

Food Bulletin, May 1946

The aims of this bulletin are :—

1. To circulate tested recipes.
2. To provide an information service on current food problems.
3. To answer enquiries in connection with food or catering.

NOTES ON DRIED MILK.

At present most of the dried milk supplied to hospitals is roller dried and differs from the spray dried milk thus :—

1. *Roller dried skimmed milk* can be reconstituted in two ways :—
 - (a) Sprinkle the powder on to lukewarm water and whisk (as for spray dried) ; or
 - (b) Mix the powder to a smooth paste with warm or cold water.

Either method is successful.

2. All dishes requiring milk, with the exception of junkets, can be made with roller dried milk in place of fresh or spray dried.
3. As roller dried milk forms a sediment on standing, it should be whisked well just before use. For the same reason, it is inadvisable to use roller dried milk in urns as the taps may become blocked with sediment.

Mixing the reconstituted milk with fresh, helps to prevent sedimentation.

Old or stale dried milk powder.

Many hospitals are finding difficulty in using dried milk which has hardened into a solid block. The following method of reconstitution has been found successful :—

1. Break up the block into small lumps.
2. Dry for $\frac{1}{2}$ -1 hour in a " hot cupboard " or *very* cool oven.

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3. Soak in *cold* water containing 1 teaspoonful of bicarbonate of soda to 1 gallon of water for 3-4 hours, or overnight.

4. Whisk thoroughly and strain before use.

Note.—Unless the dried milk is extremely hard, it is unnecessary to dry before soaking in water.

RECIPES

In view of the cut in the fat ration, the following recipes are included :—

PUDDINGS WITHOUT FAT

(All quantities for 100 portions, unless otherwise stated)

We are indebted to the London Hospital for permission to print recipes marked *

NEAPOLITAN MOULD

Method

10 pints milk
15 pints water }
2-3 lbs. dried milk }
1 $\frac{3}{4}$ lbs. custard powder
 or cornflour
1 $\frac{3}{4}$ lbs. flour
2-2 $\frac{1}{2}$ lbs. sugar
Flavouring and
 colouring

Reconstitute milk and mix with fresh. Blend sugar, cornflour and flour with a little milk and heat the remainder in a double pan. Strain blended mixture into the milk and stir well. Cook until thickened. Add flavouring and divide into 3, add cocoa to one portion, cochineal to another. Fill damped moulds with alternate colours. Turn out when set and decorate with Mock cream or fruit if available. For Mock cream recipe see below.

CABINET PUDDING (for 50)*

2 $\frac{1}{2}$ lbs. cake or bread
1 $\frac{3}{4}$ lbs. dried egg
1 $\frac{1}{4}$ lbs. dried fruit
 $\frac{1}{2}$ lb. sugar or 1 lb. if
 bread is used
10 pints milk, fresh or
 reconstituted

Dice cake or bread and half fill basins. Sprinkle with dried fruit. Thoroughly mix dried egg and milk; add sugar and pour over bread until basins are full. Cook slowly, standing in a tray of water for 1-1 $\frac{1}{2}$ hours, or steam.

PLUM SUMMER PUDDING (for 50)*

6 lbs. bread
8 oz. gelatine
4 lbs. plums (fresh or
 bottled)
2 lbs. syrup
4 pints water

Line basins with bread, having previously removed crusts. Dissolve syrup in water, add plums and cook until soft. Sieve plums and add gelatine. Fill basins with alternate layers of plum purée and bread (crusts may be used) finishing with a layer of bread. Allow to set, turn out and decorate with Mock cream.

SEMOLINA AND LEMON JELLY*

10 pints milk
15 pints water
2 lbs. dried milk }
1½ lbs. sugar
3 lbs. semolina
½ lb. dried egg
(optional)

Method

Reconstitute dried milk and mix with fresh. Cook semolina in milk and add sugar, cook until grains are softened, add reconstituted dried egg and cook for a further 10-15 minutes. Pour into shallow dishes and when cold pour over lemon jelly. Serve cold. (For jelly crystals recipe see below.)

BARLEY PUDDING WITH DATE MARMALADE

2½ lbs. barley flakes
15 pints water
2-3 lbs. dried milk }
10 pints milk
2 lbs. sugar

Reconstitute dried milk and mix with fresh. Pour over barley flakes, add sugar and stir. Cook in double pan or boiler. Serve with date marmalade made as follows :—

Date Marmalade

4 lbs. dates
2 lbs. golden syrup
1 pint water

Chop dates and stew with golden syrup and water until mixture thickens.

FRUIT BATTER WITH SYRUP SAUCE

6 lbs. self-raising flour
 1½ lbs. dried milk
 12 pints water
 ¾ lb. dried egg
 Salt
 4 lbs. sultanas or
 6-8 lbs. fresh fruit

Mix dry ingredients and sieve. Add water gradually and beat well. Make fat smoking hot in tins. Pour in batter and sprinkle over prepared fruit. Bake in a hot oven. Serve with syrup sauce.

Syrup Sauce

3 lbs. golden syrup
6 oz. custard powder
4 pints water

Blend custard powder with a little water. Add remainder to the syrup and heat. Add strained blended custard powder and cook until thickened.

TRIFLE

6 lbs. cake crumbs
10 lbs. fresh or bottled fruit
3 lbs. syrup or jam
8 pints sweetened custard

Stew fruit with jam or syrup and pour over cake crumbs. Mix well and leave to soak. Place in dishes, pour over custard and when cold decorate with Mock cream and fruit.

Mock Cream

BAKED CUSTARD

10 pints milk
6 pints water }
 $\frac{3}{4}$ lb. dried milk }
 $2\frac{1}{2}$ lbs. dried egg
 $1\frac{1}{2}$ lbs. sugar
3 lbs. sultanas, dates
or other dried fruit

Cover the bottom of pie dishes with roughly chopped fruit. Reconstitute the milk and mix with fresh, use some to reconstitute the egg. Heat the remainder and pour over the egg whisking well. Add sugar and pour over dried fruit. Sprinkle with nutmeg and bake in a moderate oven.



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JELLY SPONGE (We are indebted to the Royal Westminster Ophthalmic Hospital for this recipe)

Method

<p>1½ lbs. gelatine 4 bottles orange, lime or lemon cordial 1 oz. tartaric acid 4 lbs. sugar Cochineal or other colouring 3-4 lbs. stale sponge or madeira cake or sponge pudding 24 pints water</p>	<p>Dissolve gelatine in water and add sugar, tartaric acid, colouring matter and cordial, stir well. Dice the cake, add to dissolved gelatine. Mould, turn out when set and serve with Mock cream or custard.</p>
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MISCELLANEOUS RECIPES**MOCK CREAM***

4 pints water
½ lb. dried milk
2½ oz. dried egg
2½ oz. flour
2 lbs. dried milk

}

Make custard with reconstituted milk, egg and flour. Cool. Add dried milk and beat on a mixer until white. Sugar, vanilla essence or colouring may be added as required.

JELLY CRYSTALS*

3½ lbs. gelatine powder
1 flat teaspoonful dye
¾ oz. flavouring essence
9 oz. tartaric acid
24 lbs. granulated sugar

Mix all ingredients thoroughly.

FAT STRETCHER

Heat 6 lbs. margarine and beat in 2 lbs. milk powder. The resultant mixture may be used as fat for cooking.

An urgent problem in many hospitals at present is the provision of cooked breakfast dishes. If you have any recipes for breakfast dishes, we should be very pleased to include them in the next issues of this bulletin.

Recipes or enquiries should be addressed to :—

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