Cake

Measure	Unit	Ingredients	Lbs.	Ozs.
		Unsweetened cooked fruit	12	
1	Qt.	Brown Sugar	1	12
1	Pt.	Corn Syrup	1	14
1	Pt.	Butter, melted	1	
		Recipe for cottage pudding		

Method;

- 1. Drain the fruit and save the juice. When prunes are used, remove pits.
- 2. Mix the sugar, syrup, and melted butter.
- 3. Grease 6 enamel pans (15 inch x 10 inch) and spread the sugar mixture over the bottom (about  $\frac{1}{2}$  pt. to each pan).
- 4. Arrange the fruit on top of the sugar mixture.
- 5. Pour the cottage pudding batter over the fruit (approximately 3 lbs. per pan).
- 6. Bake in a moderate oven (360 degrees F. light brown flour test) until the cake is cooked through and brown on top (40 to 45 minutes).
- 7. Make a sauce from the fruit juice
- 8. Use forks to divide the cake into servings (18 to a pan).
- 9. Serve hot, with the fruit on top and the sauce poured over it.

Yield: 108 - 5 oz. servings (2  $\frac{1}{2}$  inch x 3 inch).

## Fruits Suitable for Upside Down Cake

Fruit	Amount	Preparation
(1) Apricots (dried)	5 ½ lbs.	Wash, soak, cook
(2) Peaches (canned)	18 No. 2 cans	
(3) Peaches (dried)	5 ½ lbs.	Wash, soak, cook
(4) Pineapple (sliced)	14 No. 2 cans	
(5) Prunes (dried)	8 lbs.	Wash, soak, cook
(6) Apricots (cooked)	4 lbs.	
Prunes (cooked)	5 lbs.	

Raisins (cooked)	3 lbs.	Pick over, wash, and drain
(7) Apples (raw)	9 lbs.	Slice
Raisins	3 lbs.	Pick over, wash, and drain

Note: Many combinations of these and other fruits may be used.

Variations:

- 1. Mix 2 oz. of cinnamon (5 B.sp) or 2 oz. of ginger (4 B.sp) with the sugar.
- 2. Add  $2\frac{1}{2}$  pts. of chopped nuts to the fruit.

# Lemon Pudding

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Pt.	Butter	1	
4	Qts.	Sugar	8	
4	Doz. or 2 qts.	Eggs	5	
1	Qt.	Pastry flour	1	4
5 1/2	Qts.	Milk	13	12
24	Each	Lemons (juice and rind)		

Method:

- 1. Cream butter.
- 2. Add the sugar gradually, cream well.
- 3. Add beaten egg yolks, beat thoroughly.
- 4. Add the flour and milk.
- 5. Add the lemon juice and rind.
- 6. Fold in beaten egg whites.
- Pour into buttered enamel baking dishes. Cook in a pan of water in a moderate oven (350 degrees F. light brown flour test) until a knife thrust into the spongy top comes out clean.
   Serve hot.

Yield: 100 – 4 oz. servings.

Note: 15 ozs. Of C.A. flour may be used in place of 1 <sup>1</sup>/<sub>4</sub> lbs. of pastry flour.

Measure	Unit	Ingredients	Lbs.	Ozs.
3 1/2	Gals.	Hot Milk (dried or fresh only)	35	
2 or 3	B.sp	Salt		1
1 1/2	Qts.	Cornstarch	2	4
2	Qts.	Cold Milk	5	
2 1⁄4	Pts.	Sugar	2	4
2	B.sp	Vanilla		2

## Blanc Mange or Vanilla Pudding

Method:

- 1. Heat the  $3\frac{1}{2}$  gals. of milk in a double boiler or steam kettle.
- 2. Combine the salt and cornstarch, add the cold milk and mix to a thin paste.
- 3. Stir the cold mixture gradually into the hot milk. Continue stirring until the pudding thickens. Cover.
- 4. Cook until there is no taste of raw starch, (about 45 minutes). Stir occasionally.

- 5. Add the sugar.
- 6. Remove from the heat, cool slightly. Add vanilla. Cool before serving. Cover tightly with waxed paper to prevent a skin from forming.
- 7. Serve with milk, jam, Butterscotch or custard Sauce, Stewed Fruit or Jam.

Yield: 100 – 7 oz. servings

Note: The sugar in Cornstarch Puddings is reduced by 25 % if it added just before removing from heat, directed above.

## **Baked Custard**

Measure	Unit	Ingredients	Lbs.	Ozs.
3	Gals.	Hot milk	30	
5	Doz.	Eggs	6	4
1 1/2	Qts.	Sugar	3	
1/2	B.sp	Salt		
1	B.sp	Vanilla extract		1
		Or		
1⁄4	B.sp	Cinnamon or nutmeg		
		Or		
1/2	B.sp	Almond extract		1/2

Method:

- 1. Heat the milk over hot water or in a steam jacketed kettle.
- 2. Beat the eggs sufficiently to mix them.
- 3. Add the sugar, salt, and flavoring to the eggs.
- 4. Add part of the hot milk to the eggs and sugar, stirring as you add.
- 5. Return this mixture to the hot milk and combine thoroughly, but do not cook.
- 6. Pour into baking pans or custard cups.
- 7. Place these in a pan of hot water.
- 8. Bake in a moderate oven until a knife thrust into the center comes out clean (350 degrees F. light brown flour test).
- 9. Remove immediately from the hot water and cool as quickly as possible.
- 10. Serve plain, or with fruit or a fruit sauce.

Yield: 100 - 6 oz. servings.

Variation: Baked Custard made with dried Eggs

Method:

- 1. Substitute 2 qts. of dried eggs (2 lbs.) for the eggs given in the recipe.
- 2. Mix the dried eggs with 2 qts. of cold water.
- 3. Use almond Flavoring.
- 4. Follow the recipe and method given for Baked Custard.

#### **Bread Pudding**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Bread (2 or 3 days old)	5	
2	Gals.	Hot Milk	20	

1 1/2	Pts.	Eggs (20 ea.)	2	
1 1/2	Pts.	Sugar	1	8
2/3	B.sp	Salt		1
1	B.sp	Vanilla		1
1	Pt.	Butter	1	

- 1. Crumb the bread or cut into dice. Place in greased baking pans. Divide the bread evenly between the number of pans required.
- 2. Combine the remaining ingredients as for baked custard, adding the butter last.
- 3. Pour over the bread and leave for  $\frac{1}{2}$  hour.
- 4. Bake in pans of warm water in a moderate oven (350 degrees F. light brown flour test) until a knife thrust into the center comes out clean (about 1 hour) or bake in a slow oven (300 degrees F. creamy flour test) without the pan of water (approximately 1 ½ hours).
- 5. Serve hot with milk or cream.

Yield: 100 – 4 oz. servings.

Note:

- 1. If using stale bread, reduce the amount to 3 lbs.
- 2. If evaporated milk is used, substitute 7 lbs. of the milk (8 cans) and 1 <sup>1</sup>/<sub>4</sub> gals. of water for fresh milk.
- 3. 8 ozs. Of dried eggs (1 pt.) and I pt. of water may be substituted for fresh eggs.

Variations:  $2\frac{1}{2}$  qts. of raisins (4 lbs.) may be added to the recipe.

## Chocolate Bread Pudding (using Navy Chocolate)

Measure	Unit	Ingredients	Lbs.	Ozs.
		Bread (2 or 3 days old)	3	
		Navy Chocolate	6	
3	Gals.	Hot Milk	30	
1	Pt.	Butter	1	
1	Qt.	Sugar	2	
1 1/2	B.sp	Salt		2
2	Doz.	Eggs	2	8
1 1/2	B.sp	Vanilla		1 1/2

Method:

- 1. Cut the bread into 1/3 inch slices and cut each slice in half.
- 2. Arrange the bread in greased baking tins so that the pieces over lap.
- 3. Melt the chocolate over hot water, add the hot milk, butter, and the sugar and blend well. Remove from the heat.
- 4. Beat the eggs sufficiently to mix them and then add an equal quantity of the chocolate mixture to them.
- 5. When well blended, combine with the rest of the warm milk and chocolate and then pour it over the sliced bread. Allow the pudding to stand for 30 to 40 minutes before cooking.
- 6. Bake in a slow oven (300 degrees F. creamy flour test) until a knife thrust into the centre comes out clean. Remove immediately from the heat.
- 7. Serve hot or cold, plain or with milk or hard sauce.

Yield: 100 – 6 oz. servings. Note:

- 1. The butter may be omitted.
- 2. If evaporated milk is used, substitute 7 lbs. (8 cans) of the milk and 1¼ gals. of water for the fresh milk.
- 3. 12 ozs. of dried eggs  $(1 \frac{1}{2} \text{ pts.})$  and  $1 \frac{1}{2} \text{ pts.}$  of water may be substituted for fresh eggs.

#### **Bread And Butter Pudding**

Method:

- 1. Use the ingredients given for bread pudding.
- 2. Cut the bread into strips about 2 inches wide and arrange in greased baking dishes so that the strips overlap.
- 3. Pour the custard mixture over the bread and allow to stand for at least 1/2 hour before baking.
- 4. Finish as bread pudding.

#### Note:

- 1.  $2\frac{1}{2}$  qts. of raisins (4 lbs.) may be spread on the bread, before adding the custard. Pick over and wash the raisins before using.
- 3. If evaporated milk is used, substitute 7 lbs. (8 cans) of the milk and 1 ¼ gals. of water for fresh milk.

Measure	Unit	Ingredients	Lbs.	Ozs.
1 3⁄4	Qts.	Brown Sugar	3	
1	Qt.	Butter	2	
1 3⁄4	Pts.	Cornstarch	1	5
2 or 3	B.sp	Salt		1
3 1/2	Gals.	Hot Milk	35	
1	Qt.	Eggs	2	10
1	B.sp	Vanilla		1

#### Butterscotch Pudding

Method:

- 1. Cook the brown sugar and butter in a steam jacketed kettle or over a low heat until it becomes golden brown in color. Stir constantly.
- 2. Add the cornstarch and salt. Mix thoroughly.
- 3. Add the hot milk slowly, stir continuously until the mixture thickens.
- 4. Cover, cook until there is no taste of raw starch (25 to 30 minutes). Stir occasionally.
- 5. Add some of the hot pudding to the beaten eggs, mix well, and then stir back into the cooked mixture.
- 6. Cook for 3 to 5 minutes, stirring gently.
- 7. Remove from the heat, add the vanilla. Cover tightly with waxed paper.
- 8. Cool, and serve plain or with milk.
- Yield: 100 6 oz. servings (approximately  $\frac{3}{4}$  cup).

Note:

- 1. The eggs may be omitted and the cornstarch increased to 1 lb. 12 ozs. (approximately 1 qt.).
- 2. 12 ozs. of dehydrated eggs (1 ½ pts.) mixed with 1 ½ pts. of cold water may be substituted for fresh eggs.

## Butterscotch Pudding (prepared Mix)

When Butterscotch Mix is issued for pudding or pie filling, cook according to the directions on the package. When cooked, add caramel or brown sugar cooked in butter, and slightly beaten eggs to improve the flavor. The quantities cannot be given as they will vary with the different brands.

## **Caramel Pudding**

Measure	Unit	Ingredients	Lbs.	Ozs.
3	Gals.	Hot Milk	30	
1	B.sp	Salt		1 1/2
1 1/2	Qts.	Cornstarch	2	4
2	Qts.	Cold Milk	5	
3	Qts.	White Sugar	6	
3	Qts.	Boiling Water	7	8
2	B.sp	Vanilla		2

Method:

- 1. Heat the milk in a double boiler or steam kettle.
- 2. Combine the salt, cornstarch or flour, and the cold milk.
- 3. Stir gradually into the hot milk, continue stirring until it thickens.. Cover.
- 4. Caramelize the sugar, add the boiling water gradually. Boil 10 minutes.
- 5. Add the cornstarch mixture.
- 6. Continue cooking until there is no flavor of raw starch..
- 7. Remove from the heat. Add vanilla, cover tightly with waxed paper and cool before serving.
- 8. Serve plain or with milk or cream

Yield: 100 – 7 oz. servings

Note:

1. The cornstarch may be reduced to 1 lb. 14 ozs. (1 <sup>1</sup>/<sub>4</sub> pts.) and 20 whole eggs added. Follow directions given for adding eggs to cornstarch custard pudding.

2. 10 ozs. of dried eggs (1 ¼ pts.) mixed with 1 ¼ pts. of cold water may be used in place of fresh eggs.

Measure	Unit	Ingredients	Lbs.	Ozs.
		Navy Chocolate	4	
3 1/2	Gals.	Hot Milk	35	
1 3⁄4	Pts.	Cornstarch	1	4
1	Qt.	Sugar	2	
2/3	B.sp	Salt		1
1/2	Gal.	Cold Milk	5	
1/2	B.sp	Vanilla		

#### Chocolate Pudding (Navy Chocolate)

Method:

1. Melt the chocolate over hot water or in a steam jacketed kettle.

- 2. Add the hot milk gradually, stir as you add and continue stirring until smooth.
- 3. Mix the salt, cornstarch, and cold milk to a smooth paste.
- 4. Add to the hot chocolate, stirring continuously until the mixture thickens.
- 5. Cook until there is no taste of raw starch (about 45 minutes).
- 6. Add the sugar, mix well.

Chocolate Pudding (cocoa)

- 7. Remove from the heat, add the vanilla.
- 8. Cool before serving, cover tightly with waxed paper to prevent a skin from forming.

Yield: 100 - 6 oz. servings (approximately  $\frac{3}{4}$  cups).

#### Measure Unit Ingredients Lbs. Ozs. 3 1/2 Gals. Milk 35 2 1 1/2 B.sp Salt 1 1/2 Cocoa 8 Qts. 1 2 1/2 Qts. Cornstarch 1 14 2 Cold Milk 5 Qts. 4 1/2 White Sugar 4 8 Pts. 1 1/2 B.sp Vanilla 2

Method:

- 1. Heat  $3\frac{1}{2}$  gals. of milk in a double boiler or steam kettle.
- 2. Combine the salt, cocoa, and cornstarch. Add the cold milk and mix to a thin paste.
- 3. Stir this gradually into the hot milk. Continue stirring until the pudding thickens, cover.
- 4. Cook until there is no taste of raw starch. Stir occasionally.
- 5. Add the sugar and mix well.
- 6. Remove from the heat. Cool slightly, add the vanilla. Cover tightly with waxed paper and cool before serving.
- 7. Serve with milk or cream.

Yield: 100 - 7 oz. servings.

#### Chocolate Soufflé

Method:

- 1. Prepare chocolate pudding.
- 2. When cooked, remove from the heat, and stir in 32 stiffly beaten egg whites.
- 3. Chill, serve cold with whipped evaporated milk topping.

## Cornstarch Soufflé

Measure	Unit	Ingredients	Lbs.	Ozs.
3 1/2	Gals.	Hot Milk (dried or fresh only	35	
2 or 3	B.sp	Salt		1
2	Qts.	Cold Milk	5	

1	Qt.	Cornstarch	1	8
32	Each	Eggs	3	8
1 1/2	Qts	Sugar	3	
1 1/2	B.sp	Vanilla		2

- 1. Heat the milk in a steam kettle or in a heavy aluminum pot at the side of the stove or over hot water.
- 2. Combine the cornstarch and salt. Add the cold milk and mix to a thin paste.
- 3. Stir slowly into the hot milk. Continue stirring until the mixture thickens, cover.
- 4. Cook until there is no taste of raw starch (30 to 40 minutes), stir occasionally.
- 5. Separate the eggs. Add the sugar to the yolks and beat sufficiently to mix.
- 6. Add some of the hot mixture to the beaten yolks and sugar. Mix well, then stir this into the pudding and continue stirring until there is no taste of raw egg (3 to 5 minutes).
- 7. Remove from the heat. Add the stiffly beaten egg whites. Beat until well mixed. Add the vanilla.
- 8. Pour into shallow pans to cool. Cover tightly with waxed paper. Chill
- 9. Serve with fresh or stewed fruit or a fruit sauce.

Yield: 100 – 7 oz. servings.

# **Custard Cornstarch Pudding**

Measure	Unit	Ingredients	Lbs.	Ozs.
3 1/2	Gals.	Hot Milk (dried or fresh only)	35	
2 or 3	B.sp	Salt		1
2	Qts.	Cold Milk	5	
1	Qt.	Cornstarch	1	8
32	Each	Eggs	3	8
1 1/2	Qts.	White Sugar	3	
1 1/2	B.sp	Vanilla or Almond Flavoring		2

Method:

- 1. Follow the method given for Blanc Mange.
- 2. Beat the eggs and sugar sufficiently to mix them.
- 3. When the cornstarch is cooked, add some of the hot mixture to the eggs and sugar and mix well. Then stir this into the thickened milk and continue to cook until there is no taste of raw egg (3 to 5 minutes).
- 4. Remove from the heat, cool slightly and add the flavoring. Cover with waxed paper and cool.
- 5. Serve with fruit or with sauce as suggested for vanilla pudding.

Yield: 100 - 7 oz. servings.

Note:

When dried eggs are used, mix 1 qt. of dried eggs (1 lb.) with 1 qt. of water. Substitute for the fresh eggs in the recipe.

Cornflake Custard (Variations)

- 1. Empty 2 packages of corn or bran flakes into a bowl. Break the flakes slightly.
- 2. Sprinkle part on the bottom of the pans in which the pudding is cooled.
- 3. Sprinkle the rest on top.

Grape nuts Custard : Substitute Grape nuts for corn flakes. Make in the same way.

#### Lemon Snow

Measure	Unit	Ingredients	Lbs.	Ozs.
3 1/2	Gals.	Water	15	
3	Qts.	Sugar	6	
1⁄4	Pt.	Lemon Rind		2
1/2	Gal.	Cold Water	5	
1 1/4	Qts.	Cornstarch	2	
1	Qt.	Lemon Juice	2	8
36	Each	Egg Whites		

#### Method:

- 1. Mix the water, sugar, and lemon rind. Bring to a boil.
- 2. Mix the cold water and cornstarch and add gradually to the hot syrup, stirring constantly. Cook until there is no taste of raw starch.
- 3. Remove from the heat and add the lemon juice. Pour into pans and allow to set until fairly firm.
- 4. Beat the egg whites until stiff but not dry. Add the cornstarch mixture and continue to beat until quite stiff.
- 5. Serve with custard sauce.

Yield: 100 – 3 oz. servings.

Note: When fresh lemons are not available, add 1 pt. plus 2 B.sp of powdered lemon juice mixed with 1 ½ pts. of cold water.

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Qts.	Raw Rice	4	
1	Gal.	Boiling Water	10	
2/3	B.sp	Salt		1
12	# 1 cans	Evaporated Milk	10	14
2 1/2	Pts.	White Sugar	2	8
1/2	B.sp	Nutmeg		
1	Pt.	Butter	1	
3	Qts.	Hot Water	7	8

## Rice Pudding (evaporated milk)

Method:

- 1. Pick over the rice and wash it in warm water.
- 2. Add it to the boiling salted water.
- 3. Cook in a steam jacketed kettle or double boiler until all the water is absorbed.
- 4. Mix the evaporated milk, sugar, and spice, butter, and hot water.

5.	Pour over the rice.
6.	Cook very slowly in a steam – jacketed kettle, or a double boiler or in a slow oven (325 degrees F. creamy flour test) until the rice is tender and the pudding is creamy.
7.	Stir occasionally with a fork.
Yield:	100 – 4 oz. servings.
Variations:	Rice and Raisin Pudding – Add 2 $\frac{1}{2}$ qts. of washed raisins (4 lbs.) with the evaporated milk and sugar.

# Creamy Rice Pudding

Measure	Unit	Ingredients	Lbs.	Ozs.
2 1/2	Pts.	Raw Rice	3	4
4	Gals.	Hot Milk	40	
1	Pt.	Sugar	1	
1	Qt. (25 ea.)	Eggs	2	10
2	B.sp	Salt		
1	B.sp	Vanilla		
		Or		
1/2	B.sp	Almond Flavoring		

Method:

- 1. Pick over the rice and wash it in warm water.
- 2. Add to the hot milk and cook slowly over hot water for 2 or 3 hours or longer.
- 3. Beat the eggs, add the sugar and salt, and then add a small quantity of the hot rice and milk.
- 4. Stir this mixture slowly into the pudding.
- 5. Cook for 3 to 5 minutes, stirring continuously.
- 6. Remove from the heat immediately. Add the flavoring.
- 7. Serve hot or cold.

Yield: 100 - 6 oz. servings.

Note; If a steam kettle is used, the rice should be boiled or steamed in 2 qts. of water for 10 minutes before being added to the milk, to prevent caramelization. The milk should be reduced to 3 ½ gals. and the time of cooking to one hour.

Variations:

- 1. Add 6 lbs. of raisins a few minutes before adding the eggs.
- 2. Separate the eggs, cook the yolks as above. Add the stiffly beaten egg whites just before removing from the heat.
- 3. Add <sup>1</sup>/<sub>4</sub> cup of finely grated lemon rind.
- 4. Cook very thinly pared lemon rind (2 B.sp) in the milk. Remove before adding the rice.

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Qts.	Raw Rice	4	
3	Gals.	Hot Milk	30	
2 or 3	B.sp	Salt		1

## Rice Pudding (without eggs)

2 1/2	Pts.	Sugar	2	8
1/2	B.sp	Nutmeg		
1	Pt.	Butter	1	

- 1. Pick over the rice and wash it warm water. Drain
- 2. Add the rice to the hot milk and salt. Cook slowly in a steam jacketed kettle or over hot water until the rice is almost tender.
- 3. Add the sugar, nutmeg, and butter.
- 4. Continue cooking until the rice has absorbed most of the milk and is tender.
- 5. This pudding should be creamy and not stiff. It may be necessary to add more hot milk. When doing so, mix it in very gently, do not stir.
- 6. Serve hot with milk, Jam sauce, or Corn Syrup.

Yield:	100 – 4 oz. servings.
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Variations: Add  $2\frac{1}{2}$  qts. of washed raisins (4 lbs) with the sugar.

## Baked Rice Pudding

Method:

- 1. After adding the sugar, nutmeg, and butter; pour into greased baking tins and finish cooking in a slow oven (300 degrees F. creamy flour test).
- 2. More hot milk will probably be needed, mix in with a fork.

Measure	Unit	Ingredients	Lbs.	Ozs.
2 1/2	Pts.	Raw Rice	3	
4	Gals.	Hot Milk	40	
1	Pt.	Sugar	1	
1	Qt. or 25 ea.	Eggs	2	10
2	B.sp	Salt		3
1	B.sp	Vanilla		
	-	Or		
1/2	B.sp	Almond Flavoring		

#### **Baked Rice Custard**

Method:

- 1. Pick over the rice and wash it in hot water.
- 2. Add to the hot milk and cook slowly in a steam jacketed kettle or over hot water until the rice is almost tender. Turn off the steam or remove the pudding from the heat.
- 3. Beat the eggs only sufficiently to mix, add the sugar, salt, and then a small quantity of the hot milk and rice.
- 4. Stir this mixture slowly into the pudding.
- 5. Pour immediately into greased baking pans.
- 6. Bake in a slow oven (300 degrees F. creamy flour test) until a knife thrust into the center comes out free of custard.
- 7. Serve hot or cold with milk, or milk and brown sugar.

Yield:	100 – 6 oz. servings
Note:	
1.	If dried eggs are used, mix 1 1/2 pts. of dried eggs (12 oz.) with 1 1/2 pts. of water and substitute
	for fresh eggs.
2.	If the mixture is baked in the large square, black pans, increase the eggs to 30, or use 1 qt. of
	dried eggs (1 lb.) mixed with 1 qt. of water.
3.	2 B.sp of thinly pared lemon rinds may be heated with the milk. Remove before adding the rice.
Variations:	Add 2 <sup>1</sup> / <sub>2</sub> qts. of washed raisins (4 lbs.) just before adding the eggs.

Rice	And	Apple	Pudding
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Measure	Unit	Ingredients	Lbs.	Ozs.
2 <sup>3</sup> ⁄4	Pts.	Rice	3	7
2	Qts.	Raisins	3	4
3	Gals.	Hot Milk	30	
		Finely grated rind of 4 lemons		
1	B.sp	Salt		1 1/2
1 1/2	Pts.	Sugar	1	8
		Apples A.P.	24	
1 1/2	B.sp	Cinnamon		
1	Pt.	Butter	1	

<ol> <li>Pick over and wash the rice and the raisins</li> </ol>
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- 2. Add the rice, raisins, and grated rind to the hot milk. Cook over hot water, or in a steam jacketed kettle until the rice is tender. Stir occasionally with a fork.
- 3. Add the salt and sugar, stir the pudding gently with a fork to mix them in.
- 4. Pour into shallow, greased baking dishes.
- 5. Wash, quarter, core, and pare the apples. Cut into thin slices.
- 6. Arrange the apple on top of the rice, so that the slices over lap.
- 7. Dust lightly with cinnamon and brush with melted fat.
- 8. Bake in a slow oven (300 degrees F. creamy colored flour test) until the apples are tender.
- 9. Serve with butterscotch or lemon sauce.

Yield: 100 - 8 oz. servings.

Note:

- 1. Dried fruit, which has been soaked in water for several hours, may be substituted.
- 2. Use 10 lbs. of prunes, washed, soaked, and pitted OR 8 lbs. of apricots, washed, and soaked.

# Sago Pudding

Measure	Unit	Ingredients	Lbs.	Ozs.
4	Gals.	Milk (heated)	40	
1 3⁄4	Qts.	Sago	3	8
16	Each	Eggs	1	11

1 1/2	Qts.	Sugar	3	
2 1/2	B.sp	Salt		4
1/2	Pt.	Butter		8
2	B.sp	Vanilla		2

- 1. Add the sago to the hot milk. Cook below boiling point in a steam jacketed kettle until the sago is clear. Stir occasionally.
- 2. Combine the slightly beaten eggs, sugar, and salt and add some of the milk and sago. Mix well and then stir into the hot pudding.
- 3. Continue stirring until there is no taste of raw eggs. (3 to 5 minutes).
- 4. Remove from the heat, add the butter and vanilla.
- 5. Serve cold with milk or fresh or canned fruit.

Yield:  $100 - 4\frac{1}{2}$  oz. servings.

#### Tapioca Cream

Measure	Unit	Ingredients	Lbs.	Ozs.
1 3⁄4	Qts.	Pearl Tapioca	3	
3 1/2	Gals.	Milk heated	35	
1 3⁄4	Qts.	Sugar	3	8
1	B.sp	Salt		1 1/2
1	Qt. (25 ea.)	Eggs	2	10
3⁄4	B.sp	Vanilla		

Method:

- 1. Soak the tapioca for 6 to 8 hours in cold water to cover. Drain.
- 2. Heat the milk. Add the drained tapioca. Cook slowly in a steam jacketed kettle until the tapioca is clear.
- 3. Add the sugar and salt.
- 4. Beat the eggs slightly and add a small amount of the hot pudding. Mix well. Stir this mixture into the pudding. Turn off the steam.
- 5. Continue to cook until there is no taste of raw egg (about 5 minutes)
- 6. Remove from the heat. Add the vanilla.
- 7. Serve cold, with jam or with a fruit sauce.

Yield: 100 - 7 oz. servings.

Note:

- 1.  $1\frac{1}{2}$  pts. of dried eggs (12 ozs.) mixed with  $1\frac{1}{2}$  pts. of water may be used instead of fresh eggs.
- 2. When using evaporated milk instead of fresh milk, cook the tapioca in 2 <sup>1</sup>/<sub>2</sub> gals. of water. When the tapioca is clear, add 16 tins 0f undiluted evaporated milk, finish as above.

# Apple Tapioca

Measure	Unit	Ingredients	Lbs.	Ozs.
2	Qts.	Pearl Tapioca	3	8
2 1/2	Gals.	Boiling water	25	
2 /3	B.sp	Salt		1

		Tart Apples A.P.	35	
1	B.sp	Whole Cloves		
2 1/2	Qts.	Sugar	5	
1/2	Pt	Butter		8

- 1. Soak the tapioca for 65 to 8 hours in cold water to cover. Drain.
- 2. Add the boiling water and cook until clear in a steam jacketed kettle or over hot water (1 <sup>1</sup>/<sub>2</sub> to 2 hours)
- 3. Core and pare the apples. Arrange in greased baking pans.
- 4. Stick 2 or 3 cloves into each one and fill the center of the apples with sugar.
- 5. Pour the cooked tapioca over the top. Dot with butter.
- 6. Bake in a moderate oven (350 degrees F. light brown flour test) until the apples are tender.
- 7. Serve hot with sugar and milk.

Yield: 100 - 6 oz. servings.

#### Variations:

- 1. Omit the whole cloves and mix <sup>1</sup>/<sub>2</sub> oz. of cinnamon (1 <sup>1</sup>/<sub>4</sub> B.sp) and <sup>1</sup>/<sub>2</sub> oz. of nutmeg (1 b.sp) with the sugar.
- 2. Slice the apples and arrange in layers, alternately with the cooked tapioca. Sprinkle each layer of apples with the sugar mixed with cinnamon and nutmeg as in # 1 above.

#### 3. DRIED APRICOT OR DRIED PEACH TAPIOCA.

- (a) Soak 5 lbs. of dried apricots or dried peaches according to the general directions
- (b) Drain. Measure liquid and make it up to  $2\frac{1}{2}$  gals. by adding water.
- (c) Heat the liquid to boiling and add the tapioca.
- (d) Finish as apple tapioca, arranging the soaked fruit in layers alternately with the cooked tapioca.

Yield:

100-6 oz. servings.

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Pts.	Granulated Tapioca	1	3
1 1/2	Gals.	Boiling water	15	
1/2	Gal.	Raw fresh fruit, sliced		
		OR		
1/2	Gal.	Raw dried fruit, soaked	5	
1	Qt.	Sugar	2	
1/2	Pt.	Lemon juice		10
1/2	Pt.	Butter		8

# Fruit Tapioca (granulated tapioca)

Method:

- 1. Cook the tapioca in boiling water in a steam jacketed kettle until it is transparent (3 to 5 minutes). Have the steam pressure as low as possible.
- 2. Place the fruit in greased baking pans. Sprinkle with sugar and lemon juice.
- 3. Pour the cooked tapioca over it, dot with butter, cover, and bake in a slow oven (300 degrees F. creamy flour test) until the fruit is tender.
- 4. Serve warm with sugar and milk.

Yield: 100 - 4 oz. servings.

Variations: Substitute 1 No. 10 tin of sweetened canned fruit such as cherries or pineapple and reduce the sugar in the recipe to 1 pt. (1 lb.). Drain and use the juice as part of the liquid in which the tapioca is cooked.

Measure	Unit	Ingredients	Lbs.	Ozs.
2	Gals.	Hot Milk	20	
3⁄4	Pt. (24 ea.)	Egg yolks	1	
1/2	Gal.	Milk, unheated	5	
1	Qt.	Granulated tapioca	1	10
1 1/2	Qts.	Sugar	3	
2/3	B.sp	Salt		1
24	Ea.	Egg whites (beaten)		
1/2	B.sp	Almond flavoring		1/2
	_	OR		
1	B.sp	Vanilla flavoring		1

#### Tapioca Cream (granulated tapioca)

Method:

1. I I Cal LIC IIIIK III a Stealii Jacketeu kettie ol ovel not wat	cketed kettle or over hot water	acketed kettle	1. Heat the milk in a steam
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- 2. Beat the egg yolks slightly and mix with the cold milk.
- 3. Stir the tapioca, sugar, salt, and the egg and milk mixture into the hot milk.
- 4. Cook, stirring constantly, until there is no taste of raw egg and the tapioca is clear (3 to 5 minutes).
- 5. Remove from the heat at once, fold in the beaten egg whites, add the flavoring.
- 6. Serve warm with milk and sugar or chill and serve with canned fruit or jam.

