

Cookery Book

Maggi Camp.

14-2-43

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Port & Hong
18th 13 Tank Island after bay
N.J.A.S.B.

2nd R.G.C.F.

Middle East Forces.

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Cooking Recipes

100 men Steam Pudding

9 lbs of. Flour

4 " " Fat

1½ " " Sugar.

8 " Eggs "

5 cys " Baking Powder

Milk and Water.

Method: Sieve your Flour add Baking Powder, Rub in your Fat well into the Flour, add Sugar and mix well. Beat up Eggs and add to your Ingredience with the Milk and Water.

Yorkshire Pudding

8 lbs of Flour
4½ Pts " Milk & Water
4 Eggs.

and rub in your Fat. add your Sugar and Salt. Beat your eggs and add to mixture with the milk

Dough Nuts.

9 lbs of Flour
2 " " Fat
8 Eggs
1 " Mustard Powder
2 ½ lbs Sugar
9 ozs Baking Powder.
Approx 4½ Pts of Milk.

Method Sift your Flour and B Powder together and Rub in your Fat. Dissolve Sugar and add with milk and water.

Scones

10 lbs of Flour
2 ½ " Fat
1 oz " B Powder
approx 4 pts " Milk and Water
2 lbs " Sugar
if fruit is added, 2 ½ lbs of sugar

Method

Sift your Flour and B Powder together and Rub in your Fat. Dissolve Sugar and add with milk and water.

Rock Buns.

8 lbs of Flour
3 " " Fat
3 " " Sugar
3 " " Fruitt
6 eggs
8 oys. B Powder

approx 3½ Pts of Milk & Water

Method

Soft Flour and B Powder
together, rub in your Fat. Add your
Sugar and ^{Fruit.} mix thoroughly. Beat up
your eggs and add with your Milk
and Water to the mixture

Cheese Straws

12 lbs of Flour
5 " " Fat
6 " " Grated Cheese
3 oys " Salt
4 eggs
4 pts " Milk & Water

Method

Sift your Flour, rub in your Fat
and Grated Cheese, add Salt and
eggs and add approx 4 pts of Milk & Water

Cheese Tarts

Line approx 10 Plates with short paste
partly cook then fill with a mixture of
3 lbs of Bread Crumbs 8 eggs 3 lbs of
Grated Cheese 3 pts of White Sauce.

Dumplings

8 lbs of Flour
2 " " Fat
3 cys " B Powder
1 tablespoon of Salt

Method

Mix in B Powder with Flour and
in your Fat, mix with 5 pds of water.

Scotch Pan Cakes.

10 lbs of Flour
10 " " eggs
1 gallon of Milk
3 cys " B Powder
15 " " Sugar
4 " " Melted Margarine

Method

Soft Flour and B Powder together
in a Mixing Bowl, make a Bay in centre
dissolve sugar in little liquid beat up
eggs and mix with liquid with a
little essence, mix liquid with the
mixture

Bake Well Tart

2 lbs of Jam
3 " " Bread crumbs
3 " " Flour
1 1/2 " " Fat & Butter
16 eggs
approx 1 pt of Milk & Water

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Method

Prepare Short Paste like you
platess with pastry and prick with
a fork. Prepare filling of Bread
crumbs Flour and Fat & Butter
sugar & eggs, cream sugar & Fat add
rind and juice of a lemon then the
eggs one by one and mix well
Add Bread crumbs then fold in
Flour till in mixture and
smooth off top and bake in moderate
oven (350 degrees) (approx 1 hour)
Boil up jam with little water and
brush over Tart lightly. Dissolve a little
sugar in hot water then spread over jam
and allowed to set in a cool oven

Dundee Fruit cake.

1 1/2 lbs of Flour	
1 "	" Butter or Margarine
8 eggs	" Castor Sugar
8 eggs	" Barbados Sugar
2 1/2 "	" Ground Almonds
7 "	eggs
1 lb	of Sultanas
1 "	" Currants
5 eggs	" Candied Peel.
10 "	" Glazed Cherries
1/2 oz	Baking Powder
Split Almonds are garnish.	

