

# RECIPE

*Manual*

FOR NAVY, ARMY, AIR FORCE  
MUNITIONS PLANTS, CAMPS  
AND SCHOOLS

300

Standard Recipes  
based on 100 Servings for  
Experienced and  
Inexperienced Cooks

7480  
Greenlaw. B.F.

THE COOK'S

# Recipe Manual

BY

*Miss E. Middleton, B.A.*

*Member of the Home Economics Dept.  
Central Technical School, Toronto  
In charge of Classes for Army Cooks*

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*Miss M. Ransom, B.A.*

*Superintendent of the Great Hall  
Hart House, University of Toronto*

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*Albert Vierin*

*Chef of the Georgian Room  
The T. Eaton Co. Ltd., Toronto*

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Toronto

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## Foreword

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THIS BOOK is designed as a guide for cooks in the armed forces, munition plants, industrial plants and camps—or wherever large numbers are served. The tested recipes are based primarily on foods provided in the army rations and the book sets forth in simple form the procedure to be followed in their preparation. The cooking methods given are those suited to kitchens with very simple equipment, because it is more difficult to cook for large numbers where steam-jacketed kettles, vegetable steamers, electric food-mixers, etc., are not available. But when such mechanical devices have been installed, their use will greatly facilitate food preparation.

Each recipe yields 100 servings, based on practical cooking tests made to meet the requirements of men in the Army, Navy and Air Force. For women and those doing sedentary work, the majority of recipes will yield 125 servings. For less than 100 servings, recipes may be reduced proportionately.

## TABLE OF WEIGHTS AND MEASURES

The following table gives the weight in ounces per Imperial Quart (40 oz.) of the foodstuffs as listed. The imperial quart is the basic measure used for all recipes in this book.

In the use of this table it must be noted that the measuring cup commonly found on the Canadian market today is an eight-ounce (wine measure) cup, while the larger measuring equipment (pint, quart, gallon) is based on the forty-ounce quarts (imperial measure), making five eight-ounce cups per quart.

To calculate the weight of one cup of the following, one-fifth of the quart weight must be taken.

<i>Item</i>	<i>Oz. per qt.</i>	<i>Item</i>	<i>Oz. per qt.</i>
Almonds—shelled.....	24	Dates—chopped.....	28
Apples—diced.....	20	Eggs—whole.....	36
sliced.....	20	yolks.....	40
cooked.....	40	melange.....	38
Butter.....	32	1 doz.....	20
Bran.....	8	Flour—pastry, unsifted.....	20
Baking powder.....	40	hard.....	20
Bread crumbs.....	16	whole wheat..“ ..	24
Cocoanut—chopped....	16	Ginger.....	16
shredded.....	12	Gelatine.....	24
Corn flakes.....	4	Honey.....	50
Corn meal.....	28	Jello.....	40
Corn starch.....	24	Jam.....	50
Cocoa.....	16	Lemon juice.....	40
Citron—chopped.....	24	Lemon rind.....	16
Corn syrup.....	60	Macaroni—raw.....	20
Cherries.....	32	cooked.....	32
Cheese—grated.....	16	Milk—whole.....	40
Cinnamon.....	16	dry.....	28
Cream of wheat.....	30	Molasses.....	50

<i>Item</i>	<i>Oz. per qt.</i>	<i>Item</i>	<i>Oz. per qt.</i>
Mustard.....	12	Walnuts—broken.....	20
Nutmeg.....	20		
Oil.....	36	<b>VEGETABLES</b>	
Orange Juice.....	40	Beans—dried.....	32
Pepper—white.....	20	Beets—cooked, diced..	32
Peanuts—skin off,		Cabbage—shredded,	
salted.....	24	raw.....	12
Prunes—as purchased.....	30	Carrots—diced, raw....	24
Pecans—broken.....	20	Cauliflower—diced,	
Raisins—texas seeded..	24	raw.....	16
sultanas.....	26	Celery—diced, raw.....	20
currants.....	28	Lentils.....	32
Rice or Barley.....	40	Mushrooms—sliced,	
Rolled oats—raw.....	13	raw.....	16
Savoury.....	8	Onions—diced, raw.....	24
Sugar—granulated.....	32	Potatoes—diced,	
brown.....	28	cooked....	28
fruit.....	36	diced, raw..	24
icing.....	36	mashed.....	36
Soda—baking.....	36	Peas—split.....	32
Salt.....	50	Peppers—green, raw,	
Sago.....	32	diced.....	24
Shortening.....	32	Spinach—shredded,	
Suet—chopped.....	16	raw.....	8
Tapioca—pearl.....	28	Turnips—diced, raw....	24



## OVEN TEMPERATURES

When thermometers are not used for determining the temperature of an oven, a simple test may be made with flour.