Yield: 100 - 7 oz. servings.

Note:

 $1\frac{1}{2}$  pts. of dried eggs (12 oz.) mixed with  $1\frac{1}{2}$  pts. of cold water may be used in place of fresh eggs. Add to the milk and cook as above.

Variations:

- 1. FRUIT TAPIOCA CREAM: 2 qts. of sliced bananas OR 2 qts. of canned peaches, sliced and drained OR 2 qts. of cooked dried apricots drained, may be folded into the cooled tapioca cream. Chill. Serve with a sauce made from the fruit juice.
- 2. COCOAUNT TAPIOCA CREAM: Fold 1 qt. of moist shredded cocoanut into the cool tapioca cream.

# Steamed Puddings

Steamed puddings should be very light, tender, and rather delicate in texture.

Solid , heavy puddings may be due to:

- 1. Too stiff a mixture, it should be about as thin as cake batter.
- 2. Insufficient leavening.
- 3. Having too great a depth of batter in the container.
- 4. Opening the steamer before the pudding is cooked.

#### **CONTAINERS**

Steamed puddings will be lighter and will be more easily cooked if small tins such as empty tomato cans  $(2\frac{1}{2})$  or honey pails or bread tins are used.

The tins should be thoroughly greased and should be from  $\frac{1}{2}$  to 2/3 full. If they do not have close – fitting lids, tie waxed paper or greased brown paper tightly over the top. If suitable containers are not available, half – fill greased baking pans and cover them closely by tying greased brown paper over the top.

#### **COOKING**

- 1. In a steamer: Place the tins of pudding in the steamer trads and steam at 10 to 15 lbs. of pressure for 1 ½ to 2 hours. The exact time required for cooking will depend upon the depth of the pudding in the tin. Longer cooking than is necessary will caramelize the sugar and spoil the flavor of the pudding.
- If no steamer is available: (a) Cook the tins of pudding in pots of simmering water. The water must reach almost to the top of the tins and it must be kept at simmering point. The pot must be closely covered and the lid must not be lifted until the puddings have cooked for at least 2 hours.
  (b) Bake the puddings in a moderate oven (350 degrees F. light brown flour test). Note use the tests given for cakes to find out whether the puddings are cooked.

#### **STORING**

- 1. teamed puddings may be left in their containers for 2 or 3 days and then reheated. The lids or papers should be removed to allow the steam to escape. Cover the puddings lightly, when they are cool.
- 2. For longer storage, remove from the tins when cool and wrap each pudding in waxed paper. Store in a dry, cool place.

#### **REHEATING**

Reheat in the containers. Cover with waxed or greased brown paper and steam for one to  $1\frac{1}{2}$  hours.

#### Serving

Always serve steamed puddings very hot, with a sauce.

#### **Preparation Of Suet For Pudding**

- 1. Remove the membrane.
- 2. Chop fine or put through a grinder.

#### Measure Unit Ingredients Lbs. Ozs. Shortening 1 Qt. 2 3 Qts. Sugar 6 2 10 1 Qt. (25 ea.) Eggs 5 Navy Chocolate 3 Qts. Milk 7 8 B.sp 1 Vanilla 1 C.A. Flour (sifted) 4 Qts. 4 2 **Baking Powder** 2 B.sp

#### Steamed Chocolate Pudding

1	B.sp	Soda	1
2/3	B.sp	Salt	1

- 1. Combine by the cake method, Add the melted chocolate with the fat and sugar.
- 2. Pour into greased tins, filling 2/3 full.
- 3. Cover with heavy, greased paper or with waxed paper and tie securely.
- 4. Steam for  $1\frac{1}{2}$  to 2 hours.
- 5. Serve hot or cold with orange or hard sauce.

Note: This batter should be thin.

#### Steamed Carrot Pudding

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Qts.	Pastry flour	2	
1 1/2	B.sp	Baking soda		1 1/2
1	Gal.	Brown Sugar	7	
3	Qts.	Dry Bread Crumbs	3	
3	B.sp	Salt		4 1/2
2 1/2	B.sp	Cinnamon		1
2	Tsp.	Ginger		
1	B.sp	Allspice		
1	Gal.	Raisins	6	8
1/2	Gal	Currants	3	4
1/2	Gal	Peel	3	
2 1/2	Qts.	Suet Finely chopped	3	
1	Gal.	Carrots minced raw		
1	Gal	Potatoes minced raw		
1	Pt.	Sour milk	1	4

Method:

1	Mix an	d sift the	dry ing	gredients.

- 2. Add the suet and the fruit; mix well.
- 3. Add the minced vegetables and milk.
- 4. Pour into greased containers, cover, and steam according to the general directions.
- 5. Serve hot with lemon or butterscotch sauce.

Yield:  $100 - 4\frac{1}{2}$  oz. servings.

Note: 1 <sup>1</sup>/<sub>2</sub> lbs. of C.A. Flour may be used in place of pastry flour.

## Steamed Fruit Pudding

Measure	Unit	Ingredients	Lbs.	Ozs.
4	Qts.	Pastry flour	5	
2	B.sp	Baking powder		2
1/2	B.sp	Baking soda		1/2
1	B.sp	Cinnamon		

1/2	B.sp	Cloves		
1/2	B.sp	Nutmeg		
2/3	B.sp	Salt		1
1 1/2	Pts.	Sugar	1	8
1	Qt.	Suet finely chopped	1	4
2	Qts.	Raisins	3	4
1 3⁄4	Qts.	Peel	2	8
1	Pt. (12 ea.)	Eggs	1	5
1 1/2	Qis.	Molasses	5	4
1	Qt.	Water	2	8

- 1. Mix and sift the dry ingredients.
- 2. Add the suet and blend well. When shortening is used in place of suet, work it in with the fingers.
- 3. Add the fruit and mix until it is all well coated with flour.
- 4. Beat the eggs slightly, add the molasses and water.
- 5. Pour into the dry ingredients and mix only enough to moisten the flour as in making muffins.
- 6. Pour into greased tins and cover.
- 7. Cook according to the general directions.
- 8. Serve hot with butterscotch sauce.

Yield:	100 -	3 1/2	oz.	servings
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#### Note:

- 1. 1 lb. of shortening may be used in place of the suet in the recipe.
- 2. When peel is not available, replace it with the same weight of raisins.
- 3. 6 oz. of dried eggs (3/4 pt.) and  $\frac{3}{4}$  pt. of water may be used in place of fresh eggs.

#### Variations:

- 1. Steamed Apple or Apricot Pudding: Omit the raisins and peel from the recipe and add 5 ½ lbs. of washed, drained, raw, dried apricots or dried apples, cut into pieces.
- 2. Steamed Date Pudding: Omit the raisins and peel from the recipe for steamed fruit pudding and add 6 lbs. of dates, which have been washed, drained, and cut into pieces.
- 3. Steamed Fig Pudding: Omit the raisins and peel from the recipe for steamed fruit pudding and add 6 lbs. of dried figs, which have been washed and cut into pieces.
- 4. Steamed Ginger Pudding: Omit the spices from the recipe for steamed fruit pudding and add 2 B.sp of ground ginger.

#### Ingredients Measure Unit Lbs. Ozs. 3 1/4 Qts. Pastry flour 4 Dry Bread Crumbs 4 1 Gal. Sugar 4 2 Qts. 2/3 Salt 1 B.sp Baking Soda 2 1/2 2 1/2 B.sp 2 Suet finely chopped 2 8 Qts. 2 Qts. Water 5 1 1/2 Marmalade 4 11 Qts.

#### Steamed Marmalade Pudding

Method:

- 1. Mix and sift the dry ingredients.
- 2. Add the finely chopped suet.
- 3. Add the water and marmalade and mix until smooth.
- 4. Pour into greased containers, cover closely and steam according to the general directions.
- 5. Serve hot with butterscotch sauce.

Yield:  $100 - 3\frac{1}{2}$  oz. servings.

Note: If bread crumbs are very dry, more water may be needed. Mixture should have the consistency of cake batter.

Measure	Unit	Ingredients	Lbs.	Ozs.
3	Qts.	Seedless raisins	5	
4	Qts.	Seeded raisins	7	
2 1/2	Pts.	Peel	2	
3	Pts.	Almonds	2	
2 1/2	Pts.	Cherries	2	
1	Pt.	Pastry flour		10
2	Tsp.	Salt		
4	Tsp.	Cinnamon		
2	Tsp.	Nutmeg		
1	Tsp.	Cloves		
1	Tsp.	Allspice		
4	Tsp.	Baking Soda		
		Suet	4	
2 1/4	Qts.	Brown Sugar	4	
1	Gal.	Bread crumbs, fresh	2	8
16	Ea.	Eggs	1	11
1 1/2	Pts.	Fruit Juice	1	14

## Plum Pudding

Method:

- 1. Chop the raisins and the peel.
- 2. Blanch the almonds, cut into strips, and brown lightly in a slow oven (300 degrees F. creamy flour test).
- 3. Mix and sift the dry ingredients.
- 4. Add the fruit and mix well.
- 5. Add the suet, brown sugar, and the bread crumbs.
- 6. Beat the eggs, add with the fruit juice to the other ingredients. The mixture should be as thin as cake batter. Add more fruit juice if it is required.
- 7. Pour into greased tins, cover tightly with waxed or greased brown paper.
- 8. Steam for 3 to 4 hours.
- 9. Serve very hot with butterscotch or hard sauce.

Yield: 100 - 4 oz. servings.

Note:

If puddings are made ahead of time, follow directions for storing given on page...

## FRESH FRUIT

When possible, serve fresh fruit raw, as cooking reduces the vitamins. Wash all fruit before starting to prepare it. Prepare the fruit as short a time as practicable before serving. Leave the skin on if it is edible and tender. When paring fruits such as apples and pears, remove as thin a skin as possible. Some fruits discolor quickly after being pared. When using these raw, drop the pieces into syrup or fruit juice as soon as they have been cut.

## Preparation of Apples For Fruit Cup or Salad

Prepare the apples only a short time before they are to be used.

- 1. Select firm, ripe, fruit.
- 2. Wash, core, remove blemishes and bruises. Leave the skin on if it has an attractive color.
- 3. Cut the apples into  $\frac{1}{4}$  inch or  $\frac{3}{8}$  inch slices cross-wise. Hold the slices in place.
- 4. Stand the apple on end and cut into <sup>1</sup>/<sub>4</sub> inch or 3/8 inch slices lengthwise.
- 5. Cut again into slices the same size, at right angles to the last cut.
- 6. Drop the dice immediately into syrup, fruit juice or salad dressing. Do not put into water.

## Preparation of Grapefruit and Orange Sections

- 1. Wash the Fruit.
- 2. With a sharp Knife, remove a thin slice from the top, cutting through both the skin and the white fibre. Then cut away the remainder of the skin and white fibre in lengthwise strips.
- 3. When all the skin and fibres have been cut away, insert the knife along the membranes, separating the sections. This frees each section and it can be lifted out.
- 4. Prepare in this way for fruit cup.

#### Preparation of Bananas

Bananas are at their best when the skin is lightly mottled with brown.

Peel Bananas just before they are to be used. Scrape off any strings that may cling to the pulp. Cut into slices or sections, serve at once. Coat with fruit juice or salad dressing to prevent discoloration when used in salad or fruit cup.

## **Preparation of Berries**

- 1. Pick over the berries and remove any that are soft, as well as all foreign matter.
- 2. Place in large colanders and rinse lightly but thoroughly with cold water.
- 3. Drain well before serving.

Note: Hull strawberries after washing.

If raspberries are very ripe and are free of sand, do not wash.

## **Preparation of Grapes**

- 1. Wash the bunches of grapes by holding them under cold running water or by dipping them in a bowl of clean, cold water.
- 2. The firm, southern grapes used in salads, fruit cup, and jellies should be cut in half and the seeds removed before using in salads or desserts.

#### **Preparation of Melons**

- 1. Wash the melons by scrubbing the outside with a soft brush.
- 2. Cut into servings.
- 3. Remove the seeds and pulp.

## Preparation of Pineapple

- 1. Wash the pineapples. Cut off a thin slice from the top to remove the leaves.
- 2. Cut each pineapple into quarters lengthwise, and remove the core.
- 3. Using a sharp knife, cut the flesh of each quarter, into ½ inch strips lengthwise. Cut down to the skin but do not cut through it.
- 4. Cut across the strips in the same way.
- 5. Dice the pineapple by running the knife down the length of the pineapple. The knife should be parallel with the skin. Repeat until all the flesh has been cut from the skin.
- 6. Squeeze the skin to extract the juice.
- 7. Sprinkle lightly with sugar, cover closely, and keep in a cool place until ready to serve.

If the pineapples are not dead ripe, allow 2 to 3 B.sp. of white sugar to each large pineapple and sprinkle it over the diced fruit as it is placed in a container. When all the pineapples have been diced, add ½ B.sp of hot water per pineapple to the sugared fruit. Cover very closely and let stand 5 to 6 hours.

Refrigeration of Pineapples and Bananas – Neither of these fruits should be placed in the refrigerator. Raw pineapple flavors other foods, and bananas turn black.

# FRUIT CUP

Note:

Measure	Unit	Ingredients	Lbs.	Ozs.
		Fresh Raw Fruit	30 - 40	
4	No. 10 Tins	Cooked Fruit	25	
3	Qts.	Syrup	7	8

Method:

- 1. Prepare the necessary syrup according to the recipe. When tinned fruit or very juicy raw fruit is used, include the canned syrup and the juice from the raw fruit in the amounts given above.
- 2. Use either raw or cooked fruit or a combination of the two.

- 3. Prepare the raw fruit by washing it, paring if necessary, and cutting into ½ to ¾ inch dice. Cut the cooked fruit into dice of similar size, or leave in sections as they come from the can.
- 4. Handle the fruit as little as possible during the preparation, and chill for an hour or so before serving. Prepare only sufficiently in advance of the meal to permit chilling.
- 5. As the fruit is prepared, drop into the cooled syrup.
- 6. Serve as a first course at dinner or as a dessert at dinner or supper.

Yield: 100 - 5 oz. servings.

## Baked Apples

Measure	Unit	Ingredients	Lbs.	Ozs.
100	Medium	Sized Apples		
1 1/2	Qts.	White Sugar	3	
3	Qts.	Boiling Water	7	8

Method:

- 1. Use apples that are free from bruises.
- 2. Wash them and if they are not uniform in size, grade them, and cook those of similar size in the same pan.
- 3. Core, score, and place in baking pans.
- 4. Make a syrup of the sugar and water and pour into the center of the apples, dividing the syrup evenly between the pans.
- 5. Bake in a hot oven (400 425 degrees F. golden brown flour test) until tender, about 35 to 45 minutes.
- 6. Baste frequently.
- 7. Lift into serving dishes. Pour the syrup over the fruit.

Yield: 100 servings.

# Apple Sauce

Measure	Unit	Ingredients	Lbs.	Ozs.
3⁄4	Bushels	Apples A.P.	33	
2	Qts.	Boiling Water	5	
1 1⁄4	Pts.	White Sugar	1	4

Method:

- 1. Wash the apples. Cut into quarters, core, and peel, removing all bruised parts. Place in a weak brine.
- 2. Lift the apples from the brine, rinse in cold water.
- 3. Slice thin if there is time, otherwise, cook in the quarters.
- 4. Add the boiling water, cover and cook quickly until tender. If the apples are dry, add more water. Stir frequently.
- 5. When cooked, add the sugar. If the apples are very tart, more sugar may be required.

Yield: 100 - 4 oz. servings.

Note:

1. When possible, cook the applesauce in two lots in order to prevent discoloration.

2. If the skin of the apple is very tender, applesauce, pie fillings, and puddings may be made by slicing the apples thinly and leaving the skins on.

Measure	Unit	Ingredients	Lbs.	Ozs.
2 1/2	Pts.	Boiling Water	3	12
2 1/2	Pts.	White Sugar	3	
1/2	B.sp.	Whole Cloves		
4	No. 10 cans	Apples	25	

# Apple Sauce (solid pack)

Method:

- 1. Add the sugar and cloves to the boiling water and stir until the sugar is dissolved.
- 2. Drain the apples. Add the juice to the syrup and heat too the boiling point.
- 3. Chop the apples.
- 4. Add to the syrup immediately and cook quickly until tender. The pot should be covered.
- 5. Serve hot or cold.

Yield: 100 - 4 <sup>1</sup>/<sub>2</sub> oz. servings.

#### **Baked Quartered Apples**

Measure	Unit	Ingredients	Lbs.	Ozs.
3⁄4	Bushels	Apples A.P.	30	
1	Qt.	Sugar	2	
3	Qts.	Water	7	8

Method:

- 1. Wash the apples, cut into quarters, and core. Place in brine of ½ B.sp of salt to one gallon of cold water.
- 2. Lift the apples from the brine. Rinse in cold water.
- 3. Place them in baking pans with the skin side up.
- 4. Make the syrup of sugar and water. Pour over the apples.
- 5. Bake in a moderate oven (375 degrees F. light brown flour test) for 35 to 45 minutes. Baste frequently.
- 6. Lift them into serving dishes. Pour the syrup over the fruit.

Yield: 100 - 4 oz. servings.

## **Cooked Fresh Fruit**

To retain the color and flavor in cooked fruit:

- 1. Prepare and cook quickly.
- 2. Have the lid on the pot.
- 3. Do not over cook.
- 4. Cook in relays.

To prevent discoloration of pared fruit:

- 1. Work quickly.
- 2. Make a weak brine using  $\frac{1}{2}$  B.sp of salt to one gallon of cold water.
- 3. Leave the pared fruit whole or in quarters and drop into the brine.
- 4. Leave in the brine for only  $\frac{1}{2}$  hour or less.
- 5. Lift out, rinse thoroughly with cold water, and cook at once.

The addition of Sugar:

- 1. Cooking fruit in a syrup helps keep the pieces whole.
- 2. When cooking whole fruit without paring (example Plums), cook in water until almost tender, then add the sugar.
- 3. Add sugar to apple or cranberry sauce when the fruit is tender, the flavor will be better and the skins of the cranberries will not be as tough.

The addition of Flavoring:

Spices, lemon juice, etc., should only be added to cooked fruits that have become tasteless due to prolonged or faulty storage.

## Syrup for Stewed Fruit

To Make One Gallon of Syrup:

- 1. For sweet Fruits 3 lbs. of sugar to 3 qts. of boiling water.
- 2. For sour Fruits -5 lbs. of sugar to  $2\frac{1}{2}$  qts. of boiling water

Method:

- 1. Add the boiling water to the sugar. Stir until dissolved.
- 2. Boil for 3 minutes.

## Stewed Fresh Fruit

Measure	Unit	Ingredients	Lbs.	Ozs.
		Fresh Raw Fruit	30 - 40	
2 1/2	Gals.	Syrup	25	

Method:

1. Prepare a syrup suitable to the fruit which is to be cooked.

2. Wash and prepare fruit for cooking, it may be left whole, or cut into halves or quarters.

3. Add the raw fruit to the boiling syrup.

4. Cook gently until the fruit is tender. Turn occasionally.

Yield: 100 - 5 oz. servings.

#### Stewed Rhubarb

Measure	Unit	Ingredients	Lbs.	Ozs.
5	Gals.	Diced Rhubarb	25	

1	Gal.	Sugar	8	
1	Qt.	Water	2	8

- 1. Wash the Rhubarb. Peel if the skin is very tough. Cut into 1-inch pieces.
- 2. Put into a stockpot, add the sugar and water. Mix well; cover. Let stand for 20 minutes.
- 3. Simmer until tender.

Note:

- 1. Rhubarb may be cooked in a steam kettle or in a covered dish in a moderate oven, or in a steamer.
- 2. If orange rind is available, add one cup of grated rind with the sugar.
- 3. Rhubarb should not be allowed to boil. Boiling breaks it up and also spoils the flavor.

#### Stewed Rhubarb (solid pack)

Measure	Unit	Ingredients	Lbs.	Ozs.
3	No. 10 cans	Rhubarb	19	
3	Qts.	Sugar	6	
1	Qt.	Boiling Water	2	8

Method:

- 1. Dissolve the sugar in the water.
- 2. Empty the rhubarb into pots and pour the hot syrup over it. Let stand until cool.
- 3. Chill before serving.

Yield: 100 - 4 oz. servings.

#### Dried and Evaporated Fruits

All dried and evaporated fruits must be picked over and thoroughly washed before it is used. Soaking in water is necessary in order to produce cooked fruit that has a good color, flavor, and texture. The length of time required for soaking varies and depends chiefly upon the dryness of the fruit.

Proportions and Average Time Required for Soaking Fruit for 100 Men:

	APPLES	APRICOTS	FIGS	PEACHES	PEARS	PRUNES
Weight	5 lbs.	9 lbs.	9 lbs.	10 lbs.	10 lbs.	9 lbs.
Water	2 1⁄2 gals.	6 gals.	4 ½ gals.	4 gals.	4 gals.	4 ½ gals.
Time	18 hrs.	4 – 5 hrs.	4 - 5 hrs.	12 hrs.	4 - 5 hrs.	4 - 5 hrs.
	SUGAR	REQUIRED	AFTER	COOKING		
Sugar	1 ½ lbs.	2 lbs.	1 ½ lbs.	2 lbs.	2 lbs.	2 lbs.

Method of Cooking:

- 1. Pick over and wash the fruit thoroughly.
- 2. Add the cold water and soak for the required length of time.
- 3. Cook in the water in which the fruit was soaked.

- 4. Cook below boiling until tender.
- 5. Add sugar, stir until dissolved. Remove from the heat.
- 6. Cool before serving.

#### Preparation of Raisins and Currants

- 1. Pick over and wash thoroughly by placing the fruit in a colander and running warm water through it until all the sand is removed.
- 2. Drain well and, if possible, dry between towels.
- 3. If Raisins and currants are very dry, place in a colander over steam until they become moist. Cover the colander. Do not soak in water unless it is to be used with the fruit, as in making raisin filling.

#### **Gelatin Desserts**

When a gelatin dessert is properly made, it is tender, quivery, and just firm enough to hold its shape.

General Rules for Using Gelatin:

- 1. Soften gelatin in cold water.
- 2. Dissolve the softened gelatin in hot liquid, or by placing it over hot water. Stir until completely dissolved.
- 3. Add the fruit juices or flavoring after the gelatin is dissolved.
- 4. Keep gelatin mixtures lightly covered while cooling.
- 5. Moisten pans with cold water, drain, but do not dry, before pouring in the gelatin mixture to set.
- 6. Fruit should be added when the mixture has begun to jell.
- 7. Never add raw pineapple or its juice to gelatin desserts. The raw pineapple acts on the gelatin and prevents it from forming a jelly.

### Use of Jelly Powders

Jelly powders vary in strength, but those supplied to the navy should make a tender, quivering jelly when 1 lb. 4 oz. is used with 1 gal. of liquid. The jelly should set in 3 to 4 hours when held at 50 degrees F. or lower. It is advisable to test a small quantity of each new brand before making up a large amount. If it does not conform to Navy specifications, inform the Supply Officer as soon as possible.

To test, use 6 oz. of the powder in 1 qt. of boiling water. Pour into a small-moistened pan so that it will have the same depth as larger amounts would have. When cool, place in the refrigerator and examine for firmness at the end of 3 hours.

The flavor of jelly powder is never as good as the flavor of a jelly made with fruit juice and gelatin. Their only advantage is that they save time and sugar. The flavor can be greatly improved by using fresh fruit juice and syrup from canned or cooked fruits as part of the liquid. The fruit juice or syrup does not need to be heated if the powder will dissolve in the amount of boiling water required.

#### **Dessert Whips**

- 1. Any gelatin dessert may be made lighter by whipping until foamy. This must be done when the jelly is partially set, but before it is firm.
- 2. Fruit may be folded in after the mixture has been beaten.
- 3. White of eggs stiffly beaten may be beaten into the whipped jelly. Follow the directions given for lemon snow. When whites are used this way, make a custard sauce out of the yolk. And serve with the dessert.
- 4. Whipped evaporated milk may be folded into beaten jellies. Use 5 tins of milk for 100 men. Chill the milk by keeping it in the refrigerator for 12 hours or longer. Whip it in the mixer until it resembles whipped cream. Fold in the jelly which has been beaten until foamy. Diced fruit may also be added.

# Apricot Jelly

Measure	Unit	Ingredients	Lbs.	Ozs.
3 1/2	Qts.	Apricots (dried)	6	
2	Gals.	Water	20	
2/3	Pt.	Gelatin		8
1	Qt.	Cold Water	2	8
3	Qts.	Sugar	6	
2/3	B.sp	Salt		1
1	Pt.	Lemon or	1	4
		Grapefruit Juice		

Method:

1	Wash the apricots	add the 2 gallon	s of water and	soak for 4 to 5 hours.
1.	wash the apricots	, add the $2$ gallon	s of water and	30ak 101 + 10 5 110urs.

- 2. Cook in the same water until the apricots are tender.
- 3. Strain off the juice, measure, if there is not  $1\frac{1}{2}$  gallons make up to this amount with hot water
- 4. Soak the gelatin in the cold water for 5 minutes.
- 5. Add moisten gelatin, sugar, and salt to the hot juice and stir until both gelatin and the sugar are completely dissolved. Do not boil.
- 6. Cool slightly, add the fruit juice.
- 7. Pour into moistened pans and place in the refrigerator.
- 8. When partially set, add the apricots, whole or diced. Chill until firm.
- 9. Serve with custard sauce or whipped evaporated milk topping.

Yield: 100 – 5 oz. servings.

# Lemon Jelly

Measure	Unit	Ingredients	Lbs.	Ozs.
2/3	Pt.	Gelatin		8
1	Qt.	Cold Water	2	8
4	QTS.	Granulated Sugar	8	
2/3	B.sp	Salt		1
2 1/2	Gals.	Boiling Water	25	
1	Pt.	Lemon Rind		10
1	Qt.	Lemon Juice	2	8

Method:

1. Soak the gelatin in cold water for 5 minutes.

- 2. Combine the sugar, salt, boiling water, and thinly shaved lemon rind, stir until the sugar is dissolved, and boil for 2 to 3 minutes.
- 3. Remove from the heat, add the moistened gelatin and stir until it is completely dissolved.
- 4. Strain into moistened pans and chill until firm.
- 5. Serve with custard sauce, raw or cooked fruit, or evaporated milk topping.

Yield: 100 - 5 oz. servings.

Note:

- 1. This jelly makes an excellent base for the addition of many fruits.
- 2. When partially set, the jelly may be whipped until foamy, chilled, and served with custard sauce.
- 3. 32 egg whites, beaten stiff, may be beaten into the whipped jelly.

#### **Prune Jelly**

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Gal.	Prunes	8	
2	Gals.	Water	20	
2 or 3	Pts.	Gelatin		8
1	Qt.	Cold Water	2	8
3	Qts.	Sugar	6	
2 or 3	B.sp	Salt		1
1	Pt.	Lemon or	1	4
		Grapefruit Juice		

#### Method:

1.

Follow the directions for making apricot jelly.

2. The prunes should be stoned and diced before being added to the jelly.

Yield: Note: 100 - 5 oz. servings.

9 B.sp Powdered lemon juice dissolved in 1 ¼ pts. of cold water may be used in place of fresh lemon juice.

### **Mixed Fruit Jelly**

Measure	Unit	Ingredients	Lbs.	Ozs.
2/3	Pt.	Gelatin		8
1	Qt.	Cold Water	2	8
3	Qts.	Sugar	6	
2/3	B.sp	Salt		1
2	Gals.	Fruit Juice, made up with	20	
		water		
1	Pt.	Lemon Juice	1	4
1	Gal.	Mixed Fruit (drained)	8	

Method:

1. Soak the gelatin in the cold water for 5 minutes and then place over a low heat to dissolve.

- 2. Add the sugar and salt to the dissolved gelatin and stir continuously until the sugar is all melted. Cool slightly.
- 3. Add the fruit juice. Mix well.
- 4. Pour into moistened pans to set.
- 5. Dice the drained mixed fruit.
- 6. When the jelly is partially set, add the fruit. Chill until firm.
- 7. Serve with custard sauce or whipped evaporated milk topping.

Yield: 100 - 5 oz. servings.

Note:

- 1. Diced oranges, sliced bananas, grapes, may be added place of canned fruit.
- 2. Drain the oranges well before adding, save the juice.
- 3. Slice the bananas just before stirring them into the jelly.
- 4. Grapes should be washed, cut in half, and seeded.

#### Orange Cream

Measure	Unit	Ingredients	Lbs.	Ozs.
1/2	Pt.	Orange rind, thinly pared		
1	Gal.	Milk	10	
7	B.sp	Gelatin		5 ½
1	Pt.	Cold Milk	1	4
3 1/2	Pts.	Sugar	3	8
45	Each	Egg Yolks		
45	Each	Egg Whites		
3	Pts.	Orange Juice	3	12
1⁄4	Pt.	Lemon Juice		5

Method:

- 1. Heat the orange rind and milk.
- 2. Soak the gelatin in cold milk for 10 minutes.
- 3. Mix the sugar with the slightly beaten egg yolks, add a small amount of the hot milk and combine well. Stir this mixture back into the hot milk.
- 4. Cook over a low heat, stirring gently until the custard coats a metal spoon.
- 5. Remove at once from the heat and strain over the moistened gelatin. Mix thoroughly. Cool.
- 6. Add the fruit juice.
- 7. When partially set, fold in the stiffly beaten egg whites very carefully.
- 8. Chill before serving.
- 9. Serve with orange sections or other fresh fruit.

Yield: 100 - 3 oz. servings.

Note: Diluted orange concentrate may be used instead of fresh orange juice.

### Orange Bavarian (using evaporated milk)

Measure	Unit	Ingredients	Lbs.	Ozs.
4	B.sp	Gelatin		3
1/2	Pt.	Orange Juice		10
10	No. 1 tins	Evaporated milk (ice cold)	9	

2 1/4	Pts.	Sugar	2	4
1/4	Pt.	Lemon Juice		5
1	Tsp.	Salt		
1/2	Gal.	Orange Sections diced	6	4

- 1. Soak the gelatin in the orange juice for 10 minutes.
- 2. Place the bowl over hot water to dissolve the gelatin.
- 3. Add the sugar to the ice-cold undiluted milk and whip with a cold beater until fluffy.
- 4. Add the lemon juice, salt, dissolved gelatin, and orange juice. Continue beating until stiff.
- 5. Fold in the oranges.
- 6. Place in the refrigerator and chill until firm.

Yield:

100 - 3 oz. servings.

Note:

When lemons are not available, substitute 1 B.sp. of powdered lemon juice, mixed with  $1\frac{1}{2}$  B.sp. of cold water.

### Prune Whip

Measure	Unit	Ingredients	Lbs.	Ozs.
3	Qts.	Prunes	5	10
2	Gals.	Water	20	
2 or 3	Pts.	Gelatin		8
1 1/2	Pts.	Cold Water	1	14
2	Qts.	Sugar	4	
1/2	Pt.	Lemon Juice		10
5	Each	Grated Lemon Rinds		
32	Each	Egg Whites		

Method:

- 1. Wash the prunes. Soak in the water for 5 hours.
- 2. Cook until tender. Remove prunes from the juice, pit and cut in pieces or purée.
  - Measure prune juice and make up tp 7 qts. with boiling water.
- 3. Soak the gelatin in the cold water for 5 minutes.
- 4. Add the moistened gelatin and the sugar to the hot prune juice. Stir until dissolved. Cool slightly.
- 5. Add the lemon juice.
- 6. Cool until partially set. Beat until foamy.
- 7. Beat the egg whites until stiff but not dry. Add the gelatin mixture and continue to beat until quite stiff. Fold in the prunes.
- 8. Serve cold with custard sauce.

#### Yield: 100 - 3 oz. servings.

Note: 1 Qt. of cornstarch  $(1 \frac{1}{2} \text{ lbs.})$  may be substituted for gelatin. Mix the cornstarch with cold water to make a paste. Pour gradually into the hot prune juice, stirring constantly, and cook until there is no taste of raw starch. Finish as above.