Method

Cream the sugar and butter to a
light consistancy add the eggs one
at a time to the sifted flour. Add the fruit

and mix the whole together, place
into tins with greased paper and
bake for 1 & hours. Take out of tin
and stand upon a wire to allow the
steam to escape. The split almonds
are placed on the top of the cake
as the a garnish before baking

Sponge Cake.

2 Eggs
3 oys of Sugar
3 " " Flour
Vanilla or Lemon essence.

Method

Beat eggs and sugar together
in hot water until the mixture

is as hot as the water then ~~then~~
remove from water and beat until
cold, add the sifted flour a little
at a time mixing well by continually
lifting. Place in greased and
floured tins and bake in a
350 oven for 25 minutes

Bread and Butter Pudding

Method. Take the bread and butter slices
and cut into small triangles, lay on
a pie dish and sprinkle with currants
and sultanas. Pour custard over the
bread and fruit, sprinkle with a
sensation of nutmeg and allow to stand
for 5 mins. Cook in a double cooker.

Queen Cakes.

1 lb of Flour
5 oys " Margarine
6 " " Sugar
1 " egg
1 oys of currants
 $\frac{1}{2}$ " Tin milk
 $\frac{1}{2}$ " Baking Powder
 $\frac{1}{2}$ pint of Water
Lemon essence and Egg colour

Method

cream the Margarine and sugar add the egg and dry ingredients mix to a soft consistency and place into greased tins.

Bake in a moderate oven for 20 minutes

Maderia cake

12 lbs of Flour
7 lbs " Margarine
4 " " Sugar
12 eggs

8 oys of Baking Powder.
Water as required

Lemon essence and Egg Powder
Method.

This is prepared the same as Queen cakes and is also the foundation of all cakes. The ingredients above are also for the following:- Seed cake plus 3 oys of caraway seeds. Cherry cakes plus 2 lbs of cherries. Sultanas and Raisin plus 4 lbs of each. Coconut cake plus 1 lbs of desicated coconut.

Scone Dough.

12 oys of Flour
1 " " Baking Powder
3 " " Fat
approx 3 pt of Milk + Water
3 oys of Sugar.

Coconut Buns.

2 lbs of Fat
1 1/2 " " Flour
3 oys " Baking Powder
6 oys " coconut.

Coconut Buns.

Method.

* Cream fat and sugar and eggs one at a time, add dry ingredients with half of your coconut. Mix with little milk till moist, roll dough in small balls place in tray of the remaining coconut and press flat.

Fig Biscuits

8 oys of Butter
6 " " Sugar
12 " " Flour
3 eggs.

Method. Cream Sugar and Butter add beaten eggs one at a time add Flour & any essence.

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Fig Biscuits

Mince figs and form a roll and place on pastry, egg wash one side and roll pastry over fig roll, cut in 3" pieces and bake in fairly slow oven.

Hamburga Roast for 100 men

30 lbs of Beef 3 lbs of carrots
3 lbs of onions 4 lbs of bread
2 oys of sage 4 qts of brown sauce
1 lbs of larding 2 oz of Salt & pepper
to taste.

Method. Fry onions without colouring
soak bread & press out all water
pass meat bread, cooked carrots

through fine mincer correct
seasoning, add cold onions.
Divide into sections, roll in
sausage shape. Place in greased
tins, bake with a little hot fat
in a moderate oven for 1 hour
Slice and serve with brown gravy.

Pastry Filling for Bakewell Tart.
24 lbs of Flour
18 oys " B Powder
6 lbs " Sugar
12 " " Fat
50 eggs
16 pt of milk

continued over page.

cream sugar and fat add eggs two at a time, mix into flour and B Powder, while adding milk. Bake in moderate oven. Makes a good cake mixture.

Paste for Sausage Roll.

30 lbs of Flour
18 " " Dripping
8 gs Salt
approx 5 pt of water

Braised Beef & Veggies.

