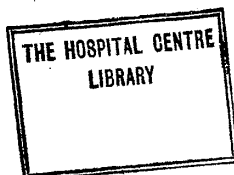


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CHRISTMAS 1950

This circular on Christmas catering has been compiled to assist hospitals during the Festive Season. Christmas is always a very busy time for the Catering Department and we hope the suggestions, ideas, etc. will help to make this year a happy event for both patients and staff.

Advice on any item not included, or special problem, will be given on request.

The suggestions are for full diets and do not include light or therapeutic diets for which separate arrangements should be made.

The planning and preparation for a successful Christmas must commence several weeks before the actual day, and it is important not to interfere with the normal smooth running of the Department.

With this in view, we have, after giving the menu for Christmas Day, detailed the necessary functions in the following order :-

1. Supplies
2. Kitchen Arrangements
3. Service Arrangements
4. Parties

24/26 London Bridge Street,
London, S.E.1.

November 1950.

CHRISTMAS DAY

PATIENTS

Breakfast.

Porridge, Cereal, or
Stewed fruit, figs, prunes, apples
Bacon and fried egg or boiled egg
Bread and butter.
Marmalade.
Tea.

Mid-morning

Ovaltine, Orange squash.
Sweet biscuits, Fruit

Dinner.

Cream of Tomato Soup
Roast Turkey, stuffing, chipolata
sausage, bread sauce.
Brussel sprouts, Baked parsnips.
Roast Potatoes, Game chips,
Creamed Potatoes.
Christmas pudding, Rum sauce.
Mince pies.
Assorted nuts.

Tea.

Christmas cake
Assorted pastries
Bread and butter
Jam. Fruit. Tea.

Supper (Cold).

Lamb Cutlet in aspic
Salad - Potato - Russian - Tomato
Decorated trifle, Mince pies, Jelly.

STAFF

Lunch

Cream of Celery
Lamb cutlet garnie
Brussel Sprouts.
Fondant Potatoes.
Cream Nesselrode.
Mince Pies - Jelly.

Dinner

Hors D'Oeuvres Varies
Roast Turkey, stuffing, chipolata
sausage, bread sauce
Brussel sprouts. Parsnips.
Christmas pudding, Brandy butter
Decorated trifle - Mince Pies
Assorted nuts.

1. SUPPLIES

The estimated requirements of all commodities must be worked out and orders placed in good time to ensure delivery.

(i)

Groceries

Icing sugar and brown sugar will both be required and these will have to be allowed for when ordering the normal supply of sugar. Allow 5 lbs. per 100 for Icing Sugar, and 8 lbs. per 100 for Brown Sugar

Ground Almonds - allow $2\frac{1}{2}$ lbs. per 100 persons

Raisins (in short supply) - allow 15 lbs. per 100

Currents - allow 20 lbs. per 100; 30 lbs. per 100 if raisins are unobtainable.

Sultanas - allow 20 lbs. per 100; 30 lbs. per 100 if raisins are unobtainable.

Peas - allow 10 lbs. per 100.

Suet - allow 4 lbs. per 100. (Fresh suet is the best if obtainable).

Eggs - Fresh eggs are on allocation and will be required for the breakfast meal.

Dried Eggs - allow 3 lbs. per 100.

Spice - allow $\frac{1}{2}$ lb. per 100.

(ii)

Poultry

It is important to place orders for poultry early. Allow 6 ozs. per head or $37\frac{1}{2}$ lbs. per 100 persons. It is not always possible to obtain the exact weight of poultry required and it is far better to have a few pounds overweight than run short during the service.

(iii)

Miscellaneous

Items such as d'oyloys, serviettes, waxed cartons, crackers, trifle cases, cake frills, will add colour and individuality to the meals.

Ensure that there is an adequate supply of such items as cake tins, pudding basins, piping bags, string, greaseproof paper, pudding cloths etc.

2. KITCHEN ARRANGEMENTS

(i)

Dried fruit will be required for several items and this can be cleaned in bulk and stored ready for use.

Cleaning the Cake and pudding fruit

Turn out the fruit on a sheet of greaseproof paper, pick over, remove stalks and stones. Sprinkle with flour and rub over a sieve. Store in a tin until required.