# Apricot Whip

Follow the recipe for prune whip, using 4 lbs. of dried apricots instead of prunes.

### ICE Cream

Ice cream can be made in sufficient quantity to serve several times during the week, provided that there are adequate hardening cabinets in which to store it.

It should be started at least 24 hours before it is to be served, as the aging of the liquid mix before freezing gives a greatly improved flavor, and the hardening in the hardening compartments produces a firmer Ice Cream that is easier to serve and more pleasant to eat.

When ice cream mix is used as a base, it is less trouble to make the ice cream than to make most other desserts. It should be used often as it is generally popular.

#### Care of Equipment:

To produce Ice Cream of good flavor all the freezing equipment, gear used for measuring, and the Ice Cream cans must be kept scrupulously clean and must be sterilized.

#### To Clean Equipment:

- 1. Rinse all cans, measures, etc. in clear water to remove the ice cream or liquid mix.
- 2. Wash in warm, soapy water. Washing soda may be used if none of the equipment is made of aluminum.
- 3. Rinse with chlorine solution.
- 4. Rinse in clear water.
- 5. Place under or over a steam jet.
- 6. Invert to dry.

#### To Clean The Freezer:

- 1. Rinse with cold water, 3 times, running the freezer in order to rinse thoroughly.
- 2. Remove dasher and scrape off any adhering ice cream.
- 3. Replace the dasher.
- 4. Rinse again with a warm soda solution.
- 5. Rinse again with boiling water.
- 6. Rinse with a chlorine solution.
- 7. Before using the freezer, rinse again with the chlorine solution and drain thoroughly.
- Note: Ask the medical officer what strength of chlorine solution is required. This will vary with the type of disinfectant supplied.

#### Ice Cream Recipe

The recipe given below gives slightly more than 2 gallons unfrozen and should produce slightly more than 4 gallons of ice cream. This will allow 100 - 4 oz. servings.

Measure	Unit	Ingredients	Lbs.	Ozs.
		Ice Cream Mix	9	6
1 1/2	Gals.	Cold Water	15	
		Flavoring		

Method:

- 1. Add the ice cream mix to the water and stir until well blended. Add the flsvoring.
- 2. Store in a cold place for 12 hours to age.

- 3. Rinse the freezer with a chlorine solution. Drain well.
- 4. Fill the freezer half full of the chilled mixture.
- 5. Start the freezer, turn on the refrigeration and freeze until the mixture has the consistency of whipped cream.
- 6. Turn off the refrigeration but allow the freezer to run for 3 to 4 minutes longer or until it is full.
- 7. Draw the ice cream into ice cold containers and place in hardening cabinets immediately.
- 8. Store in the hardening cabinets for 8 to 10 hours.

Yield: 100 - 4 oz. servings.

Note; If hardening cabinets are not provided, the ice cream may be served at once but it will be very soft, or it may be stored in a freezing room if the temperature is 10 degrees F. below zero. Ice Cream softens at 12 degrees F. to 15 degrees F.

#### Ice Cream (suggestions)

As commercial flavorings vary in strength, according to the brand, no exact quantities can be given. Follow directions given on the product. Add carefully, tasting the mixture until the correct amount has been added.

Suggestions for Flavoring Ice Cream

- Banana Ice Cream Add 4 ½ lbs. (12 to 16) ripe bananas mashed, just before the mix is drawn off. Turn the freezer 2 or 3 times to mix well.
- Chocolate Ice Cream 1  $\frac{1}{2}$  qts. of chocolate syrup (double strength), may be added with the water before freezing. Reduce the water used to 4  $\frac{1}{2}$  qts.
- Coffee Ice Cream Make 5 pts. of strong coffee. Reduce the water used for mix to 3 qts. Combine the coffee and water and add to dry mix.
- Pineapple Ice Cream Reduce the water used in making mix to 3 ½ qts. Add 2 qts. of crushed pineapple and 1 tsp. of lemon coloring, just before drawing off the ice cream. Mix well.
- Peach Ice Cream 3 lbs. of canned peaches, mashed through a sieve. 2 B.sp. of peach extract, if available. 1/6 B.sp. of orange coloring, if available. Add to the ice cream just before drawing off and mix well.

Vanilla Ice Cream – Add 1 to 1 <sup>1</sup>/<sub>2</sub> B.sp. of vanilla to the liquid mix.

# **FORTUNE**

# **BAY CLASS SWEEPER**

COMMISSIONED:	03 November 1954
PAID OFF	28 February 1964
DISPLACEMENT	412
DIMENSIONS	152 x 28 x 7
SPEED	16 Knots
CREW	3 Officers, 35 Other Ranks
ARMAMENT	1 – 40, 77 Sweeping Gear

During the 1950 – 51 programmed, replacements were ordered for the aging wartime minesweepers. FORTUNE was one of fourteen Bay Class Coastal minesweepers, which revived the names of some of the Bangor's. Commissioned on November 03 / 1954, she served under six (6) commanding Officers before she was paid off on February 28, 1964. In 1966, she was sold for commercial purposes and figured as Green peace Two, in an unsuccessful effort to hinder a nuclear test in the Aleutions in November 1971.

Feeding Concept:	Cafeteria Style
Cooks:	3
Galley:	1

# **SAUCES AND GRAVIES**

Sauces and gravies are intended to improve the flavor of the food on which they are served and so must always be well seasoned. They should be tasted while the seasoned is being added.

Both gravies and sauces should be free from lumps and should never be greasy.

Those that are to be served hot should be very hot.

#### Gravy Stock

Measure	Units	Ingredients	Lbs.	Ozs.
		Bones	25	
		Celery, leaves and stocks	8	
		Onions, sliced	8	
3	Gals.	Hot Water or soup stock	30	

Method:

- 1. Break bones into small pieces. Brown for two hours in a moderate oven (350 degrees F. light brown flour test).
- 2. Add the vegetables and brown for an additional <sup>1</sup>/<sub>2</sub> hour.
- 3. Add hot water or soup stock. Simmer for one hour in the oven.
- 4. Strain off the liquid and let it simmer until reduced to  $1 \frac{1}{2}$  gals.
- 5. Use as liquid in making brown gravy.

### **Onion Gravy**

Measure	Units	Ingredients	Lbs.	Ozs.
3	Qts	Onions, raw, diced	4	8
1 1/2	Gals.	Gravy	15	

Method:

- 2. Drain off the water.
- 3. Add onions to the gravy and cook until tender.

Yield: 100 - 3 oz. servings.

#### Brown Gravy

Measure	Units	Ingredients	Lbs.	Ozs.
1	Pt.	Renderings from meat	1	
1	Qt.	Flour	1	4
1 1/2	Gals.	Hot Water, Vegetable Water or	15	
		Stock		
2/3	B.sp	Salt		1

<sup>1.</sup> Pour boiling water over the onions and allow to stand for 5 minutes.

- 1. If there is not one pt. renderings in the pan, add drippings to bring it up to this amount. If there is more than a pt. pour off the excess fat.
- 2. Brown the renderings in the pan on top of the stove, if the color is not a dark brown.
- 3. Add, flour and salt, mix thoroughly.
- 4. Add the hot water gradually, stirring until smooth.
- 5. Cook until there is no taste of raw flour.

Yield:  $100 - 2\frac{1}{2}$  oz. servings.

## Note:

- 1. When making large amounts, whip the blended flour and fat into the hot liquid.
- 2. Always make lamb gravy from lamb fat and drippings, beef from beef fat and drippings, and so on. Never mix fat and drippings from different kinds of meat and never mix gravies. Each, gravy should have the distinctive flavor of the meat with which it is served.

#### Variations:

- 1. Horse Radish Gravy Add 1 B.sp grated horseradish to the gravy before serving.
- 2. Tomato Gravy Use <sup>3</sup>/<sub>4</sub> to one gallon tomato juice, tomato puree (diluted) or canned tomatoes and <sup>3</sup>/<sub>4</sub> to <sup>1</sup>/<sub>2</sub> gallon of stock or hot water as liquid.

### Vegetable Gravy

Measure	Units	Ingredients	Lbs.	Ozs.
5	Qts.	Gravy	12	8
1/2	Gal.	Vegetables, cooked	4	

Method:

Note:

- 1. Add gravy to diced vegetables (cooked) such as carrots, peas, onions, celery, etc..
- 2. Heat to boiling, boil for two minutes. Serve.

Yield:  $100 - 2\frac{1}{2}$  oz. servings.

When a shredder is available, raw shredded carrots may be added in place of cooked carrots. Boil for 5 minutes.

### **Barbecue Sauce**

Measure	Units	Ingredients	Lbs.	Ozs.
1	Qt.	Diced Onions	1	8
1/2	Pt.	Bacon Fat		8
1/2	Pt.	Flour		5
5	B.sp	Dry Mustard		2
1	B.sp	Ground Cloves		
2	B.sp	Salt		3
1/2	B.sp	Pepper		
1/2	Pt.	Brown Sugar		7
1/2	Gal.	Vinegar (see note)	5	
1/2	Gal.	Meat Stock	5	
1 1/2	No. 10 cans	Tomato Puree	10	

1 Pt.	Worcestershire Sauce	1	4
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- 1. Cook the onions in the fat until they are clear.
- 2. Mix the flour, seasonings, and sugar. Add to the fat and onions and stir well.
- 3. Add the vinegar, stock, puree, and sauce. Stir.
- 4. Heat to boiling. Simmer for 15 minutes.
- 5. Serve with meat, fish, boiled beans or macaroni.

Yield:  $1\frac{1}{2}$  gals. or 100 - 3 oz. servings.

Note: If the vinegar is very strong, use <sup>1</sup>/<sub>4</sub> gal. and dilute with <sup>1</sup>/<sub>4</sub> gal. of water.

#### **Béchamel Sauce**

Measure	Units	Ingredients	Lbs.	Ozs.
1/2	Pt.	Carrots, chopped		6
2	Only	Bay Leaves		
1	Gal.	White Stock (veal or chicken)	10	
1	Pt	Butter	1	
1/2	Pt	Onions, chopped		6
1 1/2	Pts.	Flour		15
2/3	B.sp	Salt		1
2	Tsp.	Thyme		
2	Tsp.	Pepper		
2	Qts.	Milk, hot	5	10

Method:

- 1. Simmer the carrots and bay leaves in the stock for 10 minutes.
- 2. Cook the chopped onions in the butter until they are clear.
- 3. Make a roux by cooking the flour and remaining seasonings with the onions and butter.
- 4. Add the stock slowly. Cook until there is no taste of raw flour.
- 5. Strain into the milk, mix thoroughly and reheat.
- 6. Serve on croquettes or fish.

Yield: 100 - 2 oz. servings.

Variations:

- 1. Yellow béchamel Reduce the flour to 1 pt. When the sauce is cooked, add 1 qt. gradually to 16 egg yolks, slightly beaten. Stir the egg mixture into the sauce and continue stirring for 2 to 3 minutes. Serve on Fish.
- 2. Add 1 pt. chopped, drained sweet pickles. Serve on Fish.

### Beet And Horse – Radish Relish

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Gal.	Cooked beets	7	
2	Tsp.	Salt		
1	Tsp.	Cinnamon		
1	Tsp	Cloves		
1	Pt.	Brown Sugar		14
1	Qt.	Boiling Water	2	8
1 1/2	Pt.	Vinegar	1	14
3	Qts.	Cabbage, raw,	4	
		minced		
2	B.sp	Horse – Radish,		2
		grated		

Method:

- 1. Mince the cooked beets or chop fine.
- 2. Add the salt, spices, brown sugar to the water. Cool, add the vinegar.
- Pour over the beets. 3.
- Chop or mince the cabbage. 4.
- 5. Add the cabbage and horse – radish to the beets. Mix well.
- Serve with cold meat. 6.

Yield: 100 – Servings (approx. 2 B.sp).

Note:

- Left over spiced beets may be used up in this way. Omit the spiced syrup and vinegar, mix the 1. beets with the cabbage and horse radish.
- 2. IF dried horse \_ radish is used, it will require about 1 B.sp moistened in 3 B.sp of water.

# **Cranberry Sauce**

Measure	Units	Ingredients	Lbs.	Ozs.
5	Qts.	Cranberries	5	
1 1/2	Qts.	Water	5	
2	Qts.	Sugar	4	

Method:

- 1. Wash the cranberries, remove the stems and discard any soft berries.
- 2. Add to the water and cover
- Bring to the boil and cook over a moderate heat until the skins burst and become tender. 3.
- 4. Add the sugar, stir until dissolved.
- Pour into enamel or china bowls to set. 5.
- 6. Serve with Chicken or Turkey

Yield:  $100 - 1\frac{1}{2}$  to 2 ozs. Servings.

#### Note: If a thinner sauce that will not jell is not desired, increase the water to 2 12/ qts.

# Cranberry Relish

Measure	Unit	Ingredients	Lbs.	Oz.
5	Qts	Berries	5	
10	Ea.	Oranges	5	
2 1/2	Gts.	Sugar	5	

Method:

- 1. Wash the cranberries, remove the stems and discard any soft berries.
- 2. Wash the oranges, quarter, and remove the seeds.
- 3. Put cranberries and orange quarters through a coarse mincer. Collect the juice and add to the minced fruit.
- 4. Add the sugar, mix well.
- 5. Let stand for 24 hours before using.
- 6. Serve with Chicken or gravies.

Yield: 100 - 2 oz. servings

#### Medium Cream Sauce

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Pt.	Butter	1	
1 1/2	Pts.	Flour	1	
1 1/2	Gals.	Hot Milk	15	
1 1/2	B.sp	Salt		2

Method:

- 1. Melt the butter, add the flour and blend well.
- 2. Cook for 3 to 5 minutes over a low heat.
- 3. Add the hot milk gradually, stirring as you add.
- 4. Cook over hot water or a low heat until there is no taste of raw flour (about 15 minutes). Stir frequently.

Yield: 1 <sup>1</sup>/<sub>2</sub> Gallons

### Variations of Medium Cream Sauce

Cream sauce may be used as the base for a variety of sauces. To the recipe for cream sauce, the following additions may be made.

Addition	Amount	When to add	Where used
Bacon	$2\frac{1}{2}$ lbs. diced	Cook diced bacon until crisp.	On fish or cabbage
		Drain well, add to cooked	
		sauce.	
Cheese (mild)	1 ½ lbs. (1 ½ qts.	Add to the cooked sauce. Stir	On fish, vegetables,
	grated)	until entirely melted	macaroni, spaghetti,
			or noodles.
Hard cooked Eggs	2 dozen chopped	Add to the cooked sauce and	On Fish
		reheat.	
Egg Yolks	16 yolks, slightly	Add to the cooked sauce. For	On Fish
	beaten	method of adding, see yellow	

		béchamel	
Parsley	1 pt. finely chopped	Add to the cooked sauce just	On Fish, Carrots, or
		before serving	Parsnips
Vegetable	Substitute vegetable	Use as part of the liquid in	On the vegetables
	stock for all or part of	making the sauce	from which the
	the milk		water was drained.

### **Thick Cream Sauce**

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Pts.	Fat	1	8
1 1/4	Qts.	Pastry Flour	1	9
1 1/2	Gals.	Hot milk or milk	15	
		and stock		
1 1/2	B.sp.	Salt		2

Method:

1.

Make according to the method given for medium cream sauce.

# **Curry Sauce**

Measure	Units	Ingredients	Lbs.	Ozs.
1	Pt	Fat	1	
1	Qt.	Chopped vegetables (carrots, onions, celery)	1	4
1	Qt.	Chopped Fruit (apples, plums, rhubarb	1	8
4	B.sp	Curry Powder		2
1	Pt	Flour		10
1	Gal.	Water or Stock	10	
1	B.sp.	Mixed whole spice		
		Salt to taste		

Method:

- 1. Melt fat.
- 2. Add fruit and vegetables and mixed spice.
- 3. Cook until the vegetables are almost tender.
- 4. Add curry powder and continue cooking until the vegetables are soft.
- 5. Add flour.
- 6. Add liquid slowly, stirring constantly.
- 7. Simmer gently for  $\frac{1}{2}$  hour or longer. Puree.
- 8. Add salt to taste.

Yield:  $100 - 1\frac{1}{2}$  oz. servings Note:

- 1. One banana, added to the fruit will improve the flavor.
- 2. Pour over rice and serve with braised lamb or use in the preparation of curried eggs, fish, meat or vegetables by heating any one of these in the sauce.

### Drawn Butter Sauce

Measure	Units	Ingredients	Lbs.	Ozs.
1 1/2	Pts.	Butter	1	8
1	Pt.	Flour		10
1 1/2	B.sp.	Salt		2
1/2	Tsp.	Pepper		
1	Gal.	Hot Water	10	
1⁄4	Pt.	Lemon Juice		5

Method:

- 1. Melt 1 pt. of butter, add the flour, blend well. Cook for 2 to 3 minutes.
- 2. Pour in the hot water, stirring constantly.
- 3. Cook until there is no taste of raw flour.
- 4. Add to the remaining butter, seasonings and lemon juice.
- 5. Serve on baked fish.

Yield:  $100 - 1 \frac{1}{2}$  oz. servings.

Variations: - Egg Sauce – Add 10 hard cooked eggs, diced or chopped, just before serving. Use with fish.

#### Mint Sauce

Measure	Units	Ingredients	Lbs.	Ozs.
1/2	Gal.	Fresh mint, chopped		
1 1/2	Pts.	Sugar	1	8
1	Qt.	Hot water	2	8
2	Qts.	Vinegar	5	
2/3	B.sp	Salt		1

Method:

- 1. Remove mint leaves from stems.
- 2. Wash thoroughly, drain, and chop very fine.
- 3. Add the sugar and hot water. Let stand until the water is cool.
- 4. Add the vinegar.
- 5. Serve with lamb.

Yield: Approx. one gallon or  $100 - 1\frac{1}{2}$  oz. servings.

#### Mock Hollandaise Sauce

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Qt.	Butter	2	
1 1/2	Pts.	Flour	1	
2	Qts.	Hot Milk	5	
1 ½ 0r 18	Pts. or each	Eggs, beaten	2	
1/2	Pt.	Lemon Juice		10
2 or 3	B.sp.	Salt		1
1/2	B.sp.	Pepper		

<sup>1</sup> / <sub>2</sub> B.sp. Paprika
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- Melt the fat, add the flour, blend well and cook for 2 to 3 minutes. 1.
- 2. Add the milk slowly, stirring as you add.
- Add a small amount of the hot sauce to the beaten eggs, mix well. 3.
- Stir the egg mixture slowly into the cream sauce. 4.
- 5. Add the lemon juice gradually.
- Simmer for 10 to 15 minutes, beating constantly with a whip. 6.
- 7. Serve with fish.

Yield:  $100 - 1 \frac{1}{2}$  oz. servings.

#### **Mustard Sauce**

Measure	Units	Ingredients	Lbs.	Ozs.
1 1/2	Qts.	Mayonnaise	3	
3⁄4	Pt.	Horse – radish		12
		(prepared)		
4	B.sp.	Prepared Mustard		2 1/2

Method:

	1. 2.	Blend thoroughly. Serve with ham, meat loaf, tongue or simmered beef.
Yield:		<sup>1</sup> / <sub>2</sub> B.sp. per. Person.
Note:		If dried horse – radish is used, refresh according to directions given on the bottle.

#### **Prepared Mustard**

Measure	Units	Ingredients	Lbs.	Ozs.
1	Pt.	Flour		10
1	Pt.	Dry Mustard		6
1	B.sp	Turmeric Powder		
1	Tsp.	Salt		
1/2	B.sp	Sugar		
1	Pt.	Salad oil	1	3
1	Qt.	Prepared Mustard	1	4
1 1/2	Pts.	Water	1	14
1	Qt.	Vinegar	2	8

Method:

- Mix all the dry ingredients. 1.
- 2. Heat the salad oil and add to the dry ingredients. Mix to a smooth paste.
- 3. Heat water and vinegar to boiling.
- 4. Add to the mustard paste.
- Cook for 10 minutes, stirring constantly. 5.

Yield: Approx. 3 quarts.

#### Quick Chili Sauce

Measure	Units	Ingredients	Lbs.	Ozs.
1 1/2	Pts.	Diced Onions	1	2
4	No. 2 <sup>1</sup> / <sub>2</sub> tins	Tomatoes	7	
1 1/2	Pts.	Vinegar	1	14
3⁄4	B.sp	Cinnamon		
1 1/2	B.sp	Salt		2
1 1/2	Pts	Sugar	1	8

#### Method:

1.

- Mix all the ingredients together and cook for 30 minutes. Chill.
- 2. Serve with hot or cold meat, meat cakes, rissoles or fish.

Yield:

 $100 - 1 \frac{1}{2}$  oz. servings.

Variations:

- 1. 1 pt. diced celery (10 oz.) may be added before cooking.
- 2. Add 1 qt. finely diced raw celery just before serving.
- 3. Add 1 pt. finely chopped green peppers, before or after cooking.
- 4. Add 1 qt. chopped raw apple or canned solid pack apples just before serving.

# Raisin Sauce (1)

Measure	Units	Ingredients	Lbs.	Ozs.
1	Pt.	Raisins		13
2	Qts.	Boiling water or Ham stock	5	
1 1/2	Pts.	Brown Sugar	1	5
1 1/2	B.sp	Mustard		
6	Only	Whole Cloves		
3⁄4	Pt.	Vinegar		15
1	Pt.	Plum or Grape Jam	1	9

Method:

- 1. Pick over and wash the raisins.
- 2. Add the boiling water or stock and let stand for 10 minutes.
- 3. Simmer for 10 minutes. Drain and save the liquid.
- 4. Mix the sugar, mustard, and cloves. Add the vinegar and raisin water. Boil until it forms a syrup.
- 5. Add the Jam and stir until it dissolves.
- 6. Add the drained raisins, reheat.
- 7. Serve with Ham or Tongue.

Yield: 100 - 1 oz. servings.

# Raisin Sauce (2)

Measure	Units	Ingredients	Lbs.	Ozs.
1 1/2	Qts.	Brown Sugar	2	10
3	B.sp	Mustard		1
1 1/2	B.sp	Cornstarch		1 1/2
1 1/2	Pts.	Seedless Raisins	1	4
6	Only	Whole Cloves		
1 1/2	Pts.	Vinegar	1	14
5	Qts.	Water or Ham Stock	12	8

Method:

1.	Mix dry ingredients.	
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2. Add vinegar and water.

3. Cook until the mixture forms syrup.

4. Serve with cold or hot Ham or Tongue.

Yield:  $100 - 2\frac{1}{2}$  oz. servings.

# **Orange Raisin Sauce**

Method: 1. To either recipe for raisin sauce, add the grated rind and juice of 4 oranges, with the raisins. The oranges may be put through a mincer to save time.

#### Spanish Sauce

Measure	Units	Ingredients	Lbs.	Ozs.
1⁄2	Pt.	Butter or other Fat		8
3 1/2	Pts.	Lean raw Ham, diced	3	
1	Qt.	Onions, finely chopped	1	8
1	Qt.	Celery, finely chopped	1	4
1	Qt.	Green Peppers, finely chopped	1	7
1⁄2	Pt.	Flour		5
2	No. 10 tins	Tomatoes, hot	12	21
1	B.sp	Salt		1 1/2

Method:

- 1. Melt the fat, add the Ham, and diced vegetables. Cook until the onions are tender. Stir while cooking.
- 2. Stir in the flour and cook for 2 to 3 minutes. Add the hot tomatoes and the salt, stir until thoroughly blended. Bring to a boil.
- 3. Serve with roast veal, lamb, pork chops, or omelets.

Yield:  $100 - 2\frac{1}{2}$  oz. servings.

#### Tartar Sauce

Measure	Units	Ingredients	Lbs.	Ozs.
3	Qts.	Mayonnaise		
1	Qt.	Finely chopped pickles		
Method:				
1.	Add the pickles to the mayonnaise.			
2.	Serve with Fried Cod, H	addock, Halibut, etc		
۷.	Serve with Fried Cod, H	audock, Hallbul, etc		
Yield:	1 gallon of sauce, 100 se	ervings (1 B.sp)		

Variations:

1. Substitute diced olives, green peppers or pimento in place of park of the pickles.

Add Four B.sp of finely chopped Parsley 2.

- Add Four B.sp of capers. 3.
- Add 2 B.sp freshly grated onions. 4.

### **Tomato Sauce**

Measure	Units	Ingredients	Lbs.	Ozs.
1	Pt.	Fat	1	
1	Pt.	Onions, chopped		12
1	Pt.	Celery, chopped		10
1 1/2	Pts.	Flour		15
1 1/2	B.sp	Salt		2
9	No. 2 <sup>1</sup> / <sub>2</sub> tins	Tomato juice heated	15	
1/2	Gal.	Hot stock or water	5	

Method:

- Melt the fat, add the onions and celery. Cook until the onions are clear. 1.
- 2. Blend in the flour. Cook for 3 to 5 minutes.
- 3. Add the salt, tomato, and water, slowly. Stir as you add.
- Cook until there is no taste of raw starch. 4.
- Serve hot, strained or unstrained, with meat loaf, Hamburg steak or Fish. 5.

Yield:  $100 - 3 \frac{1}{2}$  oz. servings.

Note: 9 ozs. cornstarch (3/4 pt.) may be used instead of flour. Tomato Sauce made with cornstarch has a brightly red color.

#### Variations:

- 1. Cook three bay leaves, ½ B.sp whole cloves and ¼ B.sp allspice berries with the fat and onions. The sauce will have to be strained. These spices may be tied in a thin, clean cloth and cooked in the sauce for 10 to 15 minutes, then remove.
- 2. Add 1 pt. chopped green peppers, shortly before serving.
- 3. Use 1 ½ No. 10 tins of tomato puree diluted with one No. 10 tin of water or stock, in place of the tomato juice.

# **ALGONQUIN**

Tribal Class "V"

Commissioned	17 February 1944
Paid Off	01 April 1970
Displacement	1710
Dimensions	363 x 36 x 10
Speed	31 knots
Crew	200
Armament	4 – 4 . 7", 4 – 40 MM, 4 – 20 MM, 8 – 21" TT (2 x IV)

ALGONQUIN was one of two " v " class destroyers acquired from the royal navy before the end of the war. Not a "tribal" despite her name, she was laid down as HMS VALENTINE and commissioned as HMCS ALGONQUIN. She was one of the first single – stacked destroyers to serve in the RCN. She saw service in Norwegian waters before shifting base to Portsmouth for channel patrol duties before D – Day and bombardment of the French coast while landings were taking place. On August / 22 / 1944 she took off 203 of Nabob's ship's company when the latter was torpedoed in the Barents Sea. She was placed in reserve after the war and recommissioned on February / 25 / 1953,after she was fully modernized as a fast anti – submarine frigate. After fourteen years service with Atlantic command, she returned to the West Coast in March / 1967, and was paid off for the last time on April / 01 / 1970, to be broken up in Taiwan in 1971.

Feeding Concept:	Cafeteria
Galley:	1
Cooks;	8

# Soups (points to remember)

- 1. Use all bones and meat trimmings for making meat stock.
- 2. Save water from boiled, canned, and dehydrated vegetables for soup. The water contains minerals and vitamins. Turnips and cabbage water are unsuitable for use in this way.
- 3. Put vegetables through a mincer to save labor in preparation.
- 4. Use vegetables in season, to give variety.
- 5. Use herbs and spices cautiously, but use them.
- 6. Season soup carefully, always measure the salt and pepper and add them slowly, tasting the soup at intervals.
- 7. Never serve greasy soup.
- 8. Always serve piping hot.

Addition of onions to soup

The flavor of soup will be improved and there will be less odor in the galley if onions are blanched in boiling water before being added to the soup.

### Meat Stock

Measure	Units	Ingredients	Lbs.	Ozs.
		Bones	30	
6	Gals.	Cold Water	60	
		Onions	3	
		Carrots	3	
3	B.sp	Salt		4

Method:

- 1. Break the bones to expose the marrow.
- 2. Add the water to the bones. Add scrubbed Vegetables
- 3. Cover and heat to simmering. Continue cooking just below boiling point for at least 8 hours.
- 4. Strain.
- 5. Cool slightly and skim off the fat. Use for soup, gravy or meat and vegetable sauces.

Yield: 5 gallons.

Note:

- 1. Celery leaves, stalks, and trimmings will improve the flavor of the stock.
- 2. Left over vegetables may be used in making stock. or may be added to the soup after straining the stock.
- 3. Part of the vegetables may be browned in fat before being added, this improves the flavor and color of the stock.
- 4. Do not use turnips, cabbage, potatoes or peas.

#### Bean Soup

Measure	Units	Ingredients	Lbs.	Ozs.
1	Gal.	Dried Beans	8	
2	Gals.	Cold Water	20	
4 1/2	Gals.	Hot Ham or Pork Stock	45	
2 1/2	Pts.	Onions diced, blanched	1	14
2 1/2	Pts.	Celery, diced	1	9
2 1/2	Pts.	Carrots, diced	1	14
3	B.sp	Salt		4 1/2

Method:

- 1. Pick over and wash the beans thoroughly.
- 2. Soak in the cold water over night.
- 3. Add the hot stock and cook until the beans are almost tender.
- 4. Add the diced vegetables and cook for 20 minutes.
- 5. Season to taste. Serve very hot.

Yield: Note: 100 – 8 oz. servings.

- 1. If Ham bones are available, simmer them with the beans.
- 2. The beans may be pureed before adding the fresh vegetables.
- 3. If the beans are very old, add <sup>1</sup>/<sub>4</sub> B.sp. baking soda to the water in which they are soaked. Discard this water before adding the stock.
- 4. Bacon rind may be cooked with the beans if there is no Ham or pork stock.

# Puree of Bean Soup

Method:

1	I I a a da a mani		1	- 1 <b>-</b> - 1	0 11 (	5 m 4 m )
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- 2. Cook the fresh vegetables with the beans. When the beans are very tender puree.
- 3. Reheat if necessary.

Yield: 100 - 8 oz. servings.

Note: This soup should be served at supper when the second course is light. It is a thick, substantial soup, which is unsuitable for the first course at dinner.

### Bean and Tomato Soup

Measure	Units	Ingredients	Lbs.	Ozs.
3 1/2	Qts.	Dried Beans	7	
		Cold Water to cover		
3 1/2	Gals.	Boiling Water	35	
1/2	Pt.	Carrots, diced		6
1/2	Pt.	Bacon, diced		8
1	Pt.	Onions, diced		10
1	Gal.	Potatoes, diced	5	
2 1/2	Gal.	Meat Stock	25	
1	No. 10 tin	Tomatoes	6	6

2	B.sp.	Salt	3
1	Tsp.	Pepper	

- 1. Pick over and wash the beans. Cover with cold water and soak over night.
- 2. Without draining the beans, add the boiling water.
- 3. Add the carrots.
- 4. Cook until the beans are tender.
- 5. Fry the bacon, onions, and about 1 pt. of potatoes until lightly browned.
- 6. Add the meat stock, raw potatoes, bacon, and browned vegetables and cook until the potatoes are tender.
- 7. Add the tomatoes, salt, and pepper. Reheat.

Yield: 100 - 8 oz. servings.

# Beef and Barley Soup or Lamb and Barley Soup

Measure	Units	Ingredients	Lbs.	Ozs.
1/2	Pt.	Barley		10
1	Qt.	Boiling Water	2	8
3 1/2	Gals.	Hot Stock (Beef or Lamb)	35	
1 1/2	Pts.	Onions, diced blanched	1	2
1	Qt.	Celery, diced	1	4
1 1/2	Pts.	Carrots, diced	1	2
1	Pt.	Turnips, diced		12
3	No. 2 <sup>1</sup> / <sub>2</sub> tins	Tomatoes	5	
3	B.sp	Salt		5

Method:

- 1. Wash the barley, add to the boiling water and cook for one hour.
- 2. Add the stock and raw vegetables. Cook for one hour.
- 3. Add the tomatoes. Reheat.
- 4. Season to taste and serve very hot.