37½ lbs of Beef (unprepared)
14 " " onions
14 " " carrots
12 " " Turnips

10 qts of Brown Stock 2 lbs of Flour
1 lb " " dripping
4 oys " Salt.

Method. Take topside, Thick flank or other similar joint, cut into joints 8-10. Roast the meat to a golden brown colour in a hot oven, add veges which have been cut into a slice. Sprinkle the flour on to the veges, allow flour to cook for 3 or 6 minutes until brown add stock to half height of meat bring to boil and place in oven braise until cooked. Slice the meat arranged in dish with veges cover with the sauce.

Vienna Steak

20 lbs of (prepared) Minced beef (raw)
6 " " Bread crumbs
6 " " Cooked Savoury Rice
3 " " Onions
2 qts Salt (Chop onions & allow
1/4 " pepper (Stew allow to cook)
2 lbs Dripping
1 gallon Brown Sauce.

Method Prepare steaks by mixing the
minced Raw beef with onions bread crumbs
salt pepper add cooked Rice. Mould into
a 100 portions with little flour

Fry off in hot dripping and finish
cooking in oven. Serve with brown
sauce and fried onions.

Cottage Pie

37 1/2 lbs of meat. or 20 lbs of cooked & prepared
6 " " onions
1 " " Margarine
1 " " Dripping
50 " Potatoes
4 qt " Brown Sauce.
2 lbs " Bread crumbs.

Method Chop onions finely heat the dripping
& fry the onions lightly without taking colour
Add meat (coarsely minced) season with
pepper & salt. Bind with a little of the
sauce & bring to boil. Place into Baking
trays or pans, cover them with dry ~~Bread~~
Potatoe mashed smooth over & sprinkle with
Breadcrumbs, melted margarine & bake a
golden brown in quick oven.

Preserved Beef Fritters

35 lbs of Preserved Beef.

Batter for frying.

7 lbs of flour 2 oys of Baking Powder

1 oys of sugar 1 " of salt

water as required $\frac{1}{2}$ pt of frying oil or dripping

Paste with Filling.

35 lbs of flour

6 " sugar

12 " Fat

6 oys " salt

approx 15 pt of water

40 lbs of ^{sweet} cooked potatoes

5 lbs of Saltamers

Bake Well Tart

Paste.

30 lbs of flour

12 " Fat

3 lbs of sugar

approx 15 pt of water

Filling

24 lbs of flour

18 oys of Baking Powder

6 lbs of sugar

12 " Fat

4 8 eggs

1 6 pt of milk.

Spice Buns

10 lbs of Flour
12 oz " Baking Powder
4 lbs " Fat
4 " " Sugar
6 oys " Spice
8 eggs
4 pt of milk.

Raspberry Buns

8 lbs of flour
3 " " Butter
3 " " Sugar
8 Eggs
6 oys of Baking Powder

Pickled Onions

3 gallons of peeled Onions
1 $\frac{3}{4}$ gallons or 10 bottles of Vinegar
Handful of spice
1 lb of Golden Syrup.
Add a little water if needed.

Method

Bring liquid mixture to boil and pour on the onions, enough to cover.

Salt onions over night and wash off before adding vinegar

Biscuit Dough.

8 lbs of Flour
5 " " Butter
3 " " Sugar
1 " " Eggs.

Sponge

1 lbs of sugar
1 " " Eggs.
1 " " Flour
1 oz " Baking Powder.