Place a tablespoonful 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.

A light-brown flour indicates a slow oven of temperature 250°-325°F.

A golden-brown flour indicates a moderate oven of temperature 325°-375°F.

A dark-brown flour indicates a hot oven of temperature 375°-450°F.

## ABBREVIATIONS

A.P. = As Purchased  
E.P. = Edible Portion  
Lb. = Pound  
Oz. = Ounce  
Bus. = Bushel  
Gal. = Gallon  
Qt. = Quart  
Pt. = Pint  
C. = Cup  
Tbsp. = Tablespoon  
Tsp. = Teaspoon

## EQUIVALENTS

3 tsp. = 1 tbsp.  
16 tbsp. = 1 c.  
2 c. (10 oz.) = 1 pt.  
2½ c. (8 oz.) = 1 pt.  
2 pts. = 1 qt.  
4 qts. = 1 gal.  
1 pt. = 20 oz.  
1 qt. = 40 oz.  
1 gal. = 10 lbs.

## HOT CEREALS

Porridge  
Porridge should be of the consistency of soft jelly and should be free from lumps.

Cook at a low temperature.

Do not stir while cooking.

Serve very hot.



## CEREALS

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Cereals should be added slowly to boiling, salted water. Rolled Oats, Rolled or Cracked Wheat should not be stirred as stirring makes them sticky.

The longer the porridge is cooked, the better will be the flavour. The length of time required for thorough cooking may be shortened by boiling over the direct heat for at least half an hour. The proportions given in this book will require at least 30 minutes boiling before the porridge is placed over hot water.

### GENERAL PROPORTIONS FOR MAKING PORRIDGE

Cereal	Weight	Measure	Water	Salt
Roller Oats.....	5 lbs. or 6	qts.	5 gals.	½ c.
Roller Wheat.....	5 lbs. or 5½	qts.	4 gals.	½ c.
Cracked Wheat.....	4 lbs. or 2½	qts.	5 gals.	½ c.
Wheatlets or other fine Cereals.....	5 lbs. or 2⅔	qts.	5 gals.	½ c.

### YIELD

100 6-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 saucepan to prevent scorching.
4. Cook over the direct heat until thick—with the proportions given this should take 30 to 40 minutes.
5. Place the porridge pot over boiling water.
6. Cover and cook for at least one hour.
7. If made the previous night, reheat in the morning over hot water. Do not stir.
8. Serve very hot.



**BAKED RICE**

Measure	Weight	
	Lbs.	Oz.
1 pt. Fat or Butter.....	1	
2 1/2 qts. Rice.....	6	4
1 1/2 gals. Meat or Vegetable Stock	15	
1/4 cup Salt.....		2 1/2

**METHOD**

1. Melt fat in baking pans.
2. Wash rice thoroughly in cold water, drain well.
3. Place in the melted fat, stir to coat the rice with fat.
4. Bake for 20 minutes in a hot oven (450°F.).
5. Add boiling stock. It should be about 1 inch above the rice.
6. Bake in a hot oven until tender. If possible cover for the first 20 minutes.
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 RICE**

Measure	Weight	
	Lbs.	Oz.
4 qts. Rice.....	10	
8 gals. Boiling Water.....	80	
1/2 cup 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.
4. Drain well.
5. If the rice is to be used as a vegetable, rinse with boiling water to separate the kernels.

**YIELD**

100 5-oz. servings.