Yield: 100 - 8 oz. servings (1/2 pt.)

#### Beef Broth with Rice

Measure	Units	Ingredients	Lbs.	Ozs.
1 1/2	Pts.	Onions, diced blanched	1	
1	Qt.	Celery, diced	1	4
1 1/2	Pts.	Carrots, diced	1	
1	Pt.	Turnips, diced		12
4 1/2	Gals.	Hot Beef Stock	45	
1 1/2	Pts.	Raw Rice	1	142
2	No. 2 tins	Peas	2	8
3	B.sp	Salt		5

- 1. Add the vegetables to the hot stock and simmer for one hour in a covered pot.
- 2. Add the rice and cook for an additional 20 minutes.
- 3. Add the peas and salt. Reheat.

Yield: 100 - 8 oz. servings.

# Chicken and Rice Soup

Measure	Units	Ingredients	Lbs.	Ozs.
4 1/2	Gals.	Chicken Stock	45	
1 1/2	Pts.	Onions, diced	1	2
1	Pt.	Rice	1	
2	Qts.	Celery, diced	2	8
1 1/2	Pts.	Chicken Fat	1	8
1 1/4	Pts.	Flour	1	8
1 1/2	Qts.	Chicken, cooked diced	2	8
3	B.sp	Salt		5
1/2	B.sp	Pepper		

Method:

- 1. Heat the chicken stock to boiling.
- 2. Blanch the raw, diced onions for two minutes in boiling water to cover. Drain.
- 3. Wash the rice thoroughly.
- 4. Add the onions, rice, and celery to the stock. Cook until tender.
- 5. Make a roux of the chicken fat and flour. Add to the soup and cook until there is no taste of raw starch (10 minutes).
- 6. Add the diced chicken and seasonings. Reheat.

Yield: Approx. 100 – 8 oz. servings (1 cup).

Variation: 1 Pt. finely diced raw green peppers may be added with the chicken.

### Consommé (Beef) Soup

Measure	Units	Ingredients	Lbs.	Ozs.
6	Gals.	Beef Stock	60	
1	No. 10 tin	Tomatoes	6	6
		Lean Raw Beef Diced	10	
20	Each	Egg Whites and Shells		
1/2	Tsp.	Pepper Berries		
1	Only	Bay Leaf		
1	Clove	Garlic		
6	Only	Whole Cloves		
3	B.sp	Salt		5
2/3	Pt.	Onions	1	
2/3	Pt.	Carrots	1	
1	Pt.	Celery	1	

Method:

1.	Make soup stock	the previous	day and chill	thoroughly.	Remove fat.
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- 2. Mix the tomatoes, Beef, egg whites and crushed shells together, and stir into the stock.
- 3. Add the peeled, whole vegetables, and the seasonings.
- 4. Heat to simmering point, stirring once or twice. Cover and simmer for 4 hours. Do not boil and do not stir.
- 5. Strain through a fine cloth, reheat and serve.

Yield:	100 – 8 oz. servings.
Note:	Save the meat from the soup to use in croquettes.

### Chicken Consommé

Follow the same recipe and method, using chicken bones and chicken meat in place of beef.

### Veal Consommé

Follow the same recipe and method using veal bones and meat in place of beef or use  $\frac{1}{2}$  veal and  $\frac{1}{2}$  beef or chicken.

# Mulligatawny Soup

Measure	Units	Ingredients	Lbs.	Ozs.
2 1/2	Pts.	Onions, diced	1	14
2 1/2	Pts.	Carrots, minced	1	14
2 1/2	Pts.	Celery, diced	1	9
16	Medium	Apples, chopped		
1 1/2	Pts.	Fat	1	8
2 1/2	B.sp	Curry Powder		1 1/4
1	B.sp	Mace		1/2
1 1/2	Qts.	Flour	1	14
4	Gals.	Meat Stock	40	
6	No. 2 <sup>1</sup> / <sub>2</sub> tins	Tomatoes	10	
30		Whole cloves		
3	B.sp	Salt		5
1	Gal.	Cooked Chicken	8	

Method:

- 1. Braise the vegetables and apples in the melted fat.
- 2. When almost finished, add the curry powder and mace. Cook for two minutes.
- 3. Add the flour, to make a roux.
- 4. Add the stock and tomatoes.
- 5. Place the cloves in a small piece of thin cotton and add to the soup.
- 6. Boil for one hour. Remove the cloves.
- 7. Puree the soup.
- 8. Add the salt and cooked chicken. Reheat.

### Yield:

Approx. 100 – 8 oz. servings.

Variations:

- 1. Diced chicken may be omitted.
- 2. One cup diced green peppers may be added with the other vegetables.
- 3. One pt. finely chopped parsley may be added just before serving.

# Creole Soup

Measure	Units	Ingredients	Lbs.	Ozs.
3	Gals.	Stock	30	
9	No. 2 <sup>1</sup> / <sub>2</sub> tins	Tomatoes	15	
1 1/2	Qts.	Onions, diced blanched	2	4
1	Qt.	Celery, diced	1	4
1 1/2	Qts.	Green Peppers, diced	2	4
3	B.sp	Salt		5
2	B.sp	Sugar		2
1 1/4	Pts.	Raw Rice	1	9

Method;

- 1. Heat the stock and canned tomatoes.
- 2. Add the vegetables, salt, and sugar. Cook for  $\frac{1}{2}$  hour.
- 3. Add the rice and cook for 20 to 30 minutes or until the rice is tender.

Yield: 100 - 8 oz. servings.

# Potage Jackson Soup

Measure	Units	Ingredients	Lbs.	Ozs.
3 1/2	Qts.	Onions, diced	5	4
2	Qts.	Celery, diced	2	8
1 3⁄4	Qts	Carrots, diced	2	10
1 1/2	Pts.	Turnips, diced	1	
1 3⁄4	Gals.	Potatoes, diced	10	8
1	Gal.	Hot Water	10	
2	No. 2 tins	Peas	2	8
2	No. 2 tins	Corn	2	8
1	Gal.	Stock	10	
6	No. 2 <sup>1</sup> / <sub>2</sub> tins	Tomatoes	10	
3	B.sp	Salt		5

Method:

- 1. Add the raw vegetables to the hot water and cook for one hour.
- 2. Add the peas and corn. Puree the soup.
- 3. Add the stock and cook for an additional 10 minutes.
- 4. Add the tomatoes and salt. Reheat.

Yield; 100 - 8 oz. servings.

Note: Tomatoes may be replaced by stock.

# **Rice and Tomato Soup**

Measure	Units	Ingredients	Lbs.	Ozs.
1	Pt.	Onions, diced, blanched		12
1	Pt.	Carrots, diced		12
1	Pt.	Celery, diced		10

1 1/2	Pts.	Rice	1	14
3 1/2	Gals.	Hot Stock	35	
9	No. 2 <sup>1</sup> / <sub>2</sub> tins	Tomatoes	15	
3	B.sp	Salt		5
4	B.sp	Sugar		4

- 1. Add the raw vegetables and rice to the hot stock. Cook for  $\frac{1}{2}$  hour.
- 2. Add the tomatoes, salt, and sugar. Cook for 10 minutes longer.

Yield; 100 - 8 oz. servings.

# **Tomato Bouillon Soup**

Measure	Units	Ingredients	Lbs.	Ozs.
1	Pt.	Carrots, diced		12
1	Pt.	Onions, diced, blanched		12
1	Pt.	Celery, diced		10
2	Only	Bay Leaf		
4	Only	Cloves		
3	No. 10 tins	Tomato juice or tomatoes	20	
3	Gals.	Hot Stock	30	
1	Qt.	Crushed Egg Shells		
3	B.sp	Salt		5

Method:

1. Combine all the ingredients.

- 2. Simmer for one hour, but do not boil.
- 3. Strain.
- 4. Re heat before serving.

Yield: 100 - 8 oz. servings.

# Vegetable Soup

Measure	Units	Ingredients	Lbs.	Ozs.
1	Pt.	Green Peppers diced		12
1 1/2	Pts.	Onions, diced, blanched	1	
1	Qt.	Celery, diced	1	4
1 1/2	Pts.	Carrots, diced	1	
1	Pt.	Turnips, diced	1	
4	Gals.	Hot Stock	40	
2	No. 2 tins	Peas	2	8
2	No. 2 tins	Corn	2	8
3	B.sp	Salt		5

Method:

- 1. Add the raw vegetables to the hot stock and cook for  $\frac{1}{2}$  hour.
- 2. Add the remaining ingredients. Reheat.

Yield: Note:		100 – 8 oz. servings.
	1.	Stock may consist of meat or vegetable or a combination of the two.
	2.	When a vegetable stock is used, taste the soup before adding the salt.
	3.	Use any vegetable available (with the exception of beets), allowing two to three lbs. to one gallon of liquid. The above list is merely a suggestion.
	4.	The vegetables may be put through a mincer.
Variatio	ns:	Omit peas and corn and add 1 lb. raw macaroni to hot stock and cook with the vegetables.

# Julienne Soup

Method:

- 1. Omit peas and corn. Cut the raw vegetables in very fine thin strips.
- 2. 1 lb. of macaroni, spaghetti or noodles may be added. It should be cooked separately, rinsed, and added to the soup in place of the peas and corn.

# Clam Chowder Soup

Measure	Unit	Ingredients	Lbs.	Ozs.
2	Bushels	Clams		
2	Gals.	Water	20	
		Diced bacon or salt pork	2	
1 1/2	Pts.	Onions sliced	1	
2	Gals.	Potatoes, sliced	14	
1	Qt.	Flour	1	4
1	Gal.	Milk	10	
3	B.sp	Salt		5
1/2	B.sp	Thyme		
		Navy or soda biscuits, whole		

Method:

- 1. Wash the sand from the clams, using 3 waters. Throw away all clams that float.
- 2. Add two gallons of water to the washed clams, bring quickly to the boil and then strain off the liquid into another saucepan.
- 3. Remove the clams from their shells, beard them, and then chop them coarsely.
- 4. Cook the diced pork or bacon over a low heat.
- 5. Add the onions and cook until they are lightly browned.
- 6. Add the potatoes and the clam liquid and cook until the potatoes are nearly tender.
- 7. Blend the flour and milk and strain into the mixture, stirring as you add.
- 8. Cook for 5 minutes. Add the thyme and salt, cook 5 minutes longer.
- 9. Add the chopped clams. Reheat.
- 10. Serve the chowder with whole Navy or Soda Biscuits.

Yield; 100 - 8 oz. servings.

Note: 8 ozs. of butter may be added just before serving.

# Corn Chowder Soup

Measure	Units	Ingredients	Lbs.	Ozs.
1 1/2	Pts.	Onions diced blanched	1	
1	Qt.	Celery diced	1	4
2	Only	Green Peppers diced		
3	Qts.	Potatoes diced	4	8
1/2	Gal.	Hot Stock	5	
8	No. 2 cans	Corn (cream style)	10	
3	B.sp	Salt		5
1/2	B.sp	Savory		
3 1/2	Gals.	Hot Milk	35	
1	Pt.	Flour		10
1	Qt.	Cold Water	2	8

Method:

- 1. Add the raw vegetables to the hot stock. Cook until tender (20 to 30 minutes).
- 2. Add the corn, salt, savory, and hot milk. Simmer for 30 minutes.
- 3. Blend the flour and cold water. Strain. Add slowly to the chowder, stirring as you add.
- 4. Simmer for 20 minutes.

Yield: Note:

- 100 8 oz. servings.
- 1. If the corn is pureed, the flavor will be improved.
- 2. Green peppers and savory may be omitted.

Corn and	l Tomato	Chowder
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Measure	Units	Ingredients	Lbs.	Ozs.
1	Qt.	Fat	2	
1	Pt.	Onions diced		12
1	Pt.	Celery diced		10
1	Qt.	Flour	1	4
1	Gal.	Milk	10	
1	Gal.	Vegetable Stock	10	
9	No. 2 <sup>1</sup> / <sub>2</sub> tins	Tomatoes	15	
8	No. 2 tins	Corn	10	
3	B.sp	Salt		5

Method:

1. Make according to the general method for cream soups.

Yield: 100 - 8 oz. servings.

# Fish Stock

Measure	Units	Ingredients	Lbs.	Ozs.
		Fish bones and heads	15	
4	Gals.	Boiling Water	40	

		Onions	1	8
		Celery tops		8
		Carrots	1	8
1	Only	Bay Leaf		
2	Only	Cloves		

- 1. Add the fish bones and heads to the boiling water.
- 2. Add the unpeeled washed vegetables cut into pieces. Heat to simmering point.
- 3. Cover and simmer for about  $\frac{1}{2}$  hour
- 4. Strain and use in Fish Chowders.

3 Gallons.

Yield:

# Fish Chowder Soup

Measure	Units	Ingredients	Lbs.	Ozs.
		Raw Fish, diced	5	
1 1/2	Pts.	Onions diced	1	
1	Qt.	Celery diced	1	4
1 1/2	Pts.	Green Peppers diced	1	
3	Qts.	Potatoes diced	4	8
2	Gals.	Hot Fish Stock	20	
1 1/2	Gals.	Milk, heated	15	
1	Qt.	Flour	1	4
1/2	Gal.	Cold Water	5	
3	B.sp	Salt		5
1/2	B.sp	Savory		

Method:

- 1. Simmer the fish and raw vegetables in the fish stock until tender.
- 2. Add the hot milk.
- 3. Blend the flour and cold water. Strain. Stir into the soup, stirring constantly. Cook for 20 minutes.
- 4. Add the salt and savory.
- 5. Serve immediately.

Yield: 100 - 8 oz. servings.

Note:

- 1. Water may be substituted for fish stock.
- 2. 1 <sup>1</sup>/<sub>2</sub> lbs. of diced bacon or salt pork, fried crisp and drained, may be added as a garnish, just before serving.

#### **Chowder Polonaise**

Measure	Units	Ingredients	Lbs.	Ozs.
2	Qts.	Kidneys	5	
2	Qts	Water	5	
1 1/2	Pts.	Carrots diced	1	

1 1/2	Pts.	Onions diced	1	
1	Qt	Celery diced	1	4
1 1/2	Pts.	Green Peppers diced	1	
2	Qts.	Potatoes diced	2	10
1	Pt.	Fat	1	
1	Qt.	Flour	1	4
4	Gals.	Hot Stock	40	
2	No. 2 tins	Tomatoes	2	8
3	B.sp	Salt		5
1	Pt.	Diced cooked Beets	1	

- 1. Trim the kidneys and dice. Simmer in 2 qts. of water for <sup>1</sup>/<sub>2</sub> hour or until tender. Drain and rinse.
- 2. Melt the fat, add the vegetables and braise.
- 3. Add the flour to make a roux. Blend well.
- 4. Add the hot stock slowly. Simmer for one hour in a covered pot.
- 5. Add the kidneys, tomatoes, salt, and beets. Cook for 10 minutes.

Yield: 100 - 8 oz. servings.

#### Vegetable Chowder

Measure	Units	Ingredients	Lbs.	Ozs.
3	Gals.	Hot Stock	30	
1	Qt.	Onions diced	1	8
2 1/2	Pts.	Celery diced	1	9
1	Qt.	Carrots diced	1	8
1	Pt.	Turnips diced		12
1	Pt.	Green Peppers diced		12
1 1/2	Qts.	Potatoes diced	2	4
2	Qts.	Cold Water	5	
1	Qt.	Flour	1	4
3	No. 2 <sup>1</sup> / <sub>2</sub> tins	Tomatoes	5	
2	No. 2 tins	Peas	2	8
2	No. 2 tins	Corn	2	8
3	B.sp	Salt		5

Method:

1. Cook the vegetables in the hot stock for one hour.

2. Mix the cold water and flour and strain.

3. Add the remaining ingredients and cook for 10 minutes.

Yield:

100 – 8 oz. servings.

# Cream Soups

A cream soup is an excellent means of introducing milk into the diet. A cream soup should be smooth in texture and should be about as thick as whipping cream. The flavor of the main vegetable from which it is made should predominate. Water from other cooked, mild flavored vegetables may be used as part of the liquid.

General Method for Making Cream Soups

- 1. Make a white roux. If onions and celery are used for flavoring, cook in the fat before adding the flour.
- 2. Add the hot stock slowly, stirring as you add, or whip the roux into the hot liquid.
- 3. Cook until there is no taste of raw flour.
- 4. Add the diced vegetables or the puree if it was not included with stock. Add the seasonings and reheat.
- 5. Just before serving, add the hot milk.

The stock used may be entirely vegetable or chicken or a combination of the two. The water in which the vegetables were cooked and the liquid drained from canned vegetables should always be used in the soup unless the flavor of either is too strong.

If evaporated milk is used, make the soup with the vegetable stock and the water required for diluting the milk. Just before serving, add the undiluted milk, and reheat.

A better flavor and color will be obtained if : 1: the roux is cooked in the stock and the hot milk is added last. 2 : Some or all of the vegetables are pureed.

Serving - Cream soups should be made only a short time before they are to be served. They will curdle if allowed to stand in the steam table or steam - jacketed kettle for any length of time.

#### Cream Soups With Bacon

Measure	Units	Ingredients	Lbs.	Ozs.
		Cream soup recipe		
		Finely diced Bacon	1 1/2	

Method:

- 1. Cook the bacon until it is crisp and well drained.
- 2. Add the drained, cooked bacon to the soup, just before serving.

Yield: 100 - 8 oz. servings.

### Cream of Carrot Soup

Measure	Units	Ingredients	Lbs.	Ozs.
1	Pt.	Butter or shortening	1	
1	Pt.	Onions diced		12
1	Pt.	Celery diced		10
1	Qt.	Flour	1	4
1	Gal.	Hot vegetable stock	10	
3	Gals.	Hot milk	30	
1	Gal.	Carrots minced and cooked	10	
3	B.sp	Salt		5

Method:

1.

Make according to the general method for cream soups.

2. If there is not 1 gallon of carrot water, add water or milk to make up to this amount.

Yield: 100 - 8 oz. servings.

Note: 3 No. 10 cans of carrots may be used. Drain off the liquid and use as vegetable stock.

# Cream Of Celery Soup

Measure	Units	Ingredients	Lbs.	Ozs.
1 1/2	Bushels	Celery tops.	15	
3	Gals.	Hot water	30	
1	Qt.	Butter or shortening	2	
1	Pt.	Onions diced		12
1	Pt.	Celery diced		10
1 1/2	Qts	Flour	2	
2	Gals.	Milk	20	
3	B.sp	Salt		5

Method:

- 1. Boil the celery tops and water for 20 minutes. Strain and save the liquid, (there should be  $2\frac{1}{2}$  gallons.)
- 2. Finish according to the general method for cream soups, using the stock as part of the liquid.

Yield: 100 - 8 oz. servings.

### Cream of Chicken Soup

Measure	Units	Ingredients	Lbs.	Ozs.
1 1/2	Pts.	Chicken Fat	1	8
1	Pt.	Onions diced		12
1 1/2	Pts.	Celery diced	1	
1 1/2	Qts.	Flour	1	14
2 1/2	Gals.	Chicken stock	25	
2 1/2	Gals.	Hot Milk	25	
3	B.sp	Salt		5

Method:

1. Prepare according to the general method for cream soups.

Yield: Approx. 100 – 8 oz. servings.

Note: The diced onions and celery may be strained out or pureed before serving.

# Cream of Corn Soup

Measure Units Ingredients Lbs. Ozs.	
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1	Pt.	Butter or Shortening	1	
1	Pt.	Onions diced		12
1	Pt.	Celery diced		10
1	Qt.	Flour	1	4
1	Gal.	Hot vegetable stock	10	
3	Gals.	Hot Milk	30	
8	No. 2 tins	Corn	10	
3	B.sp.	Salt		5

1. Make according to the general method for cream soups.

Yield: 100 - 8 oz. servings.

- Note: 1. Use cream style corn rather than whole grain corn. If only the latter is available, it should be put through a mincer to break up the kernels.
  - 2. Milk may be used as the solid liquid, or stock from some other mild flavored vegetable, chicken stock or water may be used up to one gallon (as stated in recipe).

## Cream of Green Pea Soup

Measure	Units	Ingredients	Lbs.	Ozs.
1	Pt	Butter or Shortening	1	
1	Pt.	Onions diced		12
1	Pt.	Celery diced		10
1	Qt.	Flour	1	4
1	Gal.	Hot vegetable stock	10	
3	Gals.	Hot Milk	30	
3	No. 10 tins	Green Peas	10	Drained weight
3	B.sp	Salt		5

Method:

1.100110001	
1.	Make according to the general method for cream soups.
2.	Add sufficient water to the liquid drained from the peas, to make one gallon.
3.	Puree the peas before adding to the soup.
Yield:	100 – 8 oz. servings.
Note:	Marrowfat peas, cooked and pureed may be used. Soak 4 lbs. and cookas directed. Use

the water in which they were cooked, as part of the liquid.

# Cream of Split Pea Soup

Measure	Units	Ingredients	Lbs.	Ozs.
1	Gal.	Green or Yellow Split Peas	8	
		Cold Water to cover		
1 1/2	Gals.	Boiling Water	15	
1/2	Pt.	Butter or shortening		8
1	Pt.	Onions chopped		12

1	Pt.	Flour		10
4	Gals.	Milk	40	
4	B.sp	Salt		6
		Ham bones, Bacon rind, or		
		8 ozs. Salt Pork		

- 1. Pick over and wash the peas.
- 2. Soak over night in cold water to cover (about 2 gallons.)
- 3. Without draining, add the boiling water and cook until very tender. Cook the bones, rind or salt pork with the peas.
- 4. Drain off the liquid and measure, there should be one gallon.
- 5. Puree the cooked peas.
- 6. Finish according to the general method for cream soups.

Yield:100 - 8 oz. servings.Additions:2 bay leaves may be cooked with the peas.Note:Marrowfat peas may be substituted for split peas.

### Cream of Mixed Vegetable Soup

Measure	Units	Ingredients	Lbs.	Ozs.
2	Qts.	Onions diced	3	
2	Qts.	Carrots diced	3	
2 1/2	Qts.	Celery leaves and stocks chopped	3	
1 1/2	Gals.	Boiling Water	15	
1	Qt.	Butter or Shortening	2	
1 1/2	Qts.	Flour	2	
3	Gals.	Hot Milk	30	
3	No. 2 cans	Green Peas	3	
3	B.sp	Salt		5

Method:

- 1. Blanch the onions for 2 minutes in boiling water. Drain.
- 2. Add the blanched onions, the carrots, and celery to the boiling water and boil until tender (about 20 minutes).
- 3. Drain off the liquid and measure. There should be one gallon.
- 4. Finish according to the general method for cream soups, using the hot vegetable stock as part of the liquid.
- 5. Add the canned peas with their liquid, the cooked vegetables, and the salt. Reheat.

100 – 8 oz. servings.

Yield: Variations:

- 1. Tomato juice may be used as part of the liquid.
- 2. Other combinations of vegetables may be used.
- 3. Left over vegetables may be used in this way. If no vegetable stock is available, substitute one gallon of meat stock.

# Cream of Onion Soup

Measure	Units	Ingredients	Lbs.	Ozs.
1 1/2	Pts.	Butter or Shortening	1	8
1	Qt.	Celery diced	1	4
1 1/2	Qts.	Flour	1	14
1	Gal.	Hot Vegetable Stock	10	
3	Gals.	Hot Milk	30	
1	Gal.	Onions boiled	10	
3	B.sp	Salt		5

Method:

1. Make according to the general method for cream soups.

2. Mince the cooked onions before adding to the soup.

Yield: 100 - 8 oz. servings.

# Cream of Potato Soup

Measure	Units	Ingredients	Lbs.	Ozs.
1 1/2	Gals.	Raw Potatoes	9	
1 1/2	Gals.	Water	15	
1	Pt.	Butter or Shortening	1	
1	Qt.	Onions diced	1	8
1	Qt.	Celery diced	1	4
1	Pt.	Flour		10
2 1/2	Gal.	Milk	25	
3	B.sp	Salt		5

Method:

1. Cook the potatoes in the water. Drain

2. Measure the liquid after draining and make up to 1 <sup>1</sup>/<sub>2</sub> gallons with water. Puree the potatoes.

3. Finish according to the general method for cream soups.

Yield; 100 - 8 oz. servings.

# Cream of Spinach Soup

Measure	Units	Ingredients	Lbs.	Ozs.
1 1/2	Pts.	Butter or shortening	1	8
1	Pt.	Onions diced		12
1	Pt.	Celery diced		10
1 1/2	Qts.	Flour	1	14
1	Gal.	Hot vegetable stock	10	
3	Gals.	Hot Milk	30	
1	Gal.	Cooked Spinach	10	
3	B.sp	Salt		5

Method:

- 1. Make according to the general method for cream soups.
- 2. Puree the spinach before adding it to the soup.

Yield: 100 - 8 oz. servings.

Note: 2 - No. 10 cans of spinach may be used in place of fresh spinach.

# Cream of Potato and Onion Soup (using dehydrated vegetables)

Measure	Units	Ingredients		
3	Qts.	Dehydrated Potatoes	Dehydrated Potatoes 2	
2 1/2	Gals.	Cold Water	25	
1 1/2	Gals.	Dehydrated Onions	1	8
1 1/2	Gals.	Cold Water	Cold Water 15	
1	Pt.	Butter or Shortening	1	
1	Pt.	Dehydrated Celery		10
1	Pt.	Flour		10
3	Gals.	Milk 30		
4	B.sp	Salt		6

Method:

- 1. Refresh and cook the potatoes according to the general directions. Drain. Save the stock.
- 2. Refresh and cook the onions according to the general directions. Drain. Save the stock.
- 3. Melt the fat and braise the celery for 5 to 10 minutes.
- 4. Add the flour and blend well.
- 5. Measure the stock from the two vegetables and make up to one gallon with water, if necessary.
- 6. Add slowly to the roux, stirring as you add.
- 7. Finish according to the general method for cream soups.

Yield: 100 - 8 oz. servings.

Note: If evaporated milk is used, make the soup using 2 gallons of water instead of the milk given in the recipe. Just before serving, add ii tins of evaporated milk and reheat.

### Cream of Potato and Onion Soup

Measure	Units	Ingredients	Lbs.	Ozs.
1 1/2	Gals.	Potatoes sliced	9	
1	Gal.	Onions sliced	6	
1 1/2	Gals.	Water	15	
1	Pt.	Butter or Shortening	1	
1	Pt.	Celery diced		10
1	Pt.	Flour		10
2 1/2	Gals.	Milk	25	
3	B.sp.	Salt		5

Method:

- 1. Cook the potatoes and onions in the water. Drain.
- 2. Measure the liquid after cooking and make up to one gallon with water. Puree the vegetables.
- 3. Finish according to the general method for cream soups.

Yield: 100 - 8 oz. servings.

#### Cream of Tomato Soup

Measure	Units	Ingredients	Lbs.	Ozs.
1	Qt.	Butter or Shortening	2	
1	Pt.	Onions diced		12
1	Pt.	Celery diced		10
1 1/2	Qts.	Flour	1	14
3	No. 10 tins	Tomato juice or tomatoes, heated	20	
3	B.sp	Salt		5
4	B.sp	Sugar		4
1/2	B.sp	Pepper		
2 1/2	Gals.	Hot Milk	25	

Method:

- 1. Braise the vegetables. Add the flour.
- 2. Make a tomato sauce and cook until it has no taste of raw flour.
- 3. Add the tomato sauce slowly to the hot milk, stirring constantly. Season, strain and serve immediately.

Yield: 100 - 8 oz. servings.

To prevent curdling :

- 1. Ensure that the milk is as hot as the tomato sauce.
- 2. Always add the tomato to the milk.

Commissioned	02 November 1944
Paid Off	23 March 1965
Displacement	1445
Dimensions	301 x 37 x 14
Speed	19 Knots
Crew	8/133
Armament	2 –4" (1 x II), 2 – 40 MM (1 x II), 4 – 40 MM Singles, 2 Limbo

In February 1945, BUCKINGHAM was assigned to EG 28, as a member of which she carried out escort and patrol duty out of Halifax until VE – Day. In May she arrived at Shelburne escorting the surrendered U 889. Sold to Marine Industries in 1946 and reacquired by the RCN, she was converted to a Prestonian Class ocean escort, 1953 – 1954, and recommissioned for training purposes. Modified by the addition of a helicopter landing deck aft, she carried out, trials preliminary to the design of the destroyer carriers.

Feeding Concept:	Cafeteria
Galley:	1
Cooks:	7

# **VEGETABLES**

Cooked vegetables should retain their color and flavor, be tender but firm, well - drained and hot.

Points To remember

- 1. Scrub and wash all vegetables thoroughly before cutting or paring.
- 2. Freshen wilted vegetables by standing in cold water.
- 3. Grade according to size while washing if the vegetables are to be cooked whole or pared in a machine.
- 4. Leave the skins on whenever possible.
- 5. when paring, remove only a thin skin.
- 6. Cut into pieces of uniform size.
- 7. Do not allow pared vegetables to stand in water for more than a short time.
- 8. Steam or bake vegetables that lend themselves to these forms of cooking.
- 9. Cook vegetables quickly.
- 10. Do not over cook.
- 11. Drain boiled vegetables as soon as tender.
- 12. Save vegetable stock for soups and sauces.
- 13. Serve as soon as cooked.
- 14. Cook large quantities in relays.

# The Quantities of Fresh Vegetables to Prepare

- 1. The full ration of potatoes and other fresh vegetables should be used each day. No rations should be drawn, how ever, for those who leave the ship prior to a meal or on weekend leave.
- 2. The Naval ration of 8 ozs. of fresh vegetables for dinner and 8 ozs. for supper is sufficient to provide a generous serving at both meals and to supply all that is required for soups, garnishes, or other dishes in which vegetables are used.
- 3. When vegetables are washed, the men do not receive their full quota of minerals, cellulose, and vitamins. Waste in the galley may be due to : (1) carelessness in preparation, (2) poor methods of cooking, or (3) cooking more then is required.
- 4. Waste in preparation can be reduced by close supervision, by keeping vegetable knives sharp, and by controlling the length of time the vegetable peeler is allowed to run.
- 5. Follow the directions for cooking and serving vegetables given in this section, to avoid waste due to poor cooking.

In order to provide the cook with a guide as to the quantities of raw vegetable actually required to give an average serving to each man, a table has been worked out which shows the relationship between the size of servings, the weight of raw vegetables prepared for cooking, and the weight of raw vegetables as received in the galley. The figures are based upon sound vegetables of good quality and are only intended as a guide. The cook can use them as a starting point to determine the quantity of vegetables required for his particular ship.

This table shows in:

- <u>COLUMN</u>1: The ration of fresh vegetables available per meal for 100 men, when fresh vegetables only, are being used.
- <u>COLUMN</u> 2: The average loss to be expected when sound, fresh vegetables are prepared for cooking by paring, the removal of eyes, roots or other inedible parts. This is given in pounds, based upon one meal's ration for 100 men.
- <u>COLUMN</u> 3: The weight of sound vegetables of good quality required to give an average serving to 100 men. If the vegetables are in poor condition, this amount must be increased.
- <u>COLUMN</u> 4: The weight of pared, trimmed raw vegetables that will give an average serving to 100 men. By cooking approximately this weight, the quantity left over should be reduced to a minimum.

- <u>COLUMN</u> 5: The weight of a average serving. As tastes in vegetables vary, the size of the serving required will probably differ in different ships. With the figures given in this column and in column 4, it is possible to calculate the weight of vegetables needed for larger or smaller servings.
- <u>COLUMN</u> 6: The weight of raw vegetables not needed in the main course, which are available for soups, garnishes, or other vegetable dishes. The vegetables used for these purposes need not be the same as those served at dinner and supper, but the total weight of fresh vegetables drawn must not exceed the daily ration of 16 ozs. per man.