Middle East Ration

commodity Mon Tues Weds

				Scale	Fresh			
				Thur	Frid	Sat	Sun	
Bread		12 oys	12 oys		12 oys	12 oys	12 oys	12 oys
Onions	6 $\frac{2}{3}$ oys
Potatoes	8 "	8 "	8 "		8 "	8 "	8 "	.
P.B.Ls.	4 $\frac{1}{3}$ "	4 "	.		4 "	.	.	.
Rice	.	.	.	7 "
Fresh Veggies.	10 $\frac{1}{2}$ "	10 $\frac{1}{2}$ "	10 $\frac{1}{2}$ "	10 $\frac{1}{2}$ "	10 $\frac{1}{2}$	10 $\frac{1}{2}$	10 $\frac{1}{2}$	10 $\frac{1}{2}$
" Meat WI	10 "	10 "	10 "	10 "	10 "	10 "	10 "	10 "
Frozen "	8 "	8 "	8 "	8 "	8 "	8 "	8 "	8 "
Boneless	6 "	6 "	6 "	6 "	6 "	6 "	6 "	6 "
Butter	1 $\frac{1}{2}$ "	1 $\frac{1}{2}$ "	1 $\frac{1}{2}$ "	1 $\frac{1}{2}$ "	1 $\frac{1}{2}$	1 $\frac{1}{2}$	1 $\frac{1}{2}$	1 $\frac{1}{2}$
Cheese	.	2 $\frac{1}{4}$.	.	.	3	.	.
Fresh Fish	6 "	.	.	.	6.	.	.	.
Bacon	Turned
Salad	as per
Fruit

Continued

over the
Page.

Continued Mon Tues Wed

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sardines							
Salmon			3 oys				
Herrings or Pilch.							
Meat Pressed							
b & S Oil			5 pbs				
eggs	2			2		4	
Bacon or BP		$\frac{1}{3}$ oys					
Fruit dried	1 $\frac{1}{2}$ oys		2 oys				
Jam		2 oys				4 ..	
Marmalade			2 oys	2 ..		2 oys.	
Syrup.	1						
Milk Turned	2 "	2 "		2 "		2 "	4 "
Oatmeal	3 "						
Tea	$\frac{1}{2}$ "	$\frac{1}{2}$ "	$\frac{1}{2}$ "	$\frac{1}{2}$		$\frac{1}{2}$	1 "
Mustard + Pepper			$\frac{1}{100}$ "				
Milk Fresh	$\frac{1}{4}$ "	$\frac{1}{4}$ "	$\frac{1}{2}$ "	$\frac{1}{4}$ "		$\frac{1}{4}$ "	$\frac{1}{4}$ "
	continued	over		the	Page		$\frac{1}{4}$ oys.

continued

	Mon	Tues	Wed	Thurs	Frid	Sat	Sun.
Salt							
Sugar	3 oys	3 "	3 oys	3 oys	3 oys	6 oys	
Biscuits	10 $\frac{1}{2}$ "						
Fruit Fresh	4 "	4 "	4 "	4 "	4 "	4 "	4 oys.
Flour	8 "						
Pies				1			
Cigarettes	50						
Matches	2 Boxes						

Mess Tin Cooking

- 1, Vienne Steak, Lyonnaise & Steamed Potatoes.
- 2, Scotch eggs, Brown Sauce, Chip Potatoes
- 3, Brown Stew, Cauliflower, Augratin Boiled "
- 4, Curry Rice, Mashed Potatoes & Cabbage.
- 5, Hamburg Roast, Espagnole, Dance Roast Potatoes
- 6, Grilled Cutlets, Robert Sauce, Chip "
- 7, Rolled Beef Dumplings, Carrots Boiled "
- 8, P/Meat Fritters, Piquante Sauce Brained Bally "
- 9, Cornish Pasties, Brown Sauce, Saute Potatoes
- 10, Beef Rissoles Espagnole sauce saute "
- 11, Fish " Mustard " Mashed "
- 12, Roast Meat, Roast Potatoes Gravy.
- 13, Rice & Cheese Fritters Brown Sauce.
- 14, Baked Rice & P/Meat Rolls. Robert Sauce.
- 15, Biscuit Porridge, Baked Beans Fried Sausages.