**EGGS****SOFT COOKED OR "BOILED" EGGS****METHOD**

1. In order to cook eggs evenly and prevent them from becoming rubbery, it is advisable to cook them below the boiling point of water, using about 4 gallons water for 100 eggs.
2. If the eggs are to be evenly done, they should be cooked in lots of 25.
3. Place the eggs in the boiling water. Leave over the direct heat until the water begins to boil again. Cover and place the pot at the back of the stove where it will keep hot without boiling.
4. Cooking time:

Soft—	4	minutes
Firm—	5	minutes
Very Firm—	6	minutes
Hard Cooked—	1/2	hour

**SCRAMBLED EGGS**

Measure	Weight	
	Lbs.	Oz.
1 1/2 gals. Cracked Eggs.....	15	
1 gal. Milk or Water.....	10	
1 qt. Thick Cream Sauce.....	2	
1/2 c. Salt.....		5
2 tbsp. Pepper.....		

**METHOD**

1. Beat the eggs slightly. Add milk or water, salt, pepper and cream sauce.
2. The eggs may be cooked slowly over a low heat or in a water bath.
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 pan and serve at once. Keep warm over water which is hot but not boiling.

**YIELD**

100 4-oz. orders.

NOTE.—Milk may be substituted for cream sauce when small quantities are made and served immediately.

## FRIED EGGS

### METHOD

1. Heat 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 a temperature or for too long a time, the eggs will become shrivelled 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 eggs.
3. When the white is firm and a film forms over the yolk, lift carefully from the water, drain well and serve at once.

## FRENCH TOAST

Measure		Weight	
		Lbs.	Oz.
100 slices	Stale Bread .....	6	4
16	Eggs .....	1	12
3 qts.	Milk .....	7	8
1 tsp.	Salt .....		

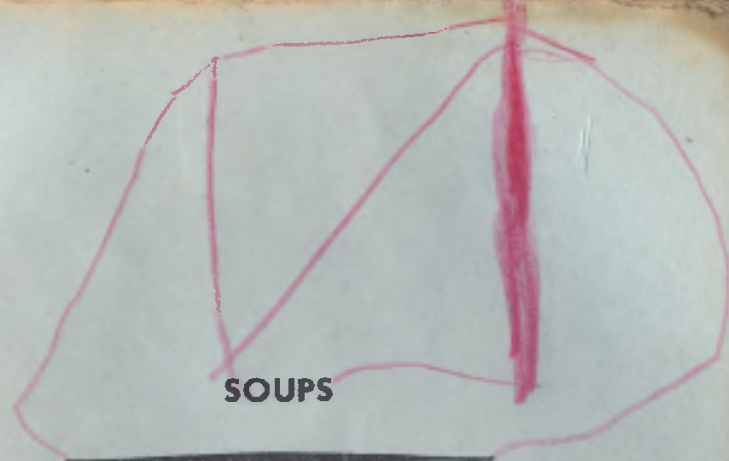
### METHOD

1. Beat eggs sufficiently to mix them.
2. Add milk and salt.
3. Melt bacon fat in a heavy pan. Have it hot but do not allow it to smoke.
4. Cut bread into slices of medium thickness and dip in the milk and egg. Moisten both sides well.
5. Fry in bacon fat over a medium heat.

**NOTE.**—French Toast should be a golden brown in colour and should not be greasy. It must be served very hot, and should be prepared just before it is to be used. Serve with corn syrup, maple syrup, jam or bacon.

### YIELD

100 slices.



## SOUPS

Crack and use all meat bones except those of pork, for soup stock. Use ham bones, bacon rind and cuttings for dried bean and pea soup.

Use water from boiled and canned vegetables as part of the soup stock.

Save labour in preparation by putting the vegetables through a mincer.

Season soup carefully just before serving.

Introduce variety in soups by using vegetables in season.

Serve piping hot.



**MEAT STOCK**

Measure	Weight	
	Lbs.	Oz.
Bones.....	7 3/4	30
6 gals. Cold Water.....		60
Onions.....	0 9/16	3
Carrots.....	3/4	3
6 tbsp. Salt.....		4

**METHOD**

1. Break the bones to expose the marrow.
2. Add unpeeled washed vegetables, cut in pieces.
3. Add the water to the bones and vegetables.
4. Cover and heat to simmering, continue cooking just below boiling point for at least 8 hours.
5. Strain.
6. Cool slightly and skim off the fat. Use for soup, gravy or meat and vegetable sauces.

**YIELD**

5 gals.

**NOTE:**

1. Celery leaves, stalks and trimmings will improve the flavour 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 flavour and colour of the stock.