When circumstances make it necessary, dehydrated or canned vegetables may be issued in lieu of fresh vegetables for soups, scalloped vegetables or some other dish. This must be done on the basis of: 8 oz. Fresh Vegetables = 4 oz. Canned = 2 oz. Dehydrated.

### Table Showing Quantities of Vegetables Required for 100 Men

Average Waste in preparation of the full ration for one meal	Requirement for 100 men for main course at one meal	Balance of raw
		unpared vegetables left for
		soups, etc

Vegetable	Ration per meal as issued	Average waste in preparatio n	Average weight as issued	Average weight after paring and trimming	Weight of average serving <b>OZ.</b>	Weight of average serving Volume	Left over for soups etc.
	Col 1	Col 2	Col 3	Col 4	Col 5	Col 5	Col 6
Beans, Green or Wax	50 lbs.	5 lbs.	35 lbs.	31 lbs.	4 1/2 - 5	1/. mt	15 lbs.
, , , , , , , , , , , , , , , , , , ,	50 lbs.	15 lbs.	40 lbs.	28 lbs.	$4\frac{1}{2} - 3$ $4\frac{1}{2}$	<sup>1</sup> / <sub>4</sub> pt.	10 lbs.
Beets (with tops) Beets (trimmed)	50 lbs.	13  lbs. 12 <sup>1</sup> / <sub>2</sub> lbs.	40 lbs. 30 lbs.	28 lbs.	4 <sup>1</sup> / <sub>2</sub> 3 <sup>1</sup> / <sub>2</sub> - 4	<sup>1</sup> ⁄ <sub>4</sub> pt.	20 lbs.
Broccoli		$12\frac{7}{2}10s.$	50 lbs.				20 lbs.
Brussels Sprouts	50 lbs. 50 lbs.	$11 \frac{1}{2}$ lbs.	30 lbs.	24 lbs. 23 lbs.	3 <sup>1</sup> / <sub>2</sub> - 4 3 <sup>1</sup> / <sub>2</sub> - 4	1/	0 20 lbs.
A			30 lbs.	23 lbs.		<sup>1</sup> / <sub>4</sub> pt.	20 lbs.
Cabbage (New)	50 lbs. 50 lbs.	7 ½ lbs. 15 lbs.	30 lbs.	23 lbs.	$4 - 4\frac{1}{2}$ $3\frac{1}{2} - 4$	<sup>1</sup> ⁄ <sub>4</sub> pt.	20 lbs.
Cabbage (winter)				21 lbs. 28 lbs.	$\frac{3}{2} - 4$ 4 - 5	1/	
Carrots (with tops)	50 lbs.	15 lbs.	40 lbs.			<sup>1</sup> / <sub>4</sub> pt.	10 lbs.
Carrots (trimmed) Cauliflower	50 lbs. 50 lbs.	12 ½ lbs. 25 lbs.	35 lbs. 50 lbs.	26 lbs. 25 lbs.	4-5 4-5	<sup>1</sup> ⁄ <sub>4</sub> pt.	15 lbs.
	50 lbs.	23 lbs.	30 lbs.	25 lbs.	4-3 4-5	14 nt	0 20 lbs.
Celery Chard	50 lbs.	7 lbs.	30 lbs.	25 lbs.	4-3 4-5	<sup>1</sup> / <sub>4</sub> pt.	20 lbs.
Lettuce	50 lbs.	$12 \frac{1}{2}$ lbs.	25 lbs.	19 lbs.	4 - 5	<sup>1</sup> ⁄ <sub>4</sub> pt.	20 lbs.
Onions (dry)	50 lbs.	5 lbs.	30 lbs.	27 lbs.	3 4 – 5	1 medium	20 lbs.
Parsnips	50 lbs.	$12\frac{1}{2}$ lbs.	35 lbs.	27 lbs. 26 lbs.	4-3 4-5	$\frac{1}{4}$ pt.	15 lbs.
Peas (green)	50 lbs.	27 lbs.	50 lbs.	20 lbs.	$\frac{4-3}{3-3\frac{1}{2}}$	<sup>3</sup> B.Sp.	0
Potatoes (new)	56 lbs.	5 lbs.	50 lbs.	45 lbs.	$\frac{3-3}{7}$	3 or 4	6 lbs.
1 Otaloes (IIEw)	50 108.	5 105.	50 105.	+5 108.	,	small	0 105.
Potatoes (old)	56 lbs.	11 lbs.	50 lbs.	40 lbs.	6	1 large	6 lbs.
Potatoes (sweet)	50 lbs.	7 lbs.	50 lbs.	43 lbs.	6 – 7	1 large	0
Spinach	50 lbs.	9 lbs.	35 lbs.	29 lbs.	4 1⁄2 - 5	<sup>1</sup> ⁄4 pt.	15 lbs.

Squash (summer)	50 lbs.	6 lbs.	35 lbs.	31 lbs.	$4 - 4\frac{1}{2}$	<sup>1</sup> ⁄4 pt.	15 lbs.
Squash (winter)	50 lbs.	7 ½ lbs.	35 lbs.	30 lbs.	$4 - 4\frac{1}{2}$	<sup>1</sup> ⁄4 pt.	15 lbs.
Turnips (yellow)	50 lbs.	10 lbs.	40 lbs.	32 lbs.	4 ½ - 5		10 lbs.
Vegetable Marrow	50 lbs.	6 lbs.	35 lbs.	31 lbs.	$4 - 4\frac{1}{2}$	<sup>1</sup> ⁄4 pt.	15 lbs.

Note:  $\frac{1}{4}$  pt. = 2 rounded basting spoons or 4 level basting spoons.

#### How To Use The Foregoing Table

By consulting Column 6, it will be seen that the weight of vegetables beyond that for serving in the main course, varies from 0 lbs. to 20 lbs. The vegetables used most often in the navy allow from 15 lbs. to 20 lbs. for soups and other purposes. If a vegetable, which gave a surplus of 15 lbs., were used for dinner and a vegetable, which gave a surplus of, 20 lbs. Were used for supper, there would be 35 lbs. of raw, unpared vegetable available for use in some other way. This margin of fresh vegetables will give variety, crispness, and color to meals if properly used. For example, 15 lbs. might be used in soup, leaving 20 lbs. which could be served as: Carrot strips Lettuce Scalloped vegetables Turnip strips Pickled Beets In meat pie In vegetable gravy Celery sticks Or as a combination of two or more of these.

When planning menus, column 6 of the table should be consulted since it shows the approximate weight of vegetables that will be available for these purposes.

#### Methods of Cooking Vegetables

- Baking Directions for baking are given under each vegetable that can be cooked in this way. 1.
- Boiling For the purpose of boiling, vegetables may be divided into mild flavored, strong 2. flavored, and green.

Mild Flavored Young beets Fresh Carrots Celery Parsnips Potatoes Spinach Young Green Beans Young Green Peas

Strong Flavored Broccoli **Brussels Sprouts** Cabbage Cauliflower Turnips

Onions

Green Old Green Beans Green Peas Kale

#### Method For Mild Flavored Vegetables

- 1. Prepare the vegetables for cooking.
- Have the water boiling. There should be only sufficient water to cover 1/3 of the vegetables in 2. the pot. (1 to  $1\frac{1}{2}$  gallons to 50 lbs. of vegetables)
- Add the salt and the vegetables. 3.
- Cover with a close fitting lid. 4.

- 5. Bring to the boil as quickly as possible.
- 6. Boil gently to avoid breaking.
- 7. Do not lift the lid until cooking is almost complete. See time chart.
- 8. Drain as soon as tender. DO not over cook.

#### Method For Strong Flavored vegetables

- 1. Prepare the vegetables for cooking.
- 2. Cook in a large quantity of boiling, salted water.
- 3. Boil with the lid off the pot.
- 4. Drain as soon as tender.

The large volume of water will reduce the strong flavor and make the vegetable more pleasant to eat. Cooking with the lid off avoids the production of a strong odor in the galley.

#### Method For Green Vegetables

To retain the color, cook green vegetables in a large volume of boiling, salted water in a uncovered pot. Use a steam jacketed kettle if one is available, to shorten the time of cooking and so reduce the loss of Vitamin C. Cook in relays, as there is a very serious reduction in the Vitamin C after green vegetables have been in the steam table more than 15 minutes.

Since spinach has a thin leaf that is quickly made tender, it may be cooked in a small amount of salted water. Young Green beans and green peas are so tender that they too, can be cooked as mild flavored vegetables.

#### Method For Boiling Old Vegetables

When mild flavored vegetables become old and tough, they may have to be cooked in water to cover.

Steaming - general method

- 1. Prepare the vegetables as for boiling.
- 2. Steam at 15 lbs. pressure until tender (for time see chart)
- 3. Remove at once and serve.

#### Vegetables Which Can be Boiled

Potatoes	Carrots
Young Parsnips	Beets
Squash	Vegetable Marrow

Vegetables Which Should Never Be Steamed

- All Green Vegetables
- All Strong Flavored Vegetables including Cabbage and Cauliflower.

The Addition Of Salt

Salt should be added to the boiling water before the vegetable is put in. This will help to prevent the vegetables from becoming water logged.

As it is difficult to distribute salt evenly over steamed vegetables, these are usually served unsalted.

Time Required For Cooking

The exact time required for cooking cannot be given as it will depend upon the age of the vegetable, the equipment used, and the steadiness of the heat. Approximate times are given in this table:

Vegetables	Boiled Minutes Actual Boiling	Amount Of Water     Steamed Min at 15 lbs. Pres		Baked Minutes.
Beet Greens	6 - 12	To Cover	Do not Steam	
Beans Green	15 - 20	To Cover	Do not Steam	
Beets Young	25 - 40	To Cover	40 - 60	
Beets Old	120 - 360	To Cover	Do not steam	
Broccoli	10 - 15	To Cover	Do not Steam	
Brussels Sprouts	12 – 15	To Cover	Do not Steam	
Cabbage Green (young)	8 - 10	<sup>1</sup> / <sub>4</sub> vol. Of Vegetables	Do Not Steam	
Cabbage Shreds (old)	10 – 12	To Cover	Do Not Steam	
Carrots New	109 – 15	<sup>1</sup> / <sub>4</sub> Volume of vegetables	10-15	30 - 45
Carrots OLD	15 - 20	To Cover	15 - 20	45 - 60
Cauliflower (broken)	10 - 20	To Cover	Do not Steam	
Celery (1 inch pieces)	10 - 20	<sup>1</sup> / <sub>4</sub> Vol of vegetable	Do not Steam	
Corn on The Cob	3 – 4	To Cover	7 – 8	
Kale	15 - 20	To Cover	12 – 15	
Onions Whole	20 - 25	To Cover	Do not Steam	
Parsnips	20 - 25	<sup>1</sup> / <sub>4</sub> vol. Of Vegetable	Do Not Steam	
Peas Young	6 – 8	<sup>1</sup> / <sub>4</sub> vol. Of vegetables	Do not steam	
Peas Old	15 - 20	<sup>1</sup> / <sub>4</sub> Vol. of Vegetables	Do not Steam	
Potatoes	25 - 45	<sup>1</sup> / <sub>2</sub> vol. Of vegetables	25 - 35	45 - 90
Potatoes Sweet	20 - 25	To Cover	20 - 25	30 - 45
Spinach	5 – 7	About One inch	Do not Steam	
Squash, Hubbard	Do not Boil		20	45 - 90
Squash Summer	Do not Boil		10 – 15	30 - 40
Turnips	15 – 25	To Cover	Do not Steam	
Tomatoes	10 - 15	None		20 - 30

#### Time Table For Cooking Fresh Vegetables

Note: 15 lbs. pressure = 250 degrees F. 25 lbs. pressure = 267 degrees F.

### Cooking Vegetables in Relays

When vegetables are cooked in relays, the timing will have to be carefully planned in order to have no delays. A chart should be posted each day, showing when the vegetables should be put on to cook and when they should be ready to serve. The chart will be different for each galley since the time required for cooking will depend upon the equipment and upon the age and condition of the vegetables. The time allowed for draining, mashing or other last minute preparation will also depend upon the equipment available, as well as upon the number of cooks.

After Consulting the Time Table for cooking vegetables, checking on the quality of the vegetables, the equipment and the number of cooks available for this part of the work, the senior cook rating should make out his chart for the day.

# Vegetable Time Chart (example)

VEGETABLES	Green (	<u>NER</u> Cabbage Potatoes	<u>SUPPER</u> Mashed Carrots and Parsnips Baked Potatoes			
1 St Service 11:30	Potatoes	Cabbage	Carrots	Parsnips	Potatoes	
Time to start cooking	10:55	11:15	16:00	15:55	15:25	
Drain or take from steamer						
or oven	11:25	11:25	16:20	16:20	16:25	
Serve	11:30	11:30	16:30	16:30	16:30	
2 nd Service 12:00						
Time to start cooking	11:25	11:45	16:30	16:25	15:55	
Drain or take from steamer						
or oven	11:55	11:55	16:50	16:50	16:55	
Serve	12:00	12:00	17:00	17:00	17:00	
3 rd Service 12:30						
Time to start cooking	10:55	12:15	17:00	16:55	16:25	
Drain or take from steamer						
or oven	11:25	12:25	17:20	17:20	17:25	
Serve	12:30	12:30	17:30	17:30	17:30	

# Heating of Canned Vegetables

Method:

- 1. Open the cans 0nly long enough before the meal is to be served to permit thorough heating.
- 2. Drain the liquid from the tins into a stock pot and bring it to a boil. Add the salt.
- 3. Add the drained vegetables and reheat quickly. Boil for 2 to 3 minutes only. Longer cooking is unnecessary, will injure the flavor and color, will cause the vegetables to break up.
- 4. Drain very thoroughly and save the liquid for soups, sauces, and gravies.

VEGETABLES	Ration Per	Drained Weight	Number of cans required For 100 Rations			
	Meal	Of Ration	No. 10	No. 2 ½	No. 2	
	OZ.	0Z.				
Beans, Green or Wax	4	2 1/2	4	14	21	
Beans, Lima	4	3	4		20	
Beets	4	2 1/2	4	14	20	
Carrots	4	2 1/2	4	14	20	
Corn	4	4	4		20	
Peas	4	2 1/2	4		20	
Pumpkin	4	4	4	14	20	
Sauerkraut	4	4	4	15	21	
Spinach	4	2 1/2	4	14	20	
Tomatoes	4	4	4	14	21	

#### Fresh Beans (green or wax)

Measure	Unit	Ingredient	Lbs.	Ozs.
		Beans A.P.	35	
2	B.sp	Salt		3

Method:

1. Remove ends and strings of beans.

2. Cut into 1- inch pieces.

3. Cook According to the general method for mild flavored vegetables.

4. Add melted butter and serve very hot.

Yield:  $100 - 4\frac{1}{2}$  to 5 oz. servings.

#### Green Or Wax Beans (canned)

Measure	Unit	Ingredients	Lbs.	Ozs.
20	No. 2 cans	Beans		

Method:

1. Follow the general directions for heating canned vegetables.

2. Drain thoroughly and save the liquid.

3. Serve hot as a vegetable or in any recipe requiring green or wax beans.

Yield:  $100 - 2\frac{1}{2}$  oz. servings.

#### Savory Green Beans

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Qt.	Onions chopped	1	8
1/2	Pt.	Bacon fat		8
2	B.sp	Sugar		2
1/2	B.sp	Nutmeg		1⁄4
2 or 3	B.sp	Salt		1
1	Tsp.	Pepper		
4	No. 2 cans	Tomatoes	5	
16	No. 2 cans	Green Beans (drained)	12	

Method:

1. Fry the onions in the bacon fat until tender and lightly browned.

2. Add all the other ingredients except the beans and heat to boiling.

3. Heat the green beans. Drain.

4. Just before serving, add to the hot tomato mixture.

Yield:  $100 - 2\frac{1}{2}$  oz. servings.

### **Boiled Dried Beans**

Method:

1. Pick over and wash the beans thoroughly.

- 2. Soak over night in a large amount of cold water. The water should be at least 3 inches above the surface of the beans.
- 3. Bring to the boil in the water in which they were soaked.
- 4. Simmer until tender (2 4 hours). Do not over cook.
- 5. Test the beans for tenderness by removing a few and breaking them with a spoon or a fork. The time required to make them tender will depend upon the age of the beans.
- 6. Drain thoroughly.
- 7. Lima beans may be served with melted bacon fat (8 ozs.0) or butter (1 lb.) with with tomato or barbecue sauce (1 ½ gallon) or scalloped with ham.
- 8. Navy beans should be baked or served after heating in tomato, barbecue or Creole sauce.

If the beans are old, add ½ B.sp baking soda to each 3 gallons of water used in soaking. Before cooking, drain well, rinse, cover with fresh boiling water.

#### **Boiled Dried Soya Beans**

Method:

Note:

- 1. Pick over and wash the Soya beans thoroughly.
- 2. Soak for 24 hours in cold water. They must be completely covered with water all the time.
- 3. Drain.
- 4. Cover with boiling water. Simmer until tender (about  $2\frac{1}{2}$  hours).
- 5. Test for tenderness by removing a few and pressing with a fork or spoon.
- 6. Drain well.
- 7. Serve by reheating in barbecue, tomato or Creole sauce.

#### **Boiled Beans With Barbecue Sauce**

Measure	Unit	Ingredients	Lbs.	Ozs.
9	Qts.	Dried navy, Lima or Soya Beans	18	
2 1/2	Gals.	Barbecue Sauce	25	

Method:

1. Boil beans according to the general method.

- 2. Combine Barbecue Sauce and beans.
- 3. Reheat and serve.

Yield: 100 - 8 oz. servings.

### Baked Beans With Tomato

Measure	Unit	Ingredients	Lbs.	Ozs.
9	Qts.	Dried Navy or Lima Beans	18	
1	Qt.	Sliced onions	1	8
1 1/2	Pts.	Fat	1	8
13	No. 2 <sup>1</sup> / <sub>2</sub> cans	Tomatoes	22	12
5	B.sp	Salt		7 1⁄2
1/2	B.sp	Pepper		1/4

Method:

1. Soak and cook the beans according to the general method. Drain thoroughly.

- 2. Cook the sliced onions in the fat until tender.
- 3. Arrange the ingredients in layers in heavy pots. Cover.
- 4. Bake in a slow oven (300 325 Degrees F.) for 2 hours or more.

Yield: 100 - 8 oz. servings.

#### Baked Beans in Tomato Sauce

Measure	Unit	Ingredients	Lbs.	Ozs.
9	Qts.	Dried Lima, Navy or Soya Beans	18	
1	Gal.	Water	10	
14	No. 2 <sup>1</sup> / <sub>2</sub> cans	Tomatoes	24	8
1/2	B.sp	Whole Cloves		
1	Qt.	Fat	2	
1	Qt.	Sliced Onions	1	8
1 1/2	Qts.	Flour	1	14
1	B.sp	Mustard		
1	B.sp	Pepper		1/2
5	B.sp	Salt		7 1/2

#### Method:

- 1. Soak and cook beans according to the general method. Drain thoroughly.
- 2. Add the water to the tomatoes and cloves. Heat to boiling.
- 3. Melt the fat, add the onions, and cook until tender.
- 4. Mix the flour and seasonings and add to the fat and onions. Blend well and continue cooking for 2 or 3 minutes.
- 5. Add the hot tomatoes gradually, stirring as you add. Cook and stir until the sauce thickens.
- 6. Push through a sieve until only the tomato seeds, cloves, and onions remain.
- 7. Place the cooked beans and tomato sauce in heavy pots. Cover and bake for at least 2 hours in a slow oven (300 325 degrees F.).

Yield:

100 – 12 oz. servings.

- Note:
- 1. 2 No. 10 cans of tomato puree and one gallon extra of water may be used instead of canned tomatoes.
- 2. Soya beans require 1 lb. additional onions and 2 B.sp. addional mustard.

#### **Baked Beans with Wieners**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Wieners	25	
		Baked Lima or Navy Beans in		
		Tomato Sauce		

Method:

- 1. Split the wieners and place on top of the beans 40 minutes before the beans are completely cooked.
- 2. Finish cooking in the oven. The lid should be removed during the last 15 minutes to brown the wieners.

### **Boston Baked Beans**

Measure	Unit	Ingredients	Lbs.	Ozs.
9	Qts.	Dried Beans	18	
1	Pt.	Sugar	1	
5	B.sp	Salt		7 1⁄2
2	B.sp	Mustard		
1	Pt.	Molasses	1	11
2	Qts.	Boiling water	5	
5	Qts.	Diced Fat Pork	10	

Method:

- 1. Soak and cook the beans according to the general method.
- 2. Mix the dry ingredients together, and then add the molasses and boiling water.
- 3. Place the cooked beans and the diced pork in heavy pots. Pour the mixture over them.
- 4. Bake in a slow oven (300 325 degrees F.) for several hours. Keep them closely covered. Add water as required to keep them almost covered with liquid.

Yield: 100 - 6 oz. servings.

# Lima Beans And Corn (succotash)

Measure	Unit	Ingredients	Lbs	Ozs.
2 1/2	Qts.	Dried Lima Beans	4	11
		Cold Water to Cover		
1	Gal.	Boiling Water	10	
3	No. 10 cans	Corn	19	14
2	B.sp	Sugar		2
2	B.sp	Salt		3
1	Pt.	Butter	1	
1/2	Tsp.	Paprika		

Method:

- 1. Pick over and wash the beans thoroughly. Soak in cold water overnight.
- 2. Add the boiling water and cook gently until tender. Drain.
- 3. Add the remaining ingredients. Reheat.

Yield:

100 – 4 oz. servings.

Variations:

- 1. Add 2 B.sp onion juice with the corn.
- 2. Add 1 pt. finely chopped green peppers or  $\frac{1}{2}$  pt. finely chopped pimento or both.
- 3. Substitute 12 lbs. fresh, shelled Lima Beans.

#### **Beans Creole**

Measure	Unit	Ingredients	Lbs.	Ozs.
9	Qts.	Lima, Navy or soya beans	18	
1	Qt.	Bacon diced Or	2	
1	Qt.	Pork or beef drippings	2	

1	Qt.	Chopped onions	1	8
1	Qt.	Celery chopped	1	4
1	Qt.	Green Peppers, chopped	1	4
3	Only	Bay Leaves minced		
1/4	B.sp	Whole Cloves.		
1	B.sp	Dry Mustard		
1/2	Pt.	Flour		5
2	No. 10 cans	Hot Tomatoes Or	12	12
1	No. 10 can	Puree	6	8
1 1/2	Gal.	Hot Water	15	
1/2	Pt.	Sugar		8
2	B.sp	Salt		3

- 1. Wash, soak, and cook the beans according to the general method.
- 2. Fry the bacon for 5 to 10 minutes, or until well browned, if bacon is not available melt the fat.
- 3. Add the onions, celery, and the green peppers to the browned bacon or to the melted fat and cook for 5 minutes.
- 4. Add the mustard mixed with the flour and the bay leaves and cloves (tie the whole spice in a thin piece of clean cloth, if possible).
- 5. Add the hot tomatoes and water slowly, stirring as you add. Cook for 20 minutes, remove cloves and bay leaves.
- 6. Pour over the beans.
- 7. Bake in a slow oven for 4 hours in a closely covered container.

Yield: 100 - 10 oz. servings.

Note: The beans may be cooked in the sauce on top of the stove or in a steam jacked kettle for several hours. Cloves and bay leaves may be omitted.

### Young Beets

Measure	Units	Ingredients	Lbs	Ozs
		Fresh young beets A.P.	30	
2	B.sp	Salt		3

Method:

1. Cut off the leaves about  $\frac{1}{2}$  inch from the beet.

2. Scrub the beets thoroughly.

3. Cook in a steamer or according to the general method for mild – flavored vegetables.

4. When tender, plunge in cold water for a minute. Slip skins off. Slice or dice and reheat in a small quantity of the beet stock. To avoid loss of color while cooking, the skin of the raw beets must not be broken.

Yield:  $100 - 3\frac{1}{2}$  oz. servings (approx. 22 lbs. cooked, peeled beets).

### **Old Beets**

Measure	Units	Ingredients	Lbs	Ozs
		Old Beets A.P.	30	
2	B.sp	Salt		3

Method: 1	
1.	Use the method given for young beets. Keep the beets covered with water throughout the entire cooking period.
2.	The time required to make them tender will vary from 2 to 6 hours.
Method: 2	
1.	This method takes less time than method 1. The color of the beets is retained despite the fact that they are peeled.
2.	If the color should show a tendency to fade, add a small amount of vinegar (1 b.sp) to the water in which they are being cooked.
Method:	
1.	Wash and pare old beets.
2.	Cut into <sup>1</sup> / <sub>2</sub> inch dice. If very old and woody, put through a coarse grinder.
3.	Add a small amount of boiling water.
4.	Boil until tender (30 to 40 minutes). There should be practically no water left.
5.	Serve diced or mashed. Season and add melted butter or a small amount of vinegar. Diced beets may also be used for spiced or Harvard Beets.

# Boiled Beets (dehydrated)

Measure	Units	Ingredients	Lbs.	Ozs.
5 1/2	Qts.	Dehydrated Beets	3	4
3	Gals.	Cold water	30	
1 1/2	B.sp	Salt		2

Method:

Method:	
1.	Place beets in a deep container.
2.	Add cold water and soak for 2 hours.
3.	Heat to boiling. Add salt.
4.	Boil gently until tender, about 15 to 25 minutes.
5.	Drain well.
6.	Add 1 lb. butter and season to taste or serve as Harvard or pickled beets.
Yield: Note:	100 − 2 ½ oz. servings (approx. 16 lbs. 4 oz. cooked beets). 3 lbs. dehydrated beets will give 15 lbs. cooked beets.

# Spiced or Pickled Beets (fresh or dehydrated)

Measure	Units	Ingredients	Lbs.	Ozs.
		Raw Fresh Beets A.P.	30	
		or		
5 ½	Qts.	Raw dehydrated Beets	3	4
2	Qts.	Beet stock	5	
2	Qts.	Water	5	
2 1/2	Pts	Brown sugar	2	3
1 1/2	B.sp	Salt		2
1 1/2	B.sp	Whole cloves		
1	Tsp.	Cinnamon		

		Or		
1	B.sp	Pickling Spice		
1	Qt.	Vinegar	2	8

- 1. Cook the beets. Drain. Save 2 qts. beet stock.
- 2. Cut fresh beets into slices.
- 3. Heat the beet stock and water to boiling, add the spices, salt, and sugar. Boil for 10 minutes.
- 4. Add part of the vinegar. Taste. Add as much more as is required to give a slightly sharp taste. The amount needed will vary with the vinegar.
- 5. Strain over the beets.
- 6. serve hot or cold.

Yield: Note: 100 servings, 3 <sup>1</sup>/<sub>2</sub> oz. fresh beets or 2 <sup>1</sup>/<sub>2</sub> oz dehydrated beets.

Tinned beets (4 No. 10 Tins) may be served in the same way. Drain off liquid and use it in making the sauce.

### Harvard Beets

Fresh, dehydrated or tinned beets may be used. Left – over cooked beets may be reheated and served as Harvard beets.

The liquid used in making the sauce may be beet stock or water. Always use beet stock for dehydrated and for tinned beets, use water for fresh beets if the stock has a dark, unattractive color.

Measure	Units	Ingredients	Lbs.	Ozs.
		Raw fresh beets A.P.	30	
2	Qts.	Boiling water or beet stock	5	
2/3	B.sp	Whole cloves		
2	Only	Bay leaves		
1/2	Pt.	Cornstarch		6
3⁄4	Pt.	Sugar		12
1	B.sp	Salt		1 1/2
1	Tsp	Pepper		
1⁄2	Pt.	Vinegar		10
1/2	Pt.	Butter		8

Method:

- 1. Cook the beets by steaming or boiling.
- 2. Peel, cut into slices or <sup>3</sup>/<sub>4</sub> inch dice.
- 3. Boil the cloves and bay leaves in the water for 2 minutes. Remove spices.
- 4. Mix the cornstarch, sugar, salt, and pepper. Add a small amount of the boiling water, mix to a smooth paste, stir this into the rest of the water and continue stirring until the mixture thickens and becomes clear.
- 5. Add the butter and vinegar.
- 6. Pour over the cooked beets and reheat.
- 7. Serve very hot.

#### Yield: 100 - 4 oz. servings.

Method using dehydrated or canned beets:

- 1. Cook 3 ¼ lbs. (5 ½ pts.) of dehydrated beets. Drain. Save the stock and use it in making the sauce.
- 2. Use 4 No. 10 tins of beets. Drain off the liquid and use in making the sauce.

### Broccoli

Measure	Units	Ingredients	Lbs	Ozs
		Broccoli A.P.	50	
3 1/2	B.sp	Salt		5

Method:

Wash the broccoli, remove the leaves and discard. 1. Cut off the stems leaving only about  $\frac{1}{2}$  inch attached to the flower. 2. Discard any very coarse, fibrous stems, peel those remaining and split lengthwise into 1/4 inch 3. strips. When necessary, cut these across into 3 or 4 inch lengths. Tie the stems together in bundles and place in a large volume of boiling, salted water. Cook 4. uncovered. 5. When the stems have cooked for 10 minutes, add the flowers and cover with a thin cloth, placed on the surface of the water. 6. Boil gently until the flowers are tender. Lift out the flowers, with a fine strainer or egg – lifter, drain thoroughly and place carefully in 7. serving dishes. 8. Drain the stems, remove strings and add to flowers. Serve immediately with melted butter. 9.

Yield:  $100 - 3\frac{1}{2}$  oz. servings.

#### **Brussels Sprouts**

Measure	Unit	Ingredients	Lbs	Ozs.
		Brussels sprouts	30	
		A.P.		
2 1/2	B.sp	Salt		3 3/4

Method:

- 1. Remove discolored or wilted outside leaves.
- 2. Trim the stem end and cut the stem across.
- 3. Wash thoroughly.
- 4. Soak in cold salted water (2 B.sp. salt to 1 gallon water) for 20 to 30 minutes. Drain.
- 5. Boil until tender (12 to 15 minutes). Follow the general method for strong flavored vegetables. Drain thoroughly.
- 6. Add 1 lb. melted butter and serve at once.

Yield:  $100 - 3\frac{1}{2}$  oz. servings.

# CABBAGE

Cooked cabbage should be slightly crisp, dry, and either bright green in color (young cabbage, savory cabbage) or white (winter cabbage). Over cooked cabbage is yellow in color, soggy, and has a strong flavor. Cabbage must be cooked quickly, drained very thoroughly and served at once. For large numbers

cooking should be done in relays. Cook in a steam jacketed kettle when this is available.

Measure	Unit	Ingredients	Lbs	Ozs
		Cabbage A.P.	30	
2	B.sp	Salt		3

Preparation for Cooking:

- 1. Trim off the heavy outer leaves.
- 2. Wash thoroughly, cut into quarters and remove the core. Wash again if the inside leaves require it.

Method for cooking New Cabbage:

- 1. Cut the quarters into 1 inch wedges or smaller.
- 2. Cook in a small amount of boiling, salted water, until tender (6 to 8 minutes). The lid should be on the pot and cabbage should be turned once.
- 3. Drain at once and serve immediately.
- 4. When available, melted butter (1 lb) may be poured over the cabbage before serving.

Method for cooking old cabbage:

- 1. Cut the quarters into very thin slices (1/8 inch or less) or shred.
- 2. Cook in a large volume of boiling, salted water until tender (10 to 12 minutes). The pot should be uncovered
- 3. Drain at once and serve immediately with melted bacon fat (5 ozs.) or butter (1 lb) or a cream sauce (1 <sup>1</sup>/<sub>2</sub> gallons) or bacon cream sauce.

Yield:  $100 - 3\frac{1}{2}$  - to 4 oz. servings.