- 16, Rice Augratin Savory mince
- 17, Braised Beef & Noodles.
- 18, Meat Taggots Saute Potatoes
- 19, Sausages Rolled Brown Sauce Mashed potatoes
- 20, Steak Pudding Veges Mashed Potatoes

Sweets

- 1, Rock Buns
- 2, Bread & Butter Pudding
- 3, Biscuit Pudding
- 4, Dough Nuts
- 5, Short Bread.
- 6, Rice Custard
- 7, Apple Turnovers.
- 8, Scotch Pancakes.
- 9, Raspberry Buns
- 10, Cheese Straws
- 11, Bakewell Tart.
- 12, Madeira cake.
- 13, Ginger Bread
- 14, Bread & Jam Fritters
- 15, Rice Caramel
- Puddings

Battle & Vehicle

Commodity	Mon	Tues	Wed
Biscuits	12 oys	12 oys	12 oys
Meat Roasted	12 "	12 "	12 "
Salt	½ "	½ "	½ "
Tea	¾ "	¾ "	¾ "
Cheese	1 "	1 "	1 "
Milk Turned	2 "	2 "	2 "
Sausages	4 "	4 "	4 "
Jam	2 "	2 "	2 "
Sugar	3 "	3 "	3 "

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Ration	Thur	Frid	Sat	Sun
	12 oys	12 oys	12 oys	12 oys
	12 "	12 "	12 "	12 "
	½ "	½ "	½ "	½ "
	¾ "	¾ "	¾ "	¾ "
	1 "	1 "	1 "	1 "
	2 "	2 "	2 "	2 "
	4 "	4 "	4 "	4 "
	2 "	2 "	2 "	2 "
	3 "	3 "	3 "	3 "

Train Ration.

Commodity	Daily
Biscuits	12 oys
Bread	16 "
Cheese	3½ "
Margarine or B.	1 ½ "
Salmon	5 "
Fresh Fruit	4 "
Meat Pressed	8 "
Sugar	3 "
Milk	2 "
Tea	5/8 "
Jam	2 "

Preservation of Vitamins in Vegetables

All green vegetables possess two vitamins namely B and C, which are the essential for the purifying the blood, to keep the soldiers healthy under active service conditions. Green veges are often unobtainable and if a man carried these green vegetables over a long period he becomes subject to a great number of skin complaints which are difficult to heal, even when veges are easily procurable the vitamins contents are very often destroyed through the following causes. 1 Bad storage in a damp place where there know free

circulation of air.

162 Soaking for a long period in water.

163 Ergones which becomes active during cutting up of veges or if they are bruised.

164. Over cooking whereby the vitamines are strained away.

165 They are destroyed by the addition of carbonate of soda or washing soda but are kept stable by the addition of weak acid.

Treatment of Dried Pulses.

Under this heading comes all dried. Beans Peas Lentils of veges which have been dried and get this maximum amount of quantity and quality out of them they should be soaked in water over night so that it can penetrate the starch cells and render them easy for cooking

Espagnole Roux.

The espagnole sauce or sauce is prepared by placing bones in an oven and cooking them to deep

Insulated Cookery Chart.

~~How > Soaking Time Boiling Hours after Boiling~~
Irish Stew & Dumplings for 100 men. Bring to
boil. add ~~dumplings~~ and boil
for further 8 minutes. Time in hours
3 hours.

~~Ham & Bacon for 100 men. Soak 12 hours Boil 30 minutes~~
Steamed Steak " " "

18

Hydro Burner & Components.

The Hydro Burner is designed for company cooking and can be used for a maximum of 120 tations to each complete unit. It consists of Hydro Burner which is two parts namely the Petrol Tank and the Burner Unit. The petrol tank is fitted with a filler cap a pressure gauge which registers 60 lbs pressure per square inch. It also has an air inlet valve to which is connected a pump necessary to bring the petrol under pressure. There is also a stop cock at the rear of the tank which controls the flow of petrol to the burner unit which consists of a vaporizing ring leading to the

jet from which the petrol issues from in operation. To operate the Burner the following process is adopted. Firstly open the air inlet valve to make sure petrol is not under pressure close stop cock and then remove filler cap and fill with petrol $\frac{3}{4}$ full. Replace cap connect foot pump open air release valve and pump up pressure not exceeding 20 lbs. close air inlet valve and remove foot pump open stop cock slightly to feed vaporizing ring then close it and light the petrol. When burner begins to roar gradually open stop cock to the full replace foot pump and bring