**BEAN SOUP**

Measure	Weight	
	Lbs.	Oz.
A { 2 gals. Water <i>soak</i> .....	20	
1 gal. Dried Beans.....	8	
1/2 tbsp. Baking Soda.....		
B 1 1/2 gals. Water.....	15	
C { 3 gals. Hot Stock.....	30	
1 1/3 qts. Diced Onions.....	2	
1 1/3 qts. Diced Celery.....	1	10
1 1/3 qts. Diced Carrots.....	2	
1/2 cup Salt.....		5
Ham Bones or Bacon Rind		

**METHOD**

1. Soak A overnight. Drain. Discard the water.
2. Add beans to B. Cook for approximately 1 hour until very soft. Purée if possible.
3. Combine ingredients in C. Simmer 20 minutes.
4. Add beans and cook for 1 hour.

**YIELD**

100 8-oz. servings.

**VARIATIONS**

1. Use split peas or lentils instead of beans.
2. A thick puree of bean, pea or lentil soup (for Main Course).

**METHOD FOR THICK PURÉE**

1. Use 10 lbs. of dried vegetables in place of 8 in the recipe for bean soup.
2. Cook the vegetables with drained, soaked beans. When soft, purée.
3. Add the stock and simmer for 1 hour.

**BEEF AND BARLEY**

or

**LAMB AND BARLEY**

Measure	Weight	
	Lbs.	Oz.
A { 1/2 pt. Barley.....		10
1 qt. Water.....	2	8
B { 3 1/2 gals. Hot Stock (beef or lamb)..	35	
1 1/2 pt. Diced Onions.....	1	2
1 qt. Diced Celery.....	1	4
1 1/2 pt. Diced Carrots.....	1	2
1 pt. Diced Turnips.....		12
C { 2 qts. Cold Water.....	5	
1 qt. Unsifted Pastry Flour.....	1	4
D { 2 qts. Canned Tomato.....	5	
1/2 cup Salt.....		5

**METHOD**

1. Cook A 1 hour.
2. Combine A and B and cook for ten minutes.
3. Mix C and strain. Add slowly to soup, stirring constantly.
4. Add D and cook for 1 hour.

**YIELD**

100 8-oz. servings.



**BEEF CONSOMMÉ**

Measure	Weight	
	Lbs.	Oz.
6 gals. Clear Soup Stock	60	
1 #10 tin Tomatoes (strained)	6	8
Lean Raw Beef	10	
20 Egg Whites and Shells		
½ tsp. Pepper Berries		
1 Bay Leaf		
1 Clove Garlic		
6 Whole Cloves		
½ c. Salt		
Onions	1	
Carrots	1	
Celery	1	

**METHOD**

1. Make soup stock the previous day and chill thoroughly.
2. Mix the cold stock, tomatoes, beef, egg whites and crushed shells together.
3. Add the peeled, whole vegetables.
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:**

1. Save the meat from the soup to use in croquettes.
2. Veal or chicken consommé may be made by the same method.

**BEEF BROTH WITH RICE**

Measure	Weight	
	Lbs.	Oz.
4½ gals. Hot Beef Stock	45	
1½ pts. Diced Onion	1	2
A 1 qt. Diced Celery	1	4
1½ pts. Diced Carrots	1	2
1 pt. Diced Turnips		12
B 1½ pts. Raw Rice	1	14
C 2 #2 tins Peas	2	8
½ cup Salt		5

**METHOD**

1. Simmer A for 1 hour in a covered pot.
2. Add B. Cook for an additional 20 minutes.
3. Add C. Reheat.

**YIELD**

100 8-oz. servings.

**SCOTCH SOUP**

Measure	Weight	
	Lbs.	Oz.
1½ cups Fat		12
3 qts. Thinly Sliced Onion	4	8
1½ pts. Unsifted Pastry Flour		15
3 gals. Hot Stock	30	
1½ qts. Rolled Oats	1	3
3 qts. Diced Potatoes	4	8
2 gals. Tomatoes	20	
6 tbsps. Salt		4

**METHOD**

1. Melt fat. Add the onions and cook until they are tender.
2. Add the pastry flour and blend well.
3. Add the stock slowly, stirring as you add.
4. When the thickened stock is boiling, sprinkle in the rolled oats slowly.
5. Add the potato and cook until tender.
6. Just before serving, add the tomatoes and salt. Reheat.