Note: Times given are for cooking in a steam-jacketed kettle.

Measure	Unit	Ingredients	Lbs.	Ozs.
2	Gals.	Dehydrated	2	8
		Cabbage		
3	Gals.	Boiling water	30	
2 1/2	B.sp	Salt		4

### Boiled Cabbage (dehydrated)

Method:

- 1. Pour boiling water on the cabbage.
- 2. Stir well after adding water.
- 3. Soak for 15 minutes in deep container.
- 4. Add salt. Bring to cabbage and water to the boil without draining.
- 5. Cover. Boil gently until tender (8 to 12 minutes) after water has come to the boil.
- 6. Drain. Dry over low heat (3 to 5 minutes).
- 7. Add 1 lb of butter or 8 ozs. of bacon fat. Mix well using a fork. Season to taste.
- 8. Serve immediately.

Yield: 100 - 3 oz servings.

Note:  $2\frac{1}{2}$  lbs dehydrated cabbage gives about  $17\frac{1}{2}$  lbs cooked cabbage.

# Sweet and Sour Cabbage (dehydrated)

Measure	Unit	Ingredients	Lbs.	Ozs.
2	Gals	Dehydrated	2	8
		Cabbage		
3	Gals.	Boiling water	30	
3	B.sp	Salt		4 1/2
1	Pt.	Vinegar	1	4
6	B.sp	Sugar		6

Method:

1 Cook the cabbage as directed for boiled dehydrated cabbage.

2 After draining well, add the vinegar and sugar.

3 Mix thoroughly, season to taste and serve very hot.

Yield: 100 - 3 oz. servings.

# Cabbage with Bacon (dehydrated)

Measure	Unit	Ingredients	Lbs.	Ozs.
2	Gals	Dehydrated Cabbage	2	8
3	Gals.	Boiling water	30	
3	B.sp	Salt		4 1/2
		Bacon	2	8

Method:

- Cook the cabbage as directed for boiled dehydrated cabbage.
- 2 Fry the bacon until light brown.
- 3 Add the bacon and the bacon fat to the hot cabbage.
- 4 Season with pepper mix well and serve very hot.

Yield:  $100 - 3 \text{ oz to } 3 \frac{1}{2} \text{ oz. servings.}$ 

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# Cabbage Au Gratin (fresh of dehydrated)

Measure	Unit	Ingredients	Lbs.	Ozs.
		Raw Fresh Cabbage or	25	
2	Gals.	Dehydrated Cabbage	2	8
1	Gal	Recipe for Medium Cream Sauce	10	
2	Qts.	Grated Cheese	2	
2	Qts	Recipe for Buttered Crumbs	1	4

Method:

Cook the cabbage as directed for boiled dehydrated cabbage.

Add the grated cheese to the cream sauce and mix well.

- 3 Place the cabbage and cheese sauce in alternate layers in greased baking pans, having sauce on top.
- 4 Cover with buttered crumbs.
- 5 Cook in a moderate oven until brown. Serve very hot.

Yield: 100, 4 oz. servings.

- Note:
- (1) 1 lb grated cheese may be omitted from the sauce and mixed with the bread crumbs.
  - (2) When an oven is not available, mix the sauce carefully with the cabbage and serve. Omit the bread crumbs.

# CARROTS

When cooked, carrots should be tender but slightly crisp and should have a bright color. Carrots may be steamed or boiled. Very young, tender carrots should be scraped rather than pared.

Preparation for Cooking

- 1. Scrub thoroughly. Cut a thin slice from the top.
- 2. Scrape.
- 3. Cut large carrots into uniform pieces of medium size. Cook small or medium carrots whole.

#### **Steamed Carrots**

Measure	Unit	Ingredients	Lbs	Ozs
		Carrots, A.P.	35	
2	B.sp	Salt		3

Method:

- 1. Prepare the carrots for cooking and place on steamer trays.
- 2. Steam new carrots for 15 to 20 minutes. Steam old carrots for 20 to 30 minutes.
- 3. Methods of serving are given in a forthcoming instruction. (Serving Steamed or Boiled Carrots)

Yield: 100, 4 oz servings

#### **Boiled Carrots**

Measure	Unit	Ingredients	Lbs	Ozs
		Carrots, A.P.	35	
2	B.sp	Salt		3

Method:

- 1. Cook according to previous instruction, (General Method for Mild Flavored Vegetables)
- 2. Follow methods of serving in forthcoming instruction (Serving Steamed or Boiled Carrots)

Yield: 100, 4 oz servings

### **Canned Carrots**

Measure	Unit	Ingredients	Lbs	Ozs
4	No 10 cans	Carrots		

Method:

1. Drain off the liquid and heat it.

- 2. Add the carrots, bring to the boil, boil 2 minutes
- 3. Drain, save the liquid for sauce or soup.
- 4. Serve the carrots in any of the ways listed for Steamed or Boiled Carrots

Yield: 100, 2<sup>1/2</sup> oz servings

#### Serving Steamed or Boiled Carrots

Carrots must be kept very hot. They cool more quickly than most vegetables.

Method:

- 1. Serve in medium-sized pieces or whole. When available 1 lb of melted butter may be poured over them.
- 2. Mash the cooked carrots and add 1 lb of butter. Old woody carrots should be put through the mincer after cooking and before mashing. Keep very hot.
- <u>Creamed Carrots</u> Pour 1 ½ gallons of cream or recipe Vegetable Sauce over the carrots before serving. Mix gently to avoid breaking.
   Parsleyed Carrots
  - Add  $\frac{1}{2}$  pt. finely chopped parsley to 1  $\frac{1}{2}$  gallons of vegetable sauce made with the carrot stock. Pour over the carrots.

#### **Glazed Carrots**

Measure	Unit	Ingredients	Lbs	Ozs
		Carrots. A.P.	35	
2	B.Sp	Salt		3
1 1/2	Qts	Brown sugar	2	10
2 1/2	Qts	Water or Carrot Stock	6	4
		Beef Drippings		

Method:

- 1. Prepare the carrots for cooking. Leave small or medium sized carrots whole, cut large carrots lengthwise into thick pieces.
- 2. Steam or boil in a small amount of water until half cooked.
- 3. Place the carrots in a single layer in well greased baking pans. Brush with melted beef drippings.
- 4. Make a syrup of the sugar, salt, and water or carrot stock. Pour over carrots.
- 5. Bake in a moderate oven (375 F light brown flour test until tender and uniformly browned.

Yield: 100, 4 oz servings

Note: Glazed Carrots and Parsnips may be served together. Prepare 18 lbs. of carrots and 18 lbs of parsnips.

## Mashed Carrots and Parsnips

Measure	Unit	Ingredients	Lbs	Ozs
		Carrots, A.P.	18	
		Parsnips, A.P.	18	

Method:

- 1. Cook carrots and parsnips separately, following the General Method for Mild Flavored Vegetables.
- 2. Mash together and season. Old woody carrots and parsnips should be put through the mincer after cooking and before mashing. Keep very hot.

Yield: 100, 4 oz servings.

#### **Boiled Carrots (Dehydrated)**

Measure	Unit	Ingredients	Lbs	Ozs
1	Gal	Dehydrated Carrots	4	
4	Gal	Cold Water	40	
4	B.Sp.	Salt		6

Method:

- 1. Place the carrots in a deep container.
- 2. Add water, soak for 2 hours.
- 3. Drain the carrots
- 4. Add the salt to the water drained off and heat.
- 5. Pour the boiling salted water over the carrots, cover the pot and bring to the boil.
- 6. Boil gently until the carrots are tender, 15 to 25 minutes.
- 7. Drain thoroughly. Dry over a low heat for 3 to 5 minutes
- 8. Add 1 lb of butter or 8 oz of bacon fat or beef drippings.
- 9. Season to taste, keep very hot.
- 10. Serve at once.

Yield:  $100, 3\frac{1}{2}$  oz servings (24 lbs of cooked carrots)

Note: 1 lb of Dehydrated Carrots gives you about 6 lbs. cooked Carrots.

### Creamed Carrots (Dehydrated)

Measure	Unit	Ingredients	Lbs	Ozs
		Boiled Dehydrated Carrots	24	
1 1/2	Gals	Cream Sauce	15	

Method:

1. Drain the carrots thoroughly.

2. Pour the Cream Sauce over them and mix gently.

Yield:  $100 4 \frac{1}{2}$  oz servings.

Note: The water drained from the carrots should be used as part of the liquid in making the sauce.

### Scalloped Carrots ( Dehydrated)

=				
Measure	Unit	Ingredients	Lbs	Ozs

		Creamed Carrots	39	
2	Qts	Buttered Crumbs	2	8

- 1. Pour the creamed carrots into greased baking pans.
- 2. Cover with buttered crumbs.
- 3. Bake in a moderate oven (350 F creamy flour test) until the crumbs are golden brown.
- 4. Serve very hot.

Yield 100, 4 <sup>1</sup>/<sub>2</sub> oz servings.

### **Canned Carrots**

Measure	Unit	Ingredients	Lbs	Ozs
20	No 2 cans	Carrots		

Method:

- 1. Follow the General directions for heating canned vegetables.
- 2. Drain thoroughly. Save the liquid for soup.
- 3. Use as a vegetable or in any dish, which requires cooked carrots.

Yield: 100, 2 <sup>1</sup>/<sub>2</sub> oz servings.

### *Carrot and Green Peas or Beans (Fresh, dehydrated or Canned Carrots)*

Measure	Unit	Ingredients		Ozs
		Raw Fresh	22	
		Carrots or		
1	Gal	Dehydrated Carrots	4	
4	Gals	Cold Water	40	
4	B.Sp	Salt		6
2	No. 10 cans	Canned Green Peas or Green Beans	8	12

Method:

- 1. Cook the carrots as directed. Drain well.
- 2. Heat the canned vegetables quickly and drain.
- 3. Combine the carrots and peas carefully.
- 4. Add 1 lb of butter, season to taste and serve very hot.

Yield:  $100 3 \frac{1}{2}$  oz servings.

### Scalloped Carrots and Peas or Beans

Method:

1. Using Carrots and Pease or Beans, follow the method given for Scalloped Carrots.

### **Boiled Cauliflower**

Measure		Unit	Ingredients	Lbs	Ozs		
			Cauliflower, A.P.	50			
3		B.Sp	Salt		4 1/2		
Method:							
	1.	Cut off any discole	ored parts from the caulifl	lower and remove the	leaves and stalk.		
	2.	Wash thoroughly.	-				
	3.	Stand the heads in	salted water (1 B.Sp Salt	to 1 Gallon of Cold	Water) for one half		
		hour.					
	4.	Cook according to	the General Method for S	Strong Flavored Vege	tables. Leave the		
		Cauliflower whole	. Time carefully the caul	iflower will change co	olor, develop a strong		
		flavor, and break u	p if over cooked.	-			
	5.	Drain carefully. Li	ft out the cooked heads.	Cut into servings with	a sharp knife.		
	6.	Serve at once with	butter or with cream sauce	ce.			
Yield:	100	4 oz servings.					

# **Creamed Cauliflower**

Method:

1.	Serve with 1 <sup>1</sup> / <sub>2</sub> gallons of Cream Sauce with the boiled cauliflower.
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Yield:  $100, 5\frac{1}{2}$  oz servings.

Variation: Add 1 lb grated cheese (1 qt) to the cream sauce served on the cauliflower.

# **Boiled Celery**

Cooked Celery should be white or green in color, slightly crisp and well drained.

Measure	Unit	Ingredients	Lbs	Ozs
		Celery, A.P.	30	
2	B.Sp.	Salt		3

Method:

1. Cut the roots from the heads of celery. Separate the stalks. Save the hearts for salads.

2. Scrub each stalk until perfectly clean.

3. Remove the leaves and set aside all that are fresh for flavoring soups.

4. remove the course strings

5. Cut the wide part of the stalk lengthwise into 1" strips.

6. Slice the remainder of the stalks and strips crosswise into 1' or  $\frac{1}{2}$ " lengths.

7. Cook in boiling water according to the general Method for Mild Flavored vegetables.

- 8. When tender, drain very thoroughly. Save the stock.
- 9. Serve with melted butter or Cream Sauce.

Yield:  $100, 3\frac{1}{2}$  oz servings.

# **Creamed Celery**

Method:

- 1. Make 1 <sup>1</sup>/<sub>2</sub> gallons of Cream Sauce using <sup>1</sup>/<sub>2</sub> milk and <sup>1</sup>/<sub>2</sub> celery stock.
  - 2. Pour over the hot cooked celery, mix gently.

Yield: 100,  $4\frac{1}{2}$  oz servings.

#### Corn

Measure	Unit	Ingredients	Lbs	Ozs
100	Ears	Corn A.P.	50	
2	B.Sp.	Salt		3

Method:

- 1. Remove the husks and silk.
- 2. Steam (12 to 15 minutes) or cook in boiling water to cover (7 to 10 minutes)
- 3. Serve very hot, with butter.

Yield 100,  $4\frac{1}{2}$  to 5 oz servings.

If the corn is to be served from the steam-table, place it in the pots and cover with a mixture of Note: one part milk and two parts corn stalk. This will prevent a loss of flavor.

## **Canned Corn**

Measure	Unit	Ingredients	Lbs	Ozs
4	No. 10 cans	Corn		
Method				

Method:

1. Corn can usually be heated without addition of liquid. Heat the corn slowly; stir frequently; add salt, pepper, and butter to taste.

If there is a danger of burning, add a small quantity of milk or cream sauce. The 2. amount required depends upon the type and quality of the corn.

Yield: 100 4 oz servings

# Scalloped Corn

Measure	Unit	Ingredients	Lbs	Ozs
4	No 10 Cans	Corn	26	8
2	Qts	Milk	5	
1 1/2	B.Sp	Salt		2 1/2
1/2	B.Sp	Pepper		1⁄4
1	Pt	Fat	1	
2	Qt	Buttered Crumbs	2	8

1.	Combine all the ingredients except the breadcrumbs and pour into greased
	baking pans.
2.	Cover with buttered crumbs
3.	Bake in moderate oven (350 F light brown flour test) until the corn is hot and
	the crumbs are brown (20 to 30 minutes)
100 7	

Yield: 100, 5 oz servings.

### **Bacon Chowder**

Measure	Unit	Ingredients	Lbs	Ozs
		Potatoes A.P	28	
		Onions A.P	3	
		Bacon	6	
10	No 2 Cans	Corn	12	8
2	No 10 cans	Tomatoes	12	12
1 1/2	B Sp	Salt		2
2	Tsp	Pepper		

Method:

- 1. Prepare the potatoes and cut into  $\frac{1}{2}$  "cubes. Steam until half cooked.
- 2. Chop the onions, dice the bacon, then cook together until the onions are tender.
- 3. Combine all the ingredients, heat to simmering point and continue cooking for 15 minutes.
- 4. Serve as main course for supper

Yield: 100, 8 oz servings.

### Kale

Measure	Unit	Ingredients	Lbs	Ozs
	No. 10 cans	Kale, A.P	30	
2 1/2	B Sp	Salt		3

Method:

- 1. Cut off the roots. Wash thoroughly following the directions given for Spinach.
- 2. Cut into 1" strips, crosswise.
- 3. Cook in a large volume of boiling salted water, uncovered, until tender (12 to 15 minutes)
- 4. Drain thoroughly.
- 5. Pour 1 lb of melted butter over it. Season with salt and pepper.

Yield: 100, 4 oz servings

### **Canned Green Peas**

Measure	Unit	Ingredients	Lbs	Ozs
20	No. 2 cans	Green Peas		

- 1. Heat according to General Method.
- 2. Do not boil vigorously and do not over cook.
- 3. Drain and use as a vegetable or in any recipe requiring peas.

Yield: 100, 2 <sup>1</sup>/<sub>2</sub> servings.

#### Marrowfat Peas

Measure	Unit	Ingredients	Lbs	Ozs
		Marrowfat Peas	12	
		Baking Soda		

Method:

- 1. Pick over and wash the peas.
- 2. Soak for at least 12 hours in cold water to which baking soda has been added in the proportion of  $\frac{1}{2}$  B Sp to 3 gallons of water.
- 3. Drain, rince in cold water.
- 4. Cover with boiling water (salted), add <sup>1</sup>/<sub>4</sub> B Sp baking soda. Simmer until tender 1 to 3 hours.
- 5. Drain thoroughly.
- 6. Serve with diced carrots, in vegetable and macaroni dishes, in stew, or make into soup. Marrowfat peas may also be served plain with melted butter or bacon fat or scalloped with several vegetables.

Yield:  $100, 4\frac{1}{2}$  oz servings.

Note: Baking Soda is used with Marrowfat Peas in order to produce a bright green color and to help in making the skins tender. Marrowfat Peas contain no Vitamin C but are a good source of Vitamin A, which is not affected by the soda.

## **Baked Potatoes**

Measure	Unit	Ingredients	Lbs	Ozs
		Potatoes	56	

Method:

- 1. Select large or medium potatoes of uniform size.
- 2. Scrub thoroughly with a brush. Remove bruised or cut parts.
- 3. Place in a hot oven (400 F to 425 F golden brown flour test) and bake until tender (<sup>3</sup>/<sub>4</sub> to 1 hour)
- 4. AS soon as the potato is cooked make a single cut or a cross on the top to allow the steam to escape.

Yield: 100, 6 to 7 oz servings.

### **Boiled or Steamed Potatoes**

Measure	Unit	Ingredients	Lbs	Ozs
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		Potatoes A.P	56	
3 1/2	B Sp	Salt		5

- 1. Choose potatoes of uniform size.
- 2. Scrub thoroughly and remove bruises.
- 3. Steam or boil until tender following the General Method for Mild Flavored Vegetables, using only a small amount of water.
- 4. Drain boiled potatoes well and dry by allowing them to remain for 2 to 3 minutes in the steam jacket kettle, with the heat turned off, or in a pot at the back of the range.

Yield: 100, 6 oz servings.

### Franconia Potatoes

Potatoes A.P 56	Measure	Unit	Ingredients	Lbs	Ozs
				56	

Method:

Yield:

1.	Scrub and pare medium sized or small potatoes. Cover with cold water.
2.	Drain very thoroughly after removing from the cold water.
3.	Place in a baking pan containing 1/8 " melted fat. Season with salt, sprinkle with
	paprika, and shake the pan over the top of the stove until the potatoes are well coated with the fat. There should be omly a thin film of fat left in the pan.
4.	Bake in a hot oven (400F to 425F golden brown flour test) until tender (about 1 hour).
	The potatoes should be turned once.
100, 0	6oz servings.

### **Baked Onions**

Measure	Unit	Ingredients	Lbs	Ozs
		Onions A.P	30	
1 1/2	B Sp	Salt		2

Method:

- 1. Choose small or medium size onions. Remove outer skin and cut off root.
- 2. Boil for 10 minutes in large amount of salted water.
- 3. Place in a well-greased pan. Pierce each onion with a thin knife or a fork to prevent bursting. Brush with melted fat. Season with Salt and Pepper.
- 4. Bake in a moderate oven until tender. If possible cover for the first 15 minutes.
- 5. Baste occasionally after removing the lid.
- 6. Bake for approximately one hour.

Yield: 100, 4 oz servings.

### **Boiled Onions**

Measure	Unit	Ingredients	Lbs	Ozs
		Onions A.P	30	

1 1/2		B Sp	Salt		2
Method:					
	1.	Select onions of ur	niform size.		
	2.	Pare off the outer s	skin and remove the root.		
	3.	Boil according to t drain thoroughly.	he General Method for S	trong Flavored Vegeta	ibles. When tender,
	4.	Serve plain or with	n butter or melted bacon f	at.	
Yield:	100,	4 oz servings.			

# **Creamed Onions**

Method:

1. Pour 1 <sup>1</sup>/<sub>2</sub> gallons of Cream Sauce over boiled onions, just before serving.

Yield:  $100, 5\frac{1}{2}$  oz servings.

# Creamed Onions (Dehydrated)

Measure	Unit	Ingredients	Lbs	Ozs
2	Gals	Dehydrated Onions	3	
2	Gals	Cold Water	20	
3	B Sp	Salt		4
1 1/2	Gals	Medium Cream Sauce	15	

Method:

- 1. Place the onions in a deep container.
- 2. Add water and soak for 3 to 4 hours.
- 3. Drain off the water, add salt to the water and bring to the boil.
- 4. Pour the boiling salted water over the onions and heat.
- 5. Cook gently for 15 to 25 minutes or until tender. Drain thoroughly and save the water.
- 6. Make a Cream Sauce using 2 qts of the onion water as part of the liquid.
- 7. Keep the onions hot while making the sauce.
- 8. Pour the Cream Sauce over the cooked onions and serve very hot.

Yield: 100, 5 oz servings.

### Fried Onions

Measure	Unit	Ingredients	Lbs	Ozs
		Onions A.P	30	
1 1/2	Pts	Beef or Bacon Fat	3	
2	B Sp	Salt		3

Method:

- 1. Prepare the onions for cooking. Cut into  $\frac{1}{4}$  " slices.
- 2. Melt the fat in heavy pans, add the onions, sprinkle with salt.

3. Fry on top of the stove or in a hot oven (400F golden brown flour test) until tender. Stir frequently.

Yield: 100, 4 oz servings.

#### **Glazed Onions**

Measure	Unit	Ingredients	Lbs	Ozs
		Onions A.P	30	
2	B Sp	Salt		3
1 1/2	Qts	Brown Sugar	2	10
2 1/2	Qts	Water	6	4
		Drippings		

Method:

1. Follow the method given for Glazed Carrots.

Yield: 100 4 oz servings.

# Fried Onions (Dehydrated)

Measure	Unit	Ingredients	Lbs	Ozs
2	Gals	Dehydrated Onions	3	
2	Gals	Cold Water	20	
		Beef Drippings or		
1 1/2	Pts	Bacon Fat	1	8

Method:

- 1. Soak the onions as in the preparation of Creamed Onions.
- 2. Drain. Save the water for soup.
- 3. Melt the drippings in heavy pans. When hot, add the refreshed onions.
- 4. Cook over a moderate heat until the onions are tender.
- 5. Season with salt and pepper.
- 6. Serve very hot.

Yield: 100, 2 oz servings.

#### Parsnips

Measure	Unit	Ingredients	Lbs	Ozs
		Parsnips A.P	35	
2	B Sp	Salt		3

Method:

- 1. Scrub thoroughly. Pare. If the parsnips have a woody center remove it before cooking, then dice, slice or cut the parsnips into fingers.
- 2. Cook in boiling water according to the General Method for Mild Flavored Vegetables
- 3. Serve diced, mashed, or creamed.

Yield: 100, 4 oz servings.

# **Creamed Parsnips**

Method:

- 1. Prepare 25 lbs. parsnips, A.P
- 2. Add the freshly cooked parsnips to 1 <sup>1</sup>/<sub>2</sub> gallons of Cream Sauce

Yield: 100, 4 <sup>1</sup>/<sub>2</sub> oz servings.

### **Glazed Parsnips**

Method:

1. See Glazed Carrots.

# Mashed Parsnips

Method:

	<ol> <li>Mash hot, freshly cooked parsnips.</li> <li>Add ½ lb butter and salt and pepper to taste. Mix thoroughly.</li> <li>Keep very hot while mashing and serving.</li> </ol>
Yield:	100, 4 oz servings.
Note:	If parsnips are woody, put through a mincer after cooking and before mashing.

# Green Peas

Measure	Unit	Ingredients	Lbs	Ozs
		Peas A.P	50	
2	B Sp	Salt		3

Method:

- Shell the peas
- 2. Cook very tender young peas in a small quantity of boiling salted water in a covered pot. Cook old peas in a large quantity of boiling water with pot uncovered.
- 3. Boil gently until tender.
- 4. Drain, save the water for soup.
- 5. Serve at once with melted butter (1 lb)

Yield:  $100 3 \frac{1}{2}$  oz servings.

1.

# **Boiled Potatoes (Dehydrated)**

Measure	Unit	Ingredients	Lbs	Ozs
7	Qts	Dehydrated Potatoes	6	
4 1/2	Gals	Cold Water	45	
3	B Sp	Salt		4 1/2

- 1. Soak the potatoes for 2 to 3 hours in a deep container.
- 2. Drain. Add an equal volume of milk to the water drained off. Heat to boiling.
- 3. Add the potatoes and salt. If possible place them in a perforated metal or fine wire basket and lower into the boiling water and milk. By so doing, the potatoes can be more easily drained, resulting in a better product.
- 4. Cover. Boil gently until tender 8 to 10 minutes, after the milk and water comes to a boil.
- 5. Drain. Dry over low heat 3 to 5 minutes
- 6. Serve Mashed or with cream or crean sauce.

Yield: 100, 4 oz servings.

- 1. 6 lbs. Dehydrated Potatoes give about 24 lbs of cooked potatoes.
- 2. 2 lbs of finely chopped onions, cooked in a small amount of fat until clear but not brown, may be boiled with the potatoes and will improve the flavor.

#### **Browned Potatoes**

Measure	Unit	Ingredients	Lbs	Ozs
		Potatoes A.P	56	
3	B Sp	Salt		5

Method:

Note:

1. Scrub or pare medium sized or small potatoes.

2. Boil until almost tender. Drain

3. Place in baking pans containing 1/8 " fat. Season with salt and pepper.

4. Bake in a hot oven (425F golden brown flour test) until tender.

5. Baste occasionally with the fat in the pan. Turn the potatoes once.

Yield: 100, 6 oz servings.

#### **Baked Potatoes and Carrots**

Measure	Unit	Ingredients	Lbs	Ozs
3 1/2	Gals	Raw Potatoes sliced	20	
2 1/2	Gals	Raw Carrots sliced	15	
1	Gal	Raw Onions sliced	6	
1/2	Pt	Fat		8
2 1/2	Qts	Boiling Water or Stock	6	4
2	B Sp	Salt		3

Method:

1. Place the vegetables in alternate layers in a greased pan. Add the water, fat and salt.

2. Cover. Bake in a moderate oven until tender. (375F light brown flour test). Add more water as needed

Yield:  $100, 6\frac{1}{2}$  oz servings.

### **Creamed Potatoes**

Measure	Unit	Ingredients	Lbs	Ozs
		Potatoes A.P	40	
1 1/2	Gals	Medium Cream Sauce	15	

Method:

- 1. Scrub and pare the potatoes of uniform size.
- 2. Steam or boil until tender.
- 3. Cool and cut into <sup>3</sup>/<sub>4</sub>" dice. If small potatoes are used, leave whole.
- 4. Make a medium cream sauce according to the General Method
- 5. Add the diced potatoes to the hot cream sauce and reheat without stirring. The stock pot should be placed in a pan of hot water to prevent scorching or a steam jacket kettle should be used.

Yield: 100, 6 oz servings.

#### **Mashed Potatoes**

Measure	Unit	Ingredients	Lbs	Ozs
		Potatoes A.P	50	
5	B Sp	Salt		7 1⁄2
1/2	Pt	Butter		8
2	Qts	Milk heated	5	

Method:

- 1. Scrub and pare potatoes. Boil or steam until tender, following the method given for Mild Flavored Vegetables.
- 2. Drain thoroughly. Place the uncovered pot over a low heat to dry the potatoes.
- 3. Mash until free from lumps
- 4. Add butter, milk, and salt. Beat until potatoes are creamy.

Yield: 100, 7 oz servings (1/3 pt)

### Mashed Potatoes (Dehydrated)

Measure	Unit	Ingredients	Lbs	Ozs
		Cooked Dehydrated Potatoes	24	
		Butter	1	
		Salt to Taste		

Method:

- 1. Mash the potatoes until free of lumps.
- 2. Add the butter and season to taste
- 3. Beat thoroughly.
- 4. Serve at once.

Yield 100, 4 oz servings.

Note: 1. Mashed Potatoes will have a better flavor if onion is added as directed under Boiled Dehydrated. If the potatoes are very dry, add hot milk and beat well.

# French Fried Potatoes

Measure		Unit	Ingredients	Lbs	Ozs
			Potatoes A.P	50	
Method:					
	1.	Wash and pare the	potatoes. Cut into length	wise fingers abut 1/2 "	in width.
	2.	Chill by standing i	n cold water.		
	3.	Dry between cloth	s, or drain very thoroughl	y in a colander.	
	4.	Par-cook (blanch)	in deep fat at a temperatu	re of 350 F for 3 to 4	minutes.
	5.	Lift from the fat ar	1 1		
	6.	C C	, finish cooking and brow F. Drain well serve at on	<b>U</b> 1	leep fat at a
Yield:	100, 7	7 oz servings.			

Note: French Fried Potatoes should be cooked as required for serving. They lose their crispness if kept in a steam table for even a few minutes.

# Potato Chips

Measure	Unit	Ingredients	Lbs	Ozs
		Potatoes A.P	50	

Method:

1.	Pare and eye the potatoes. Drop into cold water
2.	Cut on a machine into slices 1/16" thick. The slices should drop into cold water as they
	come from the machine.
3.	Soak in cold water for 30 minutes to 2 hours. Different potatoes require different
	lengths of time to give the best results and the time required can only be determined by
	experiment.
4.	Drain thoroughly. Dry between clean cloths or paper if possible.
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- 5. Fry in hot fat (360 F to 370 F) until light brown.
- 6. Lift from fat, drain well. Sprinkle with salt.

Yield: 100, 4 oz servings.

1.

# **Scalloped Potatoes**

Measure	Unit	Ingredients	Lbs	Ozs
1 1/2	Gals	Medium Cream Sauce	15	
2	B Sp	Salt		3
4	Gals	Raw Potatoes pared and sliced	24	
1	Pt	Melted Butter	1	

Method:

Make a medium cream sauce according to the recipe.

- 2. Add the 2 B Sp of salt.
- 3. Grease the baking pans.
- 4. Fill with alternate layers of thinly-sliced potato and cream sauce, having sauce on top.
- 5. Sprinkle with melted Butter.
- 6. Bake in a moderate oven (325F to 350F very light brown flour test) until the potatoes are tender (approximately 1 <sup>1</sup>/<sub>2</sub> hours)

Yield: 100, 6 oz servings.

Variations

# Scalloped Potatoes with Onions

Add 5 Lbs of thinly sliced raw onions to the recipe for Scalloped Potatoes. Blanch the onions; place a layer of onion on each layer of potatoes. Finish as Scalloped Potatoes.

### Scalloped Potatoes with Wieners

10 lbs of wieners may be added to the recipe for Scalloped Potatoes. Slice the wieners, spread on each layer of potatoes. Finish as Scalloped Potatoes.

#### Scalloped Potatoes and Eggs

Measure	Unit	Ingredients	Lbs	Ozs
		Raw Potatoes, pared	30	
2	Gals	Medium Cream Sauce	20	
100		Hard Cooked Eggs		
1	Gal	Buttered Crumbs or	4	
2	Qts	Dry Bread Crumbs	2	
2	Qts	Grated Cheese	2	

Method:

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	1. Boil the potatoes and cut into 1" dice.		
	2. Cut hard cooked eggs into quarters.		
	3. Arrange potatoes, eggs, and cream sauce in alternate layers in greased baking or serving dishes. The top Layer should be cream sauce.		
	4. Sprinkle buttered crumbs or bread crumbs and cheese on top		
	5. Brown in a moderate oven.		
Yield:	100, 8 oz servings.		
Variation:	When buttered crumbs are used, 1 Qt grated cheese may be added to the cream sauce.		

# Scalloped Potatoes (Dehydrated)

Measure	Unit	Ingredients	Lbs	Ozs
		Cooked Dehydrated Potatoes	24	
1 1/2	Gals	Cream Sauce	15	
		Melted Butter	1	

1: Prepare and cook as recipe for Scalloped Potatoes.

Yield: 100, 6 oz servings.