If raisins containing seeds are used they must be cleaned and stoned by hand.

(ii)

MINCEMEAT

The making of mincemeat should be commenced as soon as possible, and stored ready for use.

100 Persons

Method

- | | |
|--|---|
| * 1 lb. Raisins | 1. Clean and pick fruit thoroughly. |
| 1 lb. Currants | 2. Place all the dry ingredients into a mixing bowl. |
| 1 lb. Sultanas | 3. Add the juice of the well squeezed orange and lemon. |
| 1 lb. Mixed Peel | 4. Mix all together. |
| $\frac{3}{4}$ lb. Brown Sugar | 5. Place into jars, seal, use as required. |
| $1\frac{1}{4}$ lbs. Chopped Suet | |
| $1\frac{1}{2}$ lbs. Chopped raw apples | |
| 1 Lemon | |
| 1 Orange | |
| $\frac{1}{2}$ oz. Mixed Spice | |

* if unobtainable increase by
 $\frac{1}{2}$ lb. both currants and sultanas.

(iii)

CHRISTMAS PUDDING

The making of the puddings is another item which can be finished well ahead of Christmas. Start with the cleaning of the fruit and the "laying by" of suet and good clean breadcrumbs. Ensure that the supply of pudding basins is adequate, and store the puddings in the basins in which they are cooked.

Pudding Basins

Well grease with clarified fat.
Fill the basins to one inch of the top with the mixture.

Pudding Cloths

Sprinkle with flour, before tying the cloth over the basin.

100 persons

3 lbs. Brown Sugar

3 lbs. Sultanas

3 lbs. Currants

*3 lbs. Raisins

2 lbs. Mixed Peel

3 lbs. Suet

1 lb. Apples

2 lbs. Breadcrumbs

2 lbs. Flour

3 Oranges

12 Eggs, or 6 ozs. Dried Egg

$\frac{1}{2}$ oz. Salt

1 oz. Spice

Grated Nutmeg

*if unobtainable increase by
 $1\frac{1}{2}$ lbs. both currants and
sultanas.

2 pints Stout

$\frac{1}{2}$ wineglass Spirits.) optional, if unobtainable

(4 fluid ounces)) add 2 pints Milk

Method -

1. Clean and pick the fruit thoroughly.
2. Chop the suet with the flour
3. Place all the dry ingredients into a mixing bowl.
4. Add the chopped apples.
5. Squeeze and strain the oranges, add to the mixture.
6. Add the eggs, beer and spirits, mix well together.

Place into well greased basins, cover with greased greaseproof paper, tie with a pudding cloth. Boil or steam for eight hours. Reheat for service by steaming for one hour.

(iv)

CHRISTMAS CAKE

This will be all the better for a few weeks storage. as unlike other cakes it is very rich in fruit, fat and sugar content.

The provision of a separate Christmas Cake for each Ward is suggested, as they are always well received by the patients, and are easier to produce than the larger sized cakes. A simple design, wording and colour should be the aim, and detail confined to a Christmas greeting and number or name of the Ward.

Charging the Cake Tin Lightly grease the tins, line with greaseproof paper, ensure that the paper is at least two inches higher than the tin.

100 persons

5 lbs. Margarine
5 lbs. Sugar
8 lbs. Flour
18 Eggs or
9 ozs. Dried Egg
4 lbs. Currants
4 lbs. Sultanas
1 lb. Mixed Peel
2 ozs. Mixed Spice
 $\frac{1}{2}$ pint of Milk

Method

Clean the fruit as directed. Cream the margarine and sugar together until the consistency of cream, add $\frac{1}{2}$ lb. of flour, add the eggs one at a time beating well. Mix the flour, spice and cleaned fruit together, add to the mixture, moisten with the milk. Place into prepared cake tins, halfway up the tin, smooth and flatten the surface with a little milk. Bake in a moderate oven 320°F.

This mixture will be sufficient for four 5 lb. cakes

Marzipan can be added later, coat the cake well with a little melted jam so that the marzipan will adhere to the surface of the cake.

MOCK MARZIPAN

Method

3 lbs. Milk Powder
2 lbs. Castor Sugar
8 ozs. Margarine
4 Egg Yolks
Almond Essence

Beat the margarine and sugar to a cream add the egg yolks, add the milk powder, knead well, flavour with a little Almond essence.