**YIELD**

100 8-oz. servings.

## CHOWDER POLONAISE

Measure		Weight	
		Lbs.	Lbs.
A	2 qts. Kidneys.....	5	
	2 qts. Water.....	5	
B	3½ gals. Hot Stock.....	35	8
	1½ pts. Diced Carrots.....	1	2
	1½ pts. Diced Onions.....	1	2
	1 qt. Diced Celery.....	1	4
	1½ pts. Diced Green Pepper.....	1	2
C	3½ pts. Diced Potatoes.....	2	10
	2 qts. Cold Water.....	5	
D	1 qt. Unsifted Pastry Flour.....	1	4
	1 qt. Canned Tomatoes.....	2	8
	½ cup Salt.....		5
	1 pt. Diced Cooked Beets.....	1	

## METHOD

1. Trim kidneys and dice. Simmer A for half an hour or until tender. Drain and rinse.
2. Combine ingredients in B. Simmer for 1 hour in a covered pot. Add kidneys.
3. Mix C and strain. Add slowly to B, stirring constantly.
4. Add D and cook for 10 minutes.

## YIELD

100 8-oz. servings.

## CORN CHOWDER

Measure		Weight	
		Lbs.	Oz.
A	8 #2 tins Corn (cream style).....	10	
	1½ pts. Diced Onion.....	1	2
	1 qt. Diced Celery.....	1	4
	2 Green Peppers.....		
	3 qts. Diced Potatoes.....	4	8
B	3 gals. Hot Stock.....	30	
	½ gal. Cold Water.....	5	
C	1 pt. Unsifted Pastry Flour..		10
	½ cup Salt.....		5
	1 tbsp. Savoury.....		

## METHOD

1. Simmer A for 1 hour in a covered pot.
2. Mix B and strain. Add to A, stirring constantly, and cook for 20 minutes.
3. Add C.

NOTE.—If the corn is pureed, the flavour of the soup will be improved. Savoury and peppers may be omitted.

## YIELD

100 8-oz. servings.



## CREOLE SOUP

Measure		Weight	
		Lbs.	Oz.
1½ qts.	Raw Diced Onions.....	2	4
1 qt.	Raw Diced Celery.....	1	4
1½ qts.	Green Pepper.....	2	4
1½ gals.	Hot Canned Tomatoes....	15	
3 gals.	Hot Stock.....	30	
½ cup	Salt.....		5
¼ cup	Sugar.....		2
1¼ pts.	Raw Rice.....	1	9

## METHOD

1. Combine all ingredients except rice. Cook for 1 hour.
2. Add raw rice and cook for an additional 30 minutes.

## YIELD

100 8-oz. servings.

## TOMATO BOUILLON

Measure		Weight	
		Lbs.	Oz.
2 gals.	Tomato Juice.....	20	
	or		
	Strained Canned Tomatoes		
3 gals.	Hot Stock.....	30	
1 pt.	Raw Diced Carrots.....		12
1 pt.	Raw Diced Onions.....		12
1 pt.	Raw Diced Celery.....		10
2 only	Bay Leaves.....		
4 only	Cloves.....		
1 qt.	Crushed Egg Shells.....		
½ cup	Salt.....		5

## METHOD

1. Combine ingredients.
2. Simmer 1 hour.
3. Strain.

## YIELD

100 8-oz. servings.

## POTAGE JACKSON

Measure		Weight		
		Lbs.	Oz.	
A {	3½ qts.	Raw Diced Onion.....	5	4
	2 qts.	Raw Diced Celery.....	2	8
	1¾ qts.	Raw Diced Carrots.....	2	8
	1½ pts.	Raw Diced Turnips.....	1	2
	1¾ gals.	Raw Diced Potatoes....	10	8
	1 gal.	Hot Water.....	10	
B {	2 #2 tins	Peas.....	2	8
	2 #2 tins	Corn.....	2	8
C	1 gal.	Stock.....	10	
D {	1 gal.	Canned Tomatoes.....	10	
	½ cup	Salt.....		5

## METHOD

1. Combine A and cook for 1 hour.
2. Add B and puree the soup.
3. Add C and cook for an additional 10 minutes.
4. Add D and reheat.

## YIELD

100 8-oz. servings.

NOTE.—Tomatoes may be replaced by stock.