#### Scalloped Potatoes and Onions (dehydrated)

Measure	Unit	Ingredients	Lbs	Ozs
7	Qts	Dehydrated Potatoes	6	
4 1/2	Gals	Cold Water	45	
		Dehydrated Onions		8
1	Pt.	Fat	1	8
1	Pt.	Flour		12
1 1/2	Gals	Milk	15	

Method:

- 1. Soak and cook the dehydrated potatoes according to the directions.
- 2. Soak the dehydrated onions in  $\frac{1}{2}$  Gallon of water for 3 to 4 hours.
- 3. Drain and then dry the onions thoroughly.
- 4. Braise the raw onions in the fat until creamy colored.
- 5. Lift the onions from the fat with a skimmer or egg lifter, allowing as much fat as possible to drain back into the pan.
- 6. Add the onions to the cooked potatoes.
- 7. Using the fat in the pan, make a cream sauce. Season well.
- 8. Placed the cooked vegetables in greased baking tins.
- 9. Pour the sauce over them.
- 10. Bake in a moderate oven until light brown.

Yield: 100, - 6 oz. Servings.

# **Duchess Potatoes**

Measure	Unit	Ingredients	Lbs	Ozs.
4	Gals	Mashed Potatoes	35	
1	Qt.	Beaten Eggs	2	10
		Melted Fat		

Method:

- 1. Add the beaten eggs to the mashed potatoes and beat thoroughly.
- 2. Spread in greased baking pans.
- 3. Brush the top with melted fat.
- 4. Reheat in a hot oven (400 degrees 425 degrees F. golden brown flour test) until brown ontop.
- 5. Cut into servings.

Yield:  $100 - 5 \frac{1}{2}$  oz. Servings.

### Potato Croquette

Measure	Unit	Ingredients	Lbs.	Ozs.
		Potatoes A.P. or	32	
2 1/2	Gals	Potatoes freshly cooked	26	
1	Pt.	Butter	1	
1	B.Sp	Onions grated		1
2	B.Sp.	Salt		3
1/2	B.Sp.	Pepper		
4	B.Sp.	Parsley chopped		
22	Ea.	Egg Yolks		14

Method:

- 1. Mash hot, steamed or boiled potatoes until free of lumps.
- 2. Add the other ingredients and beat until smooth.
- 3. Shape into 2-oz. Cylinders or balls. Cool.
- Dip in flour, egg wash and finely sifted bread crumbs. 4.
- 5. Fry in deep fat until golden brown (375 – 400 Degrees F.)
- 6. Serve Immediately or place in single layers in baking pans and keep hot in a moderate oven (325 degrees F.) with the door open.

Yield:  $200 - 2\frac{1}{2}$  oz. Croquettes.

#### **Cheese and Potatoes Cakes**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Potatoes A.P. or	38	
4	Gals	Cooked Potatoes	30	
2	B.Sp.	Salt		3
1/4	B.Sp.	Pepper		
5	Qts	Grated Cheese	5	

Method:

- If raw potatoes are used, cook, drain, add the seasonings, and mash. 1.
- 2. Add the grated cheese. Mix thoroughly.
- 3. Spread about 1 inch. Thick on greased baking pans.
- Brown in a fast oven (400 425 degrees F. golden brown flour test) for approximately 20 4. minutes.
- 5. Cut into squares and serve hot.

Yield: 100 – 5 oz. Servings.

- Note:
- This mixture may be shaped into 2 <sup>1</sup>/<sub>2</sub> oz. Cakes (3/4 inch thick) Use an ice cream scoop for measuring the potato- cakes. Flatten each scoop full with a knife. Do not use the hands. Cook on top of the stove or in the oven. Turn once while cooking. Use only enough fat to avoid burning.

#### Lyonnaise Potatoes

Measure Unit	Ingredients	Lbs	Ozs
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Raw Onions	10	
Cooked Potatoes	25	
Salt		
Pepper		

- 1. Peel and cut the onions into thin slices.
- 2. Cook in a small quantity of fat until tender and golden brown in color.
- 3. Peel boiled or steamed potatoes and cut into <sup>1</sup>/<sub>4</sub> inch slices.
- 4. Add to the cooked onions. Season. Cook until the potatoes are thoroughly heated and brown.

Yield:  $100 - 5 \frac{1}{2}$  oz. Servings.

#### Lyonnaise Potatoes (Dehydrated)

Measure	Unit	Ingredients	Lbs.	Ozs.
2 2/3	Qts.	Dehydrated Onions	1	
1	Gal.	Cold Water	10	
7	Qts.	Dehydrated Potatoes	6	
4 1/2	Gals	Cold Water	45	
3	B.Sp.	Salt (for potatoes)		4 1/2
		Fat		
		Salt and Pepper to taste		

Method:

- 1. Soak the dehydrated onions in one gallon of cold water for 3 to 4 hours.
- 2. Soak and cook the dehydrated potatoes as directed for boiled dehydrated potatoes. Drain when half tender.
- 3. Drain the onions thoroughly and if possible, dry in a cloth or in paper or drain in a colander for 1 or 2 hours.
- 4. Melt the fat in a heavy roasting or frying pan, when hot, add the raw soaked onions.
- 5. Cook over a moderate heat, stirring constantly until the onions are a very light brown.
- 6. Add the potatoes, mix without breaking and continue cooking until the potatoes are tender through and lightly browned. This may be done in the oven or on top of the stove. Season to taste.
- 7. Serve very hot.

Yield:  $100 - 4\frac{1}{2}$  oz. Servings.

#### Hash Brown Potatoes

Measure	Unit	Ingredients	Lbs.	Ozs.
		Cooked Potatoes	37	
		Salt and Peppers to taste		

- 1. Use boiled or baked potatoes.
- 2. Cut into <sup>1</sup>/<sub>2</sub> inch Dice. Add salt and pepper.
- 3. Heat in a well greased pan on top of the stove or in the oven.
- 4. When thoroughly heated, press into a cake and brown.

5. Turn and brown on the other side.

Yield:  $100 - 5 \frac{1}{2} 0z$ . servings.

#### Home Fried Potatoes

Measure	Unit	Ingredients	Lbs.	Ozs.
		Cooked Potatoes	37	
		Salt and pepper to taste		

Method:

- 1. Peel boiled potatoes and cut into  $\frac{1}{4}$  inch slices.
- 2. Melt a small quantity of fat in a heavy pan. Add the potatoes, salt, pepper. Cook until brown.
- 3. Turn frequently to prevent burning.

Yield:  $100 - 5 \frac{1}{2}$  oz. Servings.

### Potatoes Au Gratin

Measure	Unit	Ingredients	Lbs.	Ozs.
2	Qts.	Grated Cheese	2	
1 1/2	Gals.	Medium cream sauce (hot)	15	
4	Gals.	Boiled Potatoes	24	
2	B.Sp.	Salt		3
2	Qts.	Buttered crumbs	2	8

Method:

- 1. Add the grated cheese to the hot cream sauce.
- 2. Cut the potatoes into <sup>3</sup>/<sub>4</sub> inch dice.
- 3. Combine the sauce, diced potatoes, and salt.
- 4. Pour into greased baking dishes. Cover with buttered crumbs.
- 5. Bake in a moderate oven (350 degrees F. light brown flour test) until the potatoes are heated and the crumbs are brown.

Yield: 100 - 6 oz. Servings.

Note: One pt. Of grated cheese may be kept out and added to the buttered bread crumbs.

### **Baked Sweet Potatoes**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Sweet Potatoes	30 - 35	

- 1. Scrub the potatoes thoroughly.
- 2. Place on baking sheets and bake in a hot oven (400 425 Degrees F. golden brown flour test) until tender, about 40 minutes.
- 3. Serve very hot.

## Glazed Sweet Potatoes (fresh)

Measure	Unit	Ingredients	Lbs.	Ozs.
		Sweet Potatoes	35	
2	B.Sp.	Salt		3
		Boiling water to cover		
1 3⁄4	Qts.	Brown Sugar	3	
1/2	Gal.	Hot Water	5	
3⁄4	Pt.	Butter		12
1	Tsp.	Salt		

#### Method:

- 1. Scrub the potatoes thoroughly and cook without paring in the boiling, salted water for about 40 minutes.
- 2. Drain and cool.
- 3. Pare, cut into slices  $\frac{1}{2}$  to  $\frac{3}{4}$  inches thick.
- 4. Arrange in greased baking pans.
- 5. Add the, butter, sugar, and salt to the  $\frac{1}{2}$  gallon of hot water and heat until the sugar dissolves and the butter melts.
- 6. Pour over the sliced potatoes.
- 7. Bake in a moderate oven (350 degrees F.) until brown, about 30 minutes. The potatoes may have to be turned once.

Yield:

100 – 5 oz. Servings.

Variations:

- 1. Cook the potatoes, drain, cool, pare, and slice.
- 2. Arrange the slices in greased baking pans.
- 3. Sprinkle with the same amount of sugar and salt mixed together.
- 4. Sprinkle with the same quantity of buttered melted or with melted bacon fat.
- 5. Brown in a moderate oven for 20 to 30 minutes.

### Spinach

Measure	Unit	Ingredients	Lbs.	Ozs.
		Spinach A.P.	35	
2	B.Sp.	Salt		3

- 1. Pick over the spinach, removing dead leaves and roots. Immerse in a tub of luke warm water.
- 2. Lift from this water into a second tub of water of the same temperature. Wash thoroughly by moving the leaves up and down.
- 3. Continue to lift out and re- wash until no sediment can be felt in the bottom of the tub.
- 4. Lift from the last water into large stock pots or steam jacked kettles containing about 1 inch of boiling salted water. Cover.
- 5. Cook for 5 to 7 minutes. Turn the spinach over at least once.
- 6. When tender, lift out and drain thoroughly.
- 7. Add salt, pepper, and butter.

8. Serve immediately.

Yield:  $100 - 4 \frac{1}{2}$  oz. Servings.

### Squash

Method:

- 1. When a steamer is not available, squash should be baked rather than boiled.
- 2. Always scrub the outside until free of sand, before cutting the squash.
- 3. It may be served in pieces or it may be mashed.

# **Baked Squash**

Measure	Unit	Ingredients	Lbs	Ozs
		Squash A.P.	30	
2	B.Sp.	Salt		3

Method:

- 1. Cut in halves or large pieces, scoop out the fibres and seeds.
- 2. Pare the squash and cut into servings.
- 3. Place in baking pans, sprinkle with salt and pepper, add about <sup>1</sup>/<sub>4</sub> inch of water. Cover with another pan.
- 4. Bake in a moderate oven until tender.
- 5. Serve in pieces or mashed.

Yield: 100 - 4 oz. Servings.

# Steamed Squash

Measure	Unit	Ingredients	Lbs.	Ozs.
		Squash A.P.	35	

Method:

1. Prepare Squash as for baking.

2. Place in the steamer trays. Steam until tender.

Yield: 100 – 4 oz. Servings.

## Swiss Chard

Measure	Unit	Ingredients	Lbs.	Ozs.
		Swiss Chard	30	
2	B.Sp.	Salt		5

- 1. Separate the leaves from the stems.
- 2. Wash the stems and cut into 1 inch lengths.
- 3. Wash the leaves as in preparing spinach.
- 4. Cut the leaves across into  $\frac{1}{2}$  inch strips.
- 5. Cook the stems and leaves separately, following the method for Mild Flavoured Vegetables. Stems 8 to 10 minutes / Leaves 6 to 7 minutes.
- 6. Drain well. Mix together, add butter, salt, and pepper. Serve very hot.

Yield: 100 – 4 oz. Servings.

#### Tomatoes

Tomatoes should be used raw. Since they deteriorate very rapidly, it may sometimes be necessary to cook them in order to avoid waste, but do not do so if it can be avoided.

They may be stewed, baked or substituted for canned tomatoes in making tomato sauce, soup or baked beans and tomato.

#### **Baked Tomatoes**

Measure	Unit	Ingredients	Lbs.	Ozs.
100	Ea.	Tomatoes, Medium		
2	B.Sp.	Salt		3
1	Pt.	Butter	1	

Method:

- 1. Select firm tomatoes, group according to size, putting those of similar size in the same pan.
- 2. Wash thoroughly and remove the green spot on top. If the core is green, remove it also.
- 3. Sprinkle cut surface with salt and pepper and dot with butter or bacon fat. If the latter is salty, omit addition of salt.
- 4. Arrange in greased baking pans. Bake in a moderate oven (350 Degrees F.) until tender (20 minutes)
- 5. Lift carefully from the pan and serve hot.

#### **Stewed Tomatoes**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Raw Tomatoes	35	
1	Pt.	Butter	1	
1 3⁄4	B.Sp.	Salt		2 1/2
1/2	B.Sp.	Pepper		

- 1. Wash the tomatoes, Dip in boiling water for one minute.
- 2. Remove the skins or any soft spots.
- 3. Cut into large pieces.

- 4. Cook over a moderate heat in a covered sauce pan until tender.
- 5. Add fat, salt, and pepper.

Yield: 100 – 4 oz. Servings.

#### **Canned Tomatoes**

Measure	Unit	Ingredients	Lbs.	Ozs.
4	# 10 Cans	Tomatoes or		
14	# 2 ½ Cans	Tomatoes		

Method:

- 1. Open the cans just before serving.
- 2. Whenever possible, serve without heating.
- 3. When serving hot, bring to the boil quickly. Add salt and pepper to taste and serve at once.

Yield: 100 – 4 oz. Servings.

### Scalloped Tomatoes

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Pt.	Onions chopped		12
1	Pt.	Butter or bacon fat	1	
1 1/2	B.Sp.	Salt		2
1	Tsp.	Pepper		
1/2	Pt.	Sugar		8
4	# 10 cans	Tomatoes	25	8
2	Gals.	Bread, cubed	5	

Method:

1	Braica the	onione ir	na littla of	f tha fat	until thou	ara claar	Lift from fat.
1.	Diaise une		i a nuie oi	i une rai	unun uney	are crear.	LIII IIOIII Iat.

- 2. Add the seasonings, sugar, and braised onions to the tomatoes and heat to the boiling point.
- 3. Add the rest of the fat to that used for the onions. When it has melted, add the cubed bread and stir until the bread is coated. Place in pans in a moderate oven and brown lightly.
- 4. Arrange a layer of the bread cubes in the bottom of greased baking pans. Fill with the tomato mixture. Place a layer of cubed bread on top.
- 5. Bake in a moderate oven (375-400 degrees F.) for 40 to 45 minutes.

Yield:  $100 - 4 \frac{1}{2}$  oz. Servings.

# Turnips

Turnips are cooked according to the general method for strong flavoured vegetables.

If over-cooked, they will have a disagreeable colour and flavour.

Turnips May be served diced or mashed. If the turnips are woody, they should be put through the grinder, after cooking and before mashing. Keep very hot.

#### **Boiled Turnips**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Turnips A.P.	40	
3 1/2	B.Sp.	Salt		5

Method:

- 1. Scrub the turnips thoroughly. Rinse.
- 2. Cut into ½ inch slices and pare. If the turnips are old, remove the layer immediately under the skin when paring.
- 3. Cut the slices in halves, quarters or dice.
- 4. Boil according to the general method for strong flavoured vegetables.
- 5. Serve diced or mashed.

Yield:  $100 - 4 \frac{1}{2}$  oz. Servings.

# Old Turnips

To reduce the strong flavour:

- 1. Always cut old turnips into dice before cooking.
- 2. Cook potatoes with turnips
  - (a) If the turnips are to be served in dice, cook 1 ½ lbs. Of whole pared potatoes with them. Add the potatoes after the turnips have boiled for 15 minutes. Remove the potatoes before serving the turnips
  - (b) If the turnips are to be mashed, reduce the quantity to 30 lbs. And add 9 lbs. Of whole pared potatoes after the turnips have been boiling for 15 minutes. When the turnips are tender, drain and mash the two vegetables together. If the turnips are woody put through the mincer after cooking and before mashing. Beat thoroughly, add salt, pepper, and butter. Serve very hot.

### **Creamed Turnips**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Cooked dehydrated Turnips	23	
1 1/2	Gals.	Med. Cream Sauce	15	

#### Method:

1. After draining and drying the turnip, add the cream sauce and serve very hot.

Yield: 100 - 5 oz. Servings.

### Boiled Turnips (dehydrated)

Measure	Unit	Ingredients	Lbs.	Ozs.
4 1/2	Qts.	Dehydrated Turnips	4	
4	Gals.	Cold Water	40	
4	B.Sp.	Salt		6

- 1. Place the turnips in a deep container.
- 2. Add the cold water and soak for 2 hours.
- 3. Drain. Add salt to the water drained from the turnips and bring to a boil.
- 4. Pour over the turnips, cover the pot, and heat.
- 5. Boil gently until tender (15 to 25 minutes)
- 6. Drain thoroughly. Dry over a low heat for 3 to 5 minutes.
- 7. Add 1 lb. Of butter (melted) or 8 oz. Of bacon fat or dripping. Mix well without breaking the turnip.
- 8. Season to taste, keep very hot.
- 9. Serve at once.

Yield:  $100 - 3\frac{1}{2}$  oz. Servings.

Note: 4 lbs. Of dehydrated turnips give about 23 lbs. Of cooked turnips.

#### **Baked Turnips and Potatoes**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Dehydrated Turnips	1	8
1 1/2	Gals.	Water for turnips	15	
		Dehydrated Potatoes	4	
3	Gals.	Water for potatoes	30	
4	B.Sp.	Salt 9use in cooking water)		6
		Pepper		
100	Slices	Bacon	6	

Method:

- 1. Cook dehydrated Turnips and dehydrated potatoes as directed.
- 2. Drain and dry well.
- 3. Mix the two vegetables and spread in greased baking pans.
- 4. Arrange the slices of bacon over the top.
- 5. Bake in a moderate oven for about 20 minutes turning the bacon to brown evenly on both sides.
- 6. Serve very hot.

Yield:

 $100 - 4 \frac{1}{2}$  oz. Servings.

#### Turnips with Mashed Potatoes (dehydrated)

Measure	Unit	Ingredients	Lbs.	Ozs.
3 1/2	Qts.	Dehydrated Turnips	3	
3	Gals.	Water for Turnips	30	
1	Qt.	Dehydrated potatoes	1	
3	Qts.	Water for Potatoes	7	8
1	Pt.	Butter	1	
		Salt and Pepper		

- 1. Cook the dehydrated turnips and the dehydrated potatoes as directed.
- 2. After draining and drying, put in the same pot and mash together until free of lumps.
- 3. Add the butter, heat well. Keep very hot.
- 4. Season to taste.
- 5. Serve immediately.

Yield:  $100 - 3\frac{1}{2}$  oz. Servings.

### Turnips With Diced Bacon (dehydrated)

Measure	Unit	Ingredients	Lbs.	Ozs.
		Dehydrated Turnips	4	
4	Gal	Cold Water	40	
		Bacon Diced	3	

Method:

- 1. Cook the turnips as directed.
- 2. Drain and dry well. Season to taste.
- 3. Fry the diced bacon until lightly browned.
- 4. Add the bacon to the turnips and mix gently.
- 5. Reheat in the oven if necessary.
- 6. Serve at once.

Yield: 100 - 4 oz. Servings.

### Vegetable Marrow

Measure	Unit	Ingredients	Lbs.	Ozs.
		Vegetable marrow A.P.	35	
2	B.Sp.	Salt		3

Method:

1. Wash the marrow.

2. Cut into 1 inch slices. Pare, remove fibers and cut each slice in half.

3. Steam until tender.

4. Serve very hot with melted butter or pour 1 ½ gallons of cream sauce over it.

Yield:

100 – 4 oz. Servings.

#### Macedoine of Vegetables

This is a mixture of two or more diced vegetables. The vegetables must be boiled separately. They are combined while hot and served with melted fat or butter (1 lb.),salt, and pepper. The vegetables commonly used are as follows:

Carrots, Cauliflower (in flowerlets), Green Peas, Turnips, Celery (in 1 inch pieces) Green Beans, and Parsnips.

Measure	Unit	Ingredients	Lbs.	Ozs.
1 1/2	Gals.	Carrots	10	
1 1/2	Gals.	Green Beans	10	
		Salt Pork	5	
1	Gal.	Onions chopped	6	
2	Qts.	Macaroni	2	8
1	# 10 can	Peas with liquid	6	9
5	B.Sp.	Salt		7 1/2

#### Baked Vegetables with Macaroni

Method:

- 1. Prepare and dice the carrots and the green beans. Cook until tender in a small quantity of water
- 2. Dice the salt pork, fry until very crisp and brown.
- 3. Remove the pork and fry the onions in the pork drippings.
- 4. Boil the macaroni until tender. Drain.
- 5. Combine all the ingredients. Pour into greased baking pans and bake ia a moderate oven (375 degrees F.) until heated through.

Yield: 100 - 7 oz. Servings.

Note: Canned green beans or carrots may be used. It will require 8 # 2 cans of each. Add the liquid from the cans.

### Left over vegetables

Left over vegetables can be used in making appetizing dishes and should not be thrown away. If the quantity left is small, put in the stock pot.

With the exeception of tomatoes and beets, left over vegetables may be reheated in cream sauce, in the oven. Buttered crumbs should be sprinkled over the top. This is called "scalloped vegetables" and is the best way of reheating cabbage or turnips.

### Scalloped Vegetables

Measure	Unit	Ingredients	Lbs.	Ozs.
		Cooked Vegetables	25	
1	Gal.	Med. Cream Sauce	10	
1	Gal.	Buttered Crumbs	3	8

- 1. Spread a layer of cooked vegetables on the bottom of a greased baking pan.
- 2. Add a layer of cream sauce.
- 3. Reheat until the pan is full, having sauce as the top layer
- 4. Cover with the buttered crumbs.

5. Cook in a moderate oven until the vegetables are thoroughly heated and the crumbs are brown.

Yield:  $100 - 5\frac{1}{2}$  oz. Servings.

#### Scalloped Macedoine of Vegetables

Several vegetables which combine well in flavour, may be heated in this way.

#### **Quick Frozen Vegetables**

Quick freezing retains the colour, flavour, and most of the food value of the fresh vegetable. There is a great saving of labour as no preparation is required for cooking. To obtain good results, follow these general directions carefully:

#### **General Rules**:

- 1. Cook all quick frozen vegetables, except greens such as spinach, without thawing.
- 2. Break the block of frozen vegetables into 4 or 5 pieces before removing from the carton.
- 3. Drop immediately into boiling water
- 4. The quantity of water is the same as for fresh vegetables.
- 5. The time required for cooking is from 1/3 to  $\frac{1}{2}$  that needed for fresh vegetables.
- 6. Be very careful not to over cook.
- 7. Finish cooking just before they are to be served.
- 8. Save the water for soups and gravies.

#### **Defrosting Frozen Greens:**

- 1. Consult individual containers for defrosting and cooking instructions.
- 2. Allow frozen spinach, kale, chard, etc.. to stand for 4 to 6 hours or until it is completely defrosted.
- 3. Cook immediately, following the method for fresh green vegetables.
- 4. Serve at once.

### Directions For Cooking Quick Frozen Vegetables (100 portions)

		Boiling Salted Water		
		Amount	Cooking Time	Portion
Vegetables	LBS.	Gals.	Minutes (approx)	Ounces (approx)
Asparagus Cuts	25	1	6 To 9	4 To 4 ½
Asparagus Spears	20	1	6 To 9	4 To 5 Stalks
Broccoli	20	To Cover	5 To 7	4
Brussels Sprouts	25	To Cover	5 To 6	4 To 4 ½
Cauliflower	20	To Cover	3 To 5	4
Corn	25	1/2	5 To 6	4 To 4 ½
Beans Green	25	1	8 To 13	4 To 4 ½
Beans Lima	25	1	10 To 13	4 To 4 ½
Peas	25	1	4 To 6	4 To 4 ½
Spinach	20	1	4 To 6	4 To 4 ½
Beans Wax	25	1	8 To 13	4 To 4 1/2

# **BONAVENTURE**

**"BONNIE"** 

Commissioned Paid Off Displacement Dimensions Speed Crew Armament 17 January 1957 01 July 1970 16,000 – 20,000 W / AC 704 x 80 x 24 24 1,000 – 1,300 W / AC 8 – 3 inch. (4 x 11) Aircraft 30

Work on BONAVENTURE has stopped, three months after her launching in February 1945, with the result that when construction resumed in 1952, improvements could be made to her. Her name was to have been HMS POWERFUL, but the RCN renamed her after the bird sanctuary in the Gulf of ST. Lawrence. "BONNIE" arrived at Halifax on June 26, 1957, carrying on deck an experimental hydrofoil craft built in Britain for the Naval Research Establishment. As her aircraft complement "BONNIE" had Banshee jet fighters and Tracker anti-submarine planes. She enjoyed a busy career of flying, training and participating in A/S and tactical exercises with ships of other NATO nations. Her sixteen months, mid-life refit which cost \$ 11,000,000.00 resulted in her becoming a national cause ce`le`bre when she was sold for scrap three years later.

Feeding Concept:	Cafeteria
Cooks:	38
Galley:	2
Bakery:	1

# Flavourings Herbs And Spices

#### Flavourings:

Under this term is included fruit juices and rind as well as flavouring extracts, caramel, chocolate, cocoa, and coffee.

When there is a choice, use the fruit juice and rind in preference to the extract, as it has a more natural and agreeable flavour.

Extracts are very concentrated, should be used sparingly and should be carefully measured. A better taste is obtained with a small than with a large amount.

Greater variety will be given to meals if a wider use is made of the many flavourings obtainable. For example, almond or maple extract, grated orange or lemon rind should be used occasionally to replace the vanilla extract called for in desserts or plain cake, cookies, etc..

#### **Caramel Flavouring**

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Pt.	White Sugar	1	
1	Pt.	Boiling Water	1	4

Method:

- 1. Measure the sugar into a heavy pot and place over a low heat.
- 2. Stir the sugar continuously until it is entirely melted and changes to a light golden brown colour (310 degrees F.)
- 3. When this point is reached, add the boiling water immediately. The sugar will burn very quickly after it has caramelized. Add the boiling water very slowly, stirring as you add.
- 4. Allow the caramel and water to boil until a medium-thick syrup is formed.
- 5. Store in a covered container until required.
- 6. Use for flavouring sauces, puddings, pie fillings.

Yield: Approximately 1 Pt. Of Caramel Flavouring.

Note: 1. Brown sugar may be used in place of white, but it is more difficult to determine when the caramel stage is reached unless a thermometer is used.

2. When the water is added too quickly the melted sugar forms a hard cake. It may take hours of boiling to melt this cake and make the caramel syrup.

#### Herbs And Spices

Herbs and spices lose their flavour when they are stored for long time, or if they are not kept in covered containers.

By using a variety of herbs and a variety of spices, much greater interest can be added to meals. For example, do not always add sage to dressings, do not always add cinnamon to desserts, but try one or more of the other herbs and spices listed.

Add both herbs and spices sparingly. They are intended to bring out the flavour of the food in which they are used, not to hide it.

#### Herbs And Their Uses

Leaves Fresh or Dried	USE
Basil	In Tomato dishes, Cheese dishes, Cream Soups, Pork and Poultry Dressing.
Bay Leaves	Use very sparingly. Particularly suitable for Tomato, Dried Bean and Split Pea
	Soups. Used in Tomato Sauce, Simmered Meat or Fish, Fish Sauces.
Chervil	Fresh in salads> Fresh or Dried in Soups, Meat Loaf, Creamed Chicken, Stews.
Chives	Fresh in Soups, Stews, Salads, Salad Dressings, Sandwiches, Egg Dishes. It gives
	a delicate flavour of onion.
Dill	In Tomato Soup, Tomato Sauce, Creamed Chicken, Cream Cheese and Fish
	Sauces. Note: Dried Seeds may also be used.
Marjoram	In Meat and Poultry Dressings, Gravies, Sausages. Fresh-chopped fine and
	sprinkled on Green Peas, Beans, Spinach, Tomatoes.
Mint	Fresh-In Vinegar, Mint Sauce, Jellied Salads, Iced Beverages, Fruit Cup, on New
	Potatoes. Dried-In Mint Sauces, Pea Soups.
Sage	In Meat Loaf and Meat Balls, Sausages, Pork, Duck or Goose Dressing.
Savoury	In Meat Loaf, Meat Balls, Hamburger, Croquettes, Soups, Poultry, and Meat
	Dressings.
Thyme	Poultry or Meat Dressings, Soups, Chopped fine and sprinkled on Carrots.
Parsley	Sauces for vegetables, Salads, Scrambled Eggs, Meat Loaf, Meat Balls,
	Hamburgers, Fish and Poultry Dressings. As a Garnish.
Bulbs and Roots Garlic	Bulb-Each section is called a clove. In salads-Rub a piece around the inside of the
	bowl before mixing the salad. On mutton or Lamb-Rub over the raw meat before
	roasting.
Horse Radish	Fresh or Dried-grated. In Sauces for Fish or Meat.

### SPICES

Ground spices should be mixed with sugar or some other ingredient that will separate the grains, before it is added to any mixture. This is particularly important when it used for flavouring fruit dessets such as Apple Pie.

When possible, tie whole spices in a thin piece of cotton when they are used in soups or sauces that do not require straining.

Spices		USE
Allspice	Berries Ground	Soups, Meat and Fish Sauces, Simmered Meat or Fish. Cakes, Cookies.

Cassia (substitute for	Buds Ground	Stewed Fruits, Pudding Sauces, Puddings, Cakes, Cookies, Apple
Cinnamon)		Pie.
Cayenne	Ground	Use very sparingly in Salad Dressings, Meat and Fish Dishes. In
	Whole Fruit	Pickles.
	(dried)	
Cinnamon	Sticks Ground	Stewed Fruits, Sauces, Soups, Pickles, Cakes, Cookies, Puddings,
		Apple Pie.
Cloves	Whole	Tomato Soup, Tomato Sauce, Jelly, Dessert Sauces, Baked Apple
	Ground	or Pears, Stewed Fruit, Cakes, Cookies, Steamed Puddings.
Curry Powder	(A mixture of	In Sauces such as Tomato or Curry, Soups, Mutton or Lamb Stew,
	many spices)	French, Mayonnaise Dressings.
Ginger	Dried Root	Syrups for Cooked Fruit, Pudding Sauces, Cakes Cookies, Fruit
	Ground	Cake.
	Candied	
Mace	In pieces or	Has a delicate flavour. Fruits, Sauces, Curries, Cakes, French
	Ground	Dressing Mayonnaise.
Mustard	Ground	Meat and Fish Dishes, Sauces, Cheese Dishes, Sandwich Fillings.
Pepper	Whole	Soups, Sauces, Pickles Meat, Fish, Cheese and Egg Dishes. Note:
	Ground	Black Pepper is stronger than White.
Turmeric	Powdered	Gives a bright yellow colour to mustards, Mustard Pickles and
		Curry Powder.

# **LAUZON**

### **RIVER CLASS FRIGATES**

<b>Commissioned:</b>	30 August 1944
Paid Off	27 May 1963
Displacement	1445
Dimensions	301 x 37 x 14
Speed	19
Crew	8 / 133
Armament	2 – 4 inch (1 x 11), 2 – 40 MM (1 x 11),
	4 – 40 MM Sigles, 2 Limbo

Commissioned at Quebec City, LAUZON arrived at Halifax in Mid-October. On November 30, 1944, she arrived at St. John's to join EGC-6, and was continuously employed as a mid-ocean escort until VE-DAY. Paid off in November 1945, she was laid up in reserve at Shelburne, N.S. until purchased in 1946 by Marine Industries Ltd. She was reacquired in 1951 for conversion to a Prestonian Class ocean escort. After recommissioning she assumed a training role on the East Coast until finally paid off on May 24, 1963. She was sold in 1964, to a Toronto buyer, presumably for scrap.

Feeding Concept:	Cafeteria
Galley:	1
Cooks:	7

# **Recipes For The Sick**

The methods used in the preparation for food for the sick are the same as those given in the remainder of this manual.

For convenience for the cooks, a few quantities for individual servings are listed in this section.