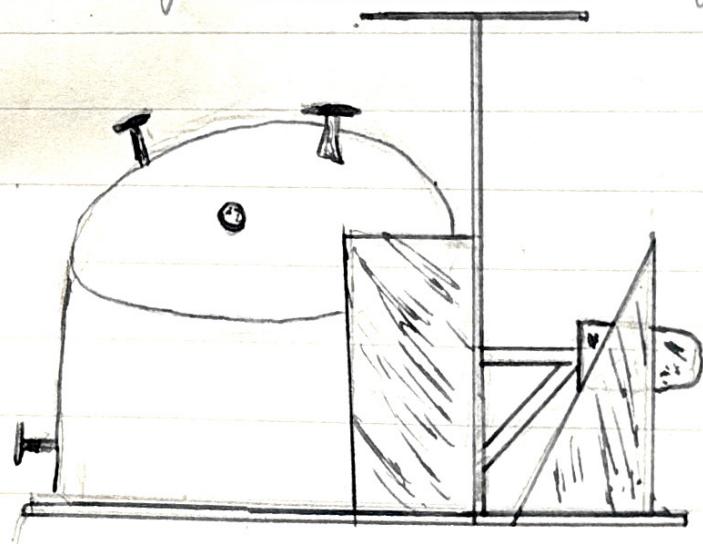
pressure up to 50 lbs.

Safety Precautions

Never operate in a small confined space. Never refill while the burner unit is going and make sure a utensils are placed well away from the burner before lighting. Bear in mind that petrol is more explosive than dynamite.

The components of a Burner are 5 Hot Plates, 5, 6 gallon Containers 5 Stands 5 Frying pans. Kit of Tools 1 foot pump. The object of using Hydro Burner & Hot Boxes is this. By bringing food to the boil on the Burner and leaving it there for allotted time stated in chart

then immediately the time is up put the food in the insulators the heat is conserved to such a degree that the food is continuing cooking. Is easily transportable and can be eaten at the end of a 2 or 3 hours depending on the article being cooked



Hydro Burner.

Principles of Cookery.

- 1 Boiling
- 2 Poaching
- 3 Braising
- 4 Roasting
- 5 Frying. Shallow & Deep.

1 Boiling Method Adopted has been the most suitable one to cook the food. Bear in mind the fact that all green vegetables should be placed in rapidly Boiling Water whereas all Root-vegs must be started off in cold.

2 Poaching. Liquids which is used is just under boiling point, the season

for adopting this principle is that the food which is being Poached is of a delicate structure and rapidly Boiling would spoil it

3/ Frying. is a combination of Boiling and Roasting. Method by which the meat is subjected to a sharp dry temperature for the first 15 minutes with the object of closing the pores and keeping in the goodness. The heat is then lowered and the meat allowed to cook.

Time approx 1/2 an hour to every 1 lb of meat

Frying Shallow

The container used is covered with just sufficient fat to cover the bottom

Frying Deep.

By this method an amount of fat is used which is more than enough to cover the food to be cooked

Poux Brown & White.

Poux is a mixture of Flour and Fat
3 parts of Flour to 1 of Fat.

Brown Poux, The mixture is after the fat is boiling add the Flour, and left in an oven or stove till it is

cooked.

White Roux is flour added to
Boiling Fat and left to cool off.

Brown Roux is used for thickening
all savoury stews etc.

White Roux can be used for
sweet sauces and savoury.

Capacity of a Milk Tin

Tea = 6 oys BPowder = 10 oys

Fine Sugar = 1 $\frac{1}{4}$ oys Currents Sultanas Peas : 10 "

Flour = 8 " Raisins = 8 "

Rough sugar : 12 " Beans : 12 "

Pear = 12 " Rice 1 $\frac{1}{2}$ "

continued on next page.