#### Beverages and Cooling Drinks

#### **Barley Water**

Measure	Unit	Ingredients	Lbs.	Ozs.
2	B.Sp.	Pearl Barley		
1 1/2	Qts.	Cold Water		
1/4	Tsp.	Salt		

Method:

- 1. Pick over and wash the barley.
- 2. Place the barley water and salt in a small pot. Stand the pot in a larger one containing boiling water.
- 3. Cover and cook the barley for 5 to 6 hours.
- 4. Strain. Chill.
- 5. Serve the barley water cold, as a drink. Use as part of the liquid in cocoa or combine with cold or hot milk.

### **Steeped Coffee**

Measure	Unit	Ingredients	Lbs.	Ozs.
1	B.Sp.	Coffee		
1/2	Pt.	Boiling Water		
		Hot Milk		

Method:

- 1. Place the coffee in a clean enamel jug.
- 2. Remove the water from the heat. When it goes off the boil, pour over the coffee. Stir well.
- 3. Cover closely, let stand for 5 minutes.
- 4. Strain immediately. Add hot milk to taste and serve at once.

#### Cocoa

Measure	Unit	Ingredients	Lbs.	Ozs.
2	Tsps.	Cocoa		
1 1/2	Tsps.	Sugar		
1/4	Cup	Water		
<sup>3</sup> ⁄4 cup	Milk			

- 1. Mix the cocoa, sugar, and water.
- 2. Simmer for 5 minutes.
- 3. Add the milk. Cook over a low heat until the cocoa is hot.
- 4. Beat to prevent a scum from forming.
- 5. Serve hot or cold.

### Imperial Drink

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Tsp.	Cream of Tartar		
1	Pt.	Boiling Water		
		Juice of 1 lemon		
2	B.sp.	Sugar to taste		

Method;

- 1. Pour the boiling water the cream of tartar.
- 2. Add the juice of one lemon and part of the sugar. Taste. The drink should have a distinct flavour of lemon and be slightly tart.
- 3. Add more lemon and sugar if required.
- 4. Chill.
- 5. Serve as a cooling drink to fever patients.

#### Lemonade

Measure	Unit	Ingredients	Lbs.	Ozs.
1⁄2 to 1	B.Sp.	Sugar		
1/4	Pt.	Boiling Water		
		Thin lemon rind		
2	B.Sp.	Strained lemon Juice		
		Cold Water		

Method:

- 1. Pour the boiling water over the sugar and lemon rind. Boil for 2 minutes. Strain. Chill.
- 2. Add the lemon juice and sufficient water to make  $\frac{1}{2}$  pt.
- 3. Serve with a slice of lemon on the edge of the glass.

Variations:

### Grape Lemonade

1/2	Pt.	Lemonade	
1/4	Pt.	Grape Juice	

Tea Punch

Measure	Unit	Ingredients	Lbs.	Ozs.
3⁄4	Pt.	Hot Lemonade		
1/4	Pt.	Freshly made Tea.		

1. Mix together, Chill.

2. Serve cold with a slice of lemon on the edge of the glass.

### Orangeade

Measure	Unit	Ingredients	Lbs.	Ozs.
		Cold Water		
		Juice of one large orange		
1/2	B.Sp.	Lemon Juice		
1/2	B.Sp.	Sugar		
1/4	Pt.	Boiling Water		
		Orange Rind		

Method:

1. Prepare as Lemomade.

### Biscuits and Milk or Bread and Milk

Measure	Unit	Ingredients	Lbs.	Ozs.
2	Slices	Bread OR		
6	Navy	Biscuits		
		Sugar and Salt to Taste		
1/2	Pt.	Hot Milk		

Method:

- 1. Remove the crusts from the bread, cut into cubes and place in a bowl.
- 2. Pour hot milk over the bread. Stand in a warm place for 5 minutes. Keep covered.

3. Serve with sugar.

4. When Navy Biscuits are used, break them into pieces before pouring the milk over them. Finish as Bread and Milk.

Note: The cubed bread may be toasted in the oven before the milk is added.

### Gruel

Measure	Unit	Ingredients	Lbs.	Ozs.
2	B.Sp.	Rolled Oats		
1	Pt.	Boiling Water		
1/2	Tsp.	Salt		

- 1. Make as rolled oats porridge. It should cook for at least 2 hours.
- 2. Puree
- 3. Dilute with hot milk. Add a small amount of sugar if the patient requests it.
- 4. Serve hot, in a soup bowl or cup.

# Egg Nog

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Ea.	Egg		
2	Tsps.	Sugar		
2/3	Cup	Cold Milk		
	Pinch	Salt to Taste		
	Pinch	Nutmeg or Cinnamon to taste		
4	Drops	Vanilla or Almond Flavouring		

Method:

- 1. Beat the egg sufficiently to mix it.
- 2. Add the other ingredients. Stir until the sugar is dissolved.
- 3. Strain through a fine sieve.
- 4. Chill and serve.

# Coffee Egg Nog

Measure	Unit	Ingredients	Lbs.	Ozs.`
1⁄4	B.Sp.	Sugar		
1/4	Cup	Strong freshly made Coffee		
1/2	Cup	Cold Milk		
1	Ea.	Egg		

Method:

- 1. Dissolve the sugar in the hot coffee.
- 2. Add the cold milk. Chill.
- 3. Add to the slightly beaten Egg. Strain and serve.

## Orange Egg Nog

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Ea	Egg		
1	Ea.	Medium orange		
2	Tsp.	Lemon Juice		
1	B.Sp.	Cold Water		
1/2	B.Sp	Sugar to Taste		

- 1. Separate The egg.
- 2. Beat the yolk slightly. Add the other ingredients and stir until the sugar is dissolved. Strain.

- 3. Beat the white until stiff.
- 4. Cut and fold the orange mixture into the beaten white.
- 5. Serve at once.

### Cream Soups

Measure	Unit	Ingredients	Lbs.	Ozs.
1/2	B.Sp	Butter		
1	B.Sp	Flour		
1/4	Tsp.	Salt		
1/4	Pt.	Vegetable Stock and Puree		
1/4	Pt.	Milk (heated)		

Method:

- 1. Make a roux.
- 2. Add the vegetable puree, cook until there is no taste of raw flour.
- 3. Add the hot milk, mix well and serve at once. OR make a cream Sauce, add the hot pureed vegetables.

Yield: <sup>1</sup>/<sub>2</sub> pt. serving.

#### Beef Tea

Measure	Unit	Ingredients	Lbs.	Ozs.
		Round or Chuck Steak	1	
2	B.Sp.	Cold Water		

Method:

- 2. Put through a mincer.
- 3. Place the meat and the water in a clean jug, or a glass jar if one is available. Cover.
- 4. Stand the jug in a pot of cold water and heat gradually to 130 degrees F.(hot but not simmering)
- 5. Hold at this temperature for  $1\frac{1}{2}$  hours.
- 6. Strain. Press the meat to extract all the juice.
- 7. Season with salt. Serve at once.

Note:

If it is necessary to reheat beef tea, do so over hot water. Never boil or heat to simmering.

### **Beef Broth**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Lean Beef	1	
1	Pt.	Cold Water		

Method: Make as Beef Tea, but cook only for one hour.

<sup>1.</sup> Remove all fat from the meat.

#### **Chicken Broth**

Measure	Unit	Ingredients	Lbs.	Ozs.
		Fowl	3	
3	Pts.	Cold Water		
2	Tsp.	Salt		

Method:

- 1. Prepare the fowl for cooking. Cut into pieces. Remove as much fat as possible.
- 2. Cover with cold water.
- 3. Bring slowly to simmering point. Cook at that temperature for  $2\frac{1}{2}$  to 3 hours.
- 4. Add the salt when the meat is almost tender.
- 5. Strain. Chill the liquid. Remove all fat.
- 6. Reheat the broth over hot water.

#### Veal Broth

Method: Prepare as for chicken broth.

#### Junket

One Rennet Tablet, dissolved in ½ B.Sp. of cold water makes enough Rennet for one pint of milk. The milk used in making Junket Must be only luke-warm. Test its temperature by putting a few drops on the veins of the wrist. If it feels neither hot nor cold, it is at the correct temperature.

### Junket Recipe

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Pt.	Warm milk		
1/2	B.sp.	Sugar		
1		Rennet Tablet		
1/2	B.sp.	Cold Water		
1/4	Tsp.	Vanilla or Almond Flavouring		

- 1. Add the sugar to the warm milk.
- 2. Dissolve the Rennet Tablet by crushing it in the water.
- 3. When the sugar is completely dissolved, add the Rennet and the flavouring. Mix well.
- 4. Pour into serving dishes. Leave in a warm place until set (15 to 20 minutes).
- 5. Chill.
- 6. Serve plain or with fresh, drained fruit.

#### VARIATIONS:

### **Custard Junket**

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Pt.	Milk		
2	Ea.	Egg Yolks		
1/2	B.sp.	Sugar		
1/4	Tsp.	Vanilla or Almond Flavouring		
1 1/2		Rennet Tablets		
1/2	B.Sp.	Cold Water		

Method :

1. Heat the milk.

2. Combine the egg yolks and sugar. Add a small amount of hot milk, mix well.

3. Stir the egg and milk mixture into the remainder of the hot milk.

4. Cook over hot water, stirring constantly until the mixture coats a spoon.

5. Remove at once from the heat. Pour into a cold dish, cool to luke-warm. Add the flavouring.

6. Add the Rennet which has been dissolved in the cold water. Pour into serving dishes.

7. Let stand in a warm place until set.

### **Cornstarch Pudding**

Measure	Unit	Ingredients	Lbs.	Ozs.
1/2	Pt.	Milk		
3⁄4	B.Sp.	Cornstarch		
1	B.sp.	Sugar		
2	B.Sp.	Cold Milk		
1⁄4	Tsp.	Vanilla or Almond Flavouring OR		
		Rind Of <sup>1</sup> / <sub>2</sub> Lemon, Heated with the milk		

Method:

1. Make as cornstarch pudding.

### Chocolate Cornstarch pudding

Method: Mix 1 B.sp of cocoa with the cornstarch in the cornstarch pudding recipe.

### Baked or Stewed Rice

Measure	Unit	Ingredients	Lbs.	Ozs.
3⁄4	B.sp.	Rice		
1/2	Pt.	Milk		
		Fine Grain Salt		

1	B.sp.	Sugar		
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- 1. Wash the rice thoroughly.
- 2. Put all the ingredients into an earthenware bowl or cup.
- 3. Cook over hot water or in a slow oven until the rice is tender.
- 4. Stir occasionally with a fork. Add more milk if it is needed to make the mixture creamy.

#### **Baked Custard**

Measure	Unit	Ingredients	Lbs.	Ozs.
1	Ea.	Egg		
1/2	Pt.	Hot Milk		
1/2	B.sp.	Sugar		
1⁄4	Tsp.	Salt		
1⁄4	Tsp.	Vanilla or Almond Flavouring		
1/3	Tsp.	Cinnamon or nutmeg		

Method:

- 1. Beat the egg sufficiently to mix it.
- 2. Add the sugar and salt, mixed with the spice.
- 3. Pour in the hot milk, add the flavouring.
- 4. Pour into an earthenware bowl or cup.
- 5. Oven-poach until a knife thrust into the centre comes out clean. Oven temperature (350 degrees F.)
- 6. Remove at once from the hot water and place the cup or bowl in cold water. This will prevent curdling.
- 7. Serve warm or cold.

VARIATIONS: Omit the following, heat thin lemon rind in the milk. Remove before combining with the eggs.

### Soft Custards

Measure	Unit	Ingredients	Lbs.	Ozs.
1/2	Pt.	Milk		
2	Ea.	Egg Yolks		
1	B.Sp.	Sugar		
1/4	Tsp.	Salt		
1/4	Tsp	Vanilla or Almond Flavouring		

- 1. Heat the milk.
- 2. Mix the egg yolks, sugar, and salt.
- 3. Blend a little of the hot milk into the eggs and sugar and then stir this mixture into the pot of hot milk.
- 4. Cook over hot water. Stir gently until the mixture coats a spoon.
- 5. Pour at once into a cold bowl. Add the flavouring.
- 6. Chill.
- 7. Serve plain or pour over sections of orange or banana

Note: Lemon Custard is made by heating lemon rind with the milk and omitting the vanilla and almond flavouring. Remove the rind before adding the milk to the eggs.

# **ONONDAGA**

#### "0" Class Submarine

Commissioned:	22 June 1967
Paid off	
Displacement	2030 / 2410
Dimensions	295 x 26 x 18
Speed	12 / 17
Crew	7 / 58
Armament	8 – 21 inch. TT

In 1967 HMCS ONONDAGA was commissioned, the second of three submarines built to RCN order. Built at Chatham Dockyard, she is a duplicate of the RN's OBERON Class, its latest conventionally powered submarines. She is part of the first Canadian Submarine Squadron, based at Halifax, Nova Scotia.

Feeding Concept:	Mess Deck
Galley:	1
Cooks:	3

# **INTRODUCTION**

# Terms used in Cooking

Au Gratin:	Foods are covered with buttered crumbs and browned in the oven. Cheese is sometimes mixed with the crumbs.	
Bake:	To cook in the oven, without the addition of water. When it is meat that is being cooked, the term used is Roasting.	
Baste:	To moisten the surface of food being cooked, by pouring over it a liquid, syrup or melted fat.	
Blanch:	To immerse in boiling water for 2 minutes in order to loosen skins (peaches, tomatoes) or reduce the strong flavour (onions). Also used when French Fried Potatoes are partially cooked in fat before being browned at a higher temperature.	
Boil:	Water is boiling when large bubbles break the surface (212 degrees F. at sea level).	
Braise:	To brown in the oven or on top of the stove.	
Bread:	To dip food in egg wash and then in finely-sifted bread crumbs before cooking it in fat.	
Coat:	To cover the surface of food with flour or some other substance before cooking.	
Creamed:	Food served in a cream sauce.	
Deep Fat Fry:	To cook food by immersing it in hot fat.	
Dice:	To cut into cubes of equal size.	
Dissolve:	To change from a solid to a liquid state, as when sugar or salt are stirred into warm water.	
Dredge:	To sprinkle with flour, sugar.	
Fillet:	A boneless piece of meat or fish.	
Formula:	A recipe. Used most commonly in connection with baking.	
Fricassee:	Meat cut into servings or 2 inch. Dice and cooked in a liquid or a sauce. Milk may be used as part of the liquid. This term is usually applied to veal and poultry only.	

Garnish:	To decorate by the use of a small quantity of any food (usually a fruit or a vegetable) that has a contrasting colour to the main dish. Used in connection with salads, fish and main course. Diced vegetables, noodles, etc., added to soup are also referred to as GARNISH.	
Macedoine:	A mixture of foods which have been cut into dice. Usually applied to vegetables.	
Marinate:	To sprinkle with French dressing and allow to stand for 20 minutes, or longer.	
Oven-Poach:	To cook in a pan of water in the oven.	
Pan-Broil:	To cook in a shallow pan which has been brushed or rubbed with fat, only enough fat being left on the surface to prevent the food from sticking. Cooking is usually done on the top of the stove. Used only for tender meat such as steaks and chops.	
Par Broil:	To boil in water until partially cooked.	
Pot Roast:	To cook a thick piece of braised meat in a closely covered container to which liquid has been added. It may be done in a steam- jacketed kettle, on top of the stove or in the oven. Used for less tender cuts of meat.	
Puree:	A soup thickened with vegetable pulp or the thick pulp of sieved fruit or vegetables.	
Render:	To separate fat from connective tissue and meat by melting at a low temperature.	
Roast:	To cook tender meat in a uncovered pan in the oven, without the addition of liquid.	
Saute:	To cook in a shallow pan containing about 1/16 " to 1/8 inch. Of fat. Usually done on top of the stove. Used for liver, fish, and vegetables.	
Score:	To make shallow cuts in the surface of the food, with a sharp knife.	
Sear:	To brown the outer surface on meat in order to improve the colour and flavour. Same as BRAISE.	
Shallow Fry:	Same as SAUTE.	
Simmer:	To cook in water at a temperature just below boiling (185 to 200 degrees F.). When water is simmering, only an occasional bubble will break on the surface.	
Steep:	To draw out the flavour by allowing food to stand in water.	
Stew:	To simmer in a small amount of liquid which is served with the food. Used for fruit and for meat cut in pieces.	
Toss:	To mix lightly. Used in connection with salads.	
Truss:	To bine or to fasten. Used in reference to tying the legs and wings of fowl preparatory to roasting.	

# INTRODUCTION - EQUIVALENTS

#### <u>Equivalents</u>

3 tsp.	1 tbsp.
16 tbsp.	1 cup
2 c. (10 oz.)	1 pint
2 ½ c. (8 oz.)	1 pint
2 pts.	1 quart
4 qts.	1 gallon
1 pt. Of water	20 ounces
1 qt. Of water	40 ounces
1 gal.	10 pounds

#### NAVY MEASURE

6 tsp.	1 B.Sp.
2 tbsp.	1 B.Sp
16 B.Sp.	1 pint

# Table of Weights and Measures

ITEM	Number of Ounces in 1 Quart
Almonds, shelled	24
Apples, diced	20
Apples, sliced	20
Apples, cooked	40
Apricots, dried (raw)	27
Bacon, cooked (diced)	52
Baking, powder	32
Barley	40
Beans, dried (raw)	32
Beans, dried (cooked)	32
Beans, lima (raw)	30
Beans, lima (cooked)	30
Bran	8
Bread crumbs dry, sifted	16
Bread crumbs dry, fresh	10
Butter	36
Cabbage, shredded (raw)	12
Carrots, diced (raw)	24
Carrots, shredded (raw)	20
Celery, diced	20
Cheese, grated	16
Chicken, diced (cooked)	26
Citron, chopped	24
Сосоа	16

Cocoanut, chopped	16
Cocoanut, shredded	12
Coffee	16
Corn Flakes	4
Cornmeal	28
ITEM	Number of Ounces in 1 Quart
Cornstarch	24
Corn Syrup	60
Currants, dried	28
Dates, pitted, chopped	28
Eggs, hard-cooked, chopped	29
Eggs, whole (raw), (25)	42
Eggs, yolks (66)	42
Eggs, whites (40)	42
Figs, dried, chopped	28
Fish, flaked	32
Flour, white or brown, sifted	16
Flour, white or brown, unsifted	20
Flour, soya, sifted	14
Gelatine	24
Honey	50
Jam	50
Jelly, powder	36
Lard	36
Lemon Juice (approximately 24 lemons)	40
Lemon Rind	16
Macaroni (raw)	20
Macaroni (cooked)	33
Mayonnaise	40
Meat, cooked, diced	26
Meat, raw, minced	40
Milk, whole, fresh	40
Milk, whole, dry	28
Molasses	56
Mustard	12
Nuts	21
Oats, rolled, raw	16
Oil, salad	38
Onions, diced (raw)	24
Orange Juice	40
Parsley, chopped	15
Peel	24
Peanut Butter	46
Peas, split (raw)	32
Peas, split (cooked)	32
Peppers, green, chopped	23
Pickles, chopped	27
Pimentos, chopped	40
Potatoes, diced (cooked)	28
Potatoes, diced (raw)	24
Potatoes, mashed	36
Prunes, A.P.	30
Pumpkin, canned	46

Raisins, seeded	24
Raisins, seedless	26
Rice, raw	40
Rice, cooked	32
Sage	10
ITEMS	Number of Ounces in 1 Quart
Sago	32
Salt	50
Savoury	8
Shortening	34
Spinach, shredded (raw)	8
Suet, chopped	20
Sugar, granulated	32
Sugar, brown	28
Sugar, icing	36
Tapioca, pearl	28
Tapioca, granulated	26
Теа	13
Turnips, diced (raw)	24
Vinegar	40
Water	40
Wheat, cracked (raw)	27
Wheat, cream of	30
Wheat, germ (stirred)	11
Wheat, rolled	16

For greater convenience, Spices, Seasonings, Flavourings and Leavening Agents which are used in small amounts are given in terms of one ounce.

# Leavening Agents – Measured Without Stirring

# Spices, Seasonings, and Flavourings:

ITEM	Equivalent
1 oz. Baking Powder	1 B.Sp.
1 oz. Baking Soda	1 B.Sp.
1 oz. Cream of Tartar	1 ¾ B.Sp.
1 oz. Allspice (ground)	2 B.Sp.
1 oz. Cinnamon	2 ½ B.Sp.
1 oz. Cloves (ground)	2 B.Sp.
1 oz. Curry Powder	2 B.Sp.
1 oz. Mace (ground)	2 B.Sp.
1 oz. Mustard	2 2/3 B.Sp.
1 oz. Nutmeg	2 B. Sp.
1 oz. Onion Juice	1 B. Sp.
1 oz. Pepper	2 B.Sp.
1 oz Sage	4 B.Sp.
1 oz. Salt	2/3 B.Sp.
1 oz. Savoury	5 B.Sp.

1 oz. Vanilla or other Flavouring Extract	1 B.Sp. (scant)

#### Increase in Weight After Cooking (approximate)

- Lb. Of Lima, Navy, Soya Beans (dried, raw) equals 2 <sup>1</sup>/<sub>2</sub> Lbs. Of cooked (approximately 2 <sup>1</sup>/<sub>2</sub> pints).
- 2 1 Lb. Of Macaroni or Spaghetti (raw) equals 4 lbs. Of cooked (approximately 2 quarts)
- 3 1 lb. Rice (raw) equals 3 lbs. 6 ozs. Of cooked.
- 4 1 lb. Of Tapioca (raw) equals 3 lbs. 6 ozs. Of cooked (approximately 1 <sup>1</sup>/<sub>2</sub> quarts)
- 5 1 lb. Of Apricots or Peaches (dried, raw) equals 2 <sup>1</sup>/<sub>2</sub> lbs. Of cooked (approximately 2 <sup>1</sup>/<sub>4</sub> pints and drained weight).
- 6 1 lb. Of Prunes (raw) equals 28 ozs. Of cooked or 24 25 0zs. Pitted.
- 7 1 Quart of cooked Prunes weighs approximately 18 ozs.
- 8 12 Medium Lemons give approximately 1 pint of juice.

#### Table of Approximate Equivalents

The following table will be of assistance when it is necessary to substitute one ingredient for another in a recipe. For example, should it be necessary to use flour instead of cornstarch for thickening a sauce, it would require one lb. Of flour (soft or hard wheat) to obtain the thickness produced by 12 oz. Of cornstarch. Similarly, it would take only 4 lbs. 7 ozs. Of hard wheat flour to replace 5 lbs. Of soft wheat flour in any bakery product. When the number of eggs used in a flour mixture has to be reduced, the amount of flour and fat as well as baking

powder will have to be increased proportionately.

#### **INTRODUCTION**

#### **Table of Approximate Equivalents**

ITEM	Approximate Equivalent
1 lb. Cooking Chocolate	8 oz. Fat plus 3 <sup>3</sup> / <sub>4</sub> oz. Flour
11b. Cooking Chocolate	12 oz. Cocoa plus 4 oz. Fat
1 lb. Navy Chocolate	5 oz. Fat or more plus 3 oz. Cornstarch(or 4 oz. Flour)
	plus 3 oz. Sugar
1 pt. Whole eggs (8 to 12)	1 oz. Baking powder (leavening action) plus 6 oz. Flour
	(thickening action ) plus 3 oz. Fat (shortening action)
1 Doz. Egg Yolks	<sup>1</sup> / <sub>2</sub> oz. Baking Powder (leavening action) plus 3 oz.
	Flour (thickening action) plus 3 oz. Fat (shortening

	action)		
1 pt. Egg yolks (33)	1 <sup>1</sup> / <sub>4</sub> oz. Baking Powder (leavening action) plus 8 oz.		
	Flour (thickening action) plus8 oz. Fat (shortening		
	action)		
1 doz. Egg Whites	2 oz. Baking Powder (leavening action) plus 12 oz.		
	Flour (thickening action)		
1 pt. Egg Whites (200	3 oz. Baking Powder (leavening action) plus 20 oz.		
	Flour (thickening action)		
<sup>1</sup> / <sub>2</sub> pt. Suet	3 B.Sp. rendered fat (shortening action)		
1 qt. Suet	<sup>3</sup> ⁄ <sub>4</sub> pt. Rendered fat (shortening action)		
1 lb. Suet	12 oz. Rendered fat (shortening action)		
1 lb. Butter	14 oz. Shortening or lard (shortening action) plus 2		
	B.Sp. liquid plus 1 tsp. Salt.		
1 lb. Butter	2/3 pt. Rendered chicken fat (shortening action)		
1 pt. Honey	<sup>3</sup> ⁄ <sub>4</sub> pt. Sugar (sweetening action) plus <sup>1</sup> ⁄ <sub>4</sub> pt. Liquid.		
1 lb. Honey	8 oz. Sugar (sweetening action) plus 1 1/3 B.Sp.liquid.		
1 pt. Molasses	<sup>1</sup> / <sub>2</sub> pt. Sugar (sweetening action) plus <sup>1</sup> / <sub>4</sub> pt. Liquid.		
1 lb. Molasses	5 oz. Sugar (sweetening action) plus 1 1/3 B.Sp. liquid.		
1 qt. Fresh Bread Crumbs	5/8 qt. Of stale, dry crumbs.		
1 No. 10 can tomatoes	<sup>1</sup> / <sub>2</sub> No. 10 can Puree plus 5 pts. Water.		
1 no. 10 can tomato puree plus 2 <sup>1</sup> / <sub>2</sub> qts. Water	2 No. 10 cans tomatoes.		
1 pt. Lemon Juice	9 B.Sp. powdered Lemon Juice plus 1 <sup>1</sup> / <sub>4</sub> pts. Of water.		
1 oz. Baking Soda (plus acid)	4 oz. Baking Powder in leavening action.		
1 B.Sp. Baking Soda (plus acid)	1 B.Sp. Baking Powder in leavening action.		
1 oz. Baking Powder	1 doz. Medium Eggs in leavening power.		

1 B.Sp. flour has thickening power of ½ B.Sp. Cornstarch.		
1 qt. Flour has thickening power of 1 pt. Cornstarch.		
1 lb. Flour has thickening power of 9 <sup>1</sup> / <sub>2</sub> oz. Cornstarch.		
1 pt. Hard Wheat Flour replaces 1 pt. Plus 2 B.Sp. Soft Wheat Flour.		
1 qt. Hard Wheat Flour replaces 1 qt. Plus <sup>1</sup> / <sub>4</sub> pt. Soft Wheat Flour.		
20 oz. Hard Wheat Flour replaces 22 1/2 oz. Soft Wheat Flour.		
1 lb. Hard Wheat Flour replaces 18 oz. Soft Wheat Flour.		
11b. Soft Wheat Flour replaces 14 <sup>1</sup> / <sub>2</sub> oz. Hard Wheat Flour in bakery products.		
CAN Equivalents ( approximate)		
1 No. 10 Can equals 7 No. 1 Cans equals 5 No. 2 Cans equals 4 No. 2 <sup>1</sup> / <sub>2</sub> Cans equals 2 <sup>1</sup> / <sub>4</sub> No. 3 Cans.		
3 No. 10 Cans equals 20 No. 1 Cans equals 16 No. 2 Cans equals 11 No. 2 <sup>1</sup> / <sub>2</sub> Cans equals 7 No. 3 Cans.		
5 No. 10 Cans equals 33 No. 1 Cans equals 26 no. 2 Cans equals 19 No. 2 ½ Cans equals 11 ½ No. 3 Cans		

# Equipment Used For Measuring

- 1. Canadian Measurements are based on the Imperial Quart (40 oz.). Imperial Pint, Quart, and Gallon Measures are issued to each Galley. Use them.
- 2. For amounts smaller than one pint, use Basting Spoons (cook's Spoon) unless <sup>1</sup>/<sub>2</sub> pint and <sup>1</sup>/<sub>4</sub> pint measures are available.
- 3. The Basting Spoon used for measuring should hold 1/16 pt. Check the basting spoons in the galley by measuring one pint of water and of flour in basting spoonfuls. Put a special mark on those which are standard size (16 B.Sp. equals 1 pt.). Use them for all measurements of salt, pepper, and spices. Teaspoons may be used for very small amounts.
- 4. It will be a great convenience to know the exact capacity of each ladle in the galley. Obtain this information by measuring the amount they will hold in basting spoonfuls. Number each ladle and post a notice showing the capacity of each.

- 5. Time can be saved in measuring large amounts of liquid if the capacity of stock-pots is listed in terms of Imperial Gallons.
- 6. Cups vary in size to such an extent that they should not be used for measuring.

#### Notes on Measuring:

- 1. Never guess at the quantities of ingredients required. Know the exact amount called for in the recipe you are using.
- 2. Measuring is never as accurate as weighing.
- 3. Use measurements only when it is impossible to weigh.
- 4. The measurements of all solids are level.
- 5. the measurements of all liquids are as much as the measure will hold
- 6. Do not pack flour, cereals, cornstarch into measure.

#### **ABBREVIATIONS**

A.P.	As purchased
E.P.	Edible Portion
Lb.	Pound
Oz.	Ounce
Bus.	Bushel
Gal.	Gallon
Qt.	Quart
Pt.	Pint
с.	Cup
tbsp.	Tablespoon
tsp	Teaspoon
B.Sp.	Basting Spoon (cook's spoon)
C.A.	Canada Approved

#### Can Sizes, Weight and Volume

Size of Can	Average Net Weight of Contents	Average Drained Weight of Fruits and Vegetables	Volume of Contents (Net)	Approximate Number of Cans required to Make 1 Gallon	Approximate Number of Cans required to make 1 Gallon of Drained fruit or Vegetables
No. 1 Tall	1 lb.		4/5 pt.	10	
No. 2	1 lb. 3 oz.	12 oz.	1 pt.	8	13 1/2
No. 2 1/2	1 lb. 12 oz.	17 oz.	1 2/5 pts.	5 <sup>3</sup> ⁄ <sub>4</sub>	9 <sup>1</sup> / <sub>2</sub>
No. 3	3 lb.		2 2/5 pts.	3 1/2	
No. 10	6 lb. 9 oz.	3 lb. 14 oz.	5 ¼ pts.	1 1/2	2 ½ or 1 ½ (Solid Pack)

# **Oven Test For Large Quantities**

Always test the oven before using it. This will reduce waste. When thermometers are not supplied, a simple test may be made with flour.

#### **Test with Flour**

Place a teaspoon of flour on a pie plate or piece of paper. Put it in the centre of the oven. Leave for 5 minutes and then remove. The colour of the flour indicates the oven temperature.

Creamy Coloured Flour Test	Light Brown Flour Test		
(slow oven 300 – 325 degrees F.)	(moderate oven 350 – 375 degrees F.)		
Baked beans	Apple Betty, Apple Crisp		
Baked Custard	Baked Apple Pudding		
Bread Puddings	Bread (375 degrees F.)		
Macaroni and Cheese	Cakes (360 degrees F.)		
Meringues	(chocolate and gingerbread slightly lower)		
Roasts	Cookies		
Rice Puddings	Duchess Potatoes		
Scalloped Potatoes	Fish Loaf		
Sponge Cake	Glazed Ham		
Pot roasts	Macaroni and Tomato without cheese		
Stews	Scalloped fish etc., requiring browning only		
Swiss Steak	Shepherd's Pie		
Golden Brown Flour Test	Dark Brown Flour Test		
(Hot oven 400 – 425 degrees F.)	Very hot oven – above 425 degrees F.)		
Baked Apples	Fruit Pies		
Baked Potatoes	Pastry Shells		
Baked Carrots	Tea Biscuits		
Parsnips	Baked Fish		
Dutch Apple Cake			
Jelly – Roll			
Meat Pies			
Muffins			
Pumpkin Pies			
Yorkshire Puddings			

NOTE: These are the temperatures at which foods should be cooked. If the oven is completely filled, the temperature will drop from 25 to 50 degrees. Allowance must be made for this in testing the oven.