MARZIPAN

Method

2 lbs. Ground Almonds
3 lbs. Sugar
6 Egg Yolks
Almond Essence

Mix the sugar and ground almonds together, make a bay in the centre, add the egg yolks, mix and knead well, flavour with a little Almond essence.

This should be followed by the first coating of icing to keep out the air.

ROYAL ICING

Method

3 lbs. Icing Sugar	Well beat the egg whites, add half
4 Egg Whites	of the sugar, beat well, add the
1 teaspoonful Acetic Acid	remainder of the sugar and a little
or Lemon Juice	blue colouring, mix well.
Blue Colouring	Coat the cake with the icing using a
	broad bladed palette knife.

The final decorative touches should be completed just before Christmas.

(v)

TURKEY

Trussing. The sinews of the legs should be drawn by pulling. Cut round the dark skin between the leg and foot joint, break and twist. The sinews will then be exposed. Place them over a meat hook or similar object and pull downwards.

Make a clean cut across the neck just in line with the shoulders at the back of the bird. Remove the head and neck using the blade of the knife.

Remove the crop by placing the left thumb down the side of the bird and the right thumb under the crop. Work the index finger round the cavity and loosen the heart and lungs. Lift the skin at the crop and scrape the wishbone sharply with a knife, remove the wishbone. (This will facilitate carving.)

Set the bird breast upwards, make a small incision cutting round behind the vent, withdraw the internal organs.

Sew with string through the thick part of the wing and then the thin part, follow through the other wing in the reverse order. Draw tightly and fasten.

Pass the string through the legs below the bone and tie underneath the body.

If the bird is to be stuffed a fairly firm sausage meat should be used, place in the neck end and secure by fastening the skin with a skewer.

Stuffing

2 lbs. Sausage meat
7 lbs. Breadcrumbs
2 lbs. Onions
1 lb. Suet (or dripping)
4 ozs. Parsley
1 oz. Thyme
4 Eggs
Salt and Pepper.

Method. Finely chop the suet in a little flour. Chop the onions. Parsley. Mix all the ingredients well together with the well beaten eggs. Make into long thin rolls, wrap in well greased greaseproof paper and place in the steamer to cook. When cooked remove paper slice into thin oval pieces.

Chestnut stuffing

3 lbs. Chestnuts
1 lb. Celery
5 lbs. Sausage meat.
4 ozs. Parsley
2 Eggs
Salt and Pepper
Grated nutmeg

Method. Score the chestnuts with a knife, blanch in boiling water remove the skins. Finely chop the celery, place in a pan with the skinned chestnuts, cover with stock, bring to the boil, simmer until tender. Strain. Add the cooked celery and chestnuts to the sausage meat, add chopped parsley, eggs, nutmeg and seasoning. Mix well. Place the mixture into greased trays, bake in the oven. Approximate time: one hour.

Cooking. Season the bird, place in a roasting tray on its side. Coat well with dripping. Place in a moderate oven then lower the temperature. Baste frequently during cooking and finish with the breast uppermost. Allow $1\frac{1}{2}$ hours for 12 lb. bird; 2 hours 15 lbs. bird; 3 hours for a bird of over 20 lbs.

Gravy. Remove the bird from the tray, gently pour off the fat. Heat the contents of the tray to a temperature which will evaporate the moisture and leave behind a substance resembling meat extract. Care should be taken not to let it burn. Add stock to make a sufficient quantity of gravy; $\frac{3}{4}$ of a gallon for 50 people. Bring to the boil, thicken very slightly with a little diluted cornflour, correct the seasoning. Strain.

Carving. Place the turkey on a carving board, neck end towards you, remove the legs. Thinly carve the breast and legs. Place on serving dishes or plates in portions allowing sliced dark and white meat for each portion.

(vi)

ROAST CHICKEN

Similar procedure as for Turkey, serve with gravy and bread sauce.

Time according to size (15 minutes per lb.) $3\frac{1}{2}$ lbs. to 4 lbs. approximately 45 minutes.

(vii)

- 9 -

ROAST DUCK

Ducks similar to Roast Chicken, time according to size (15 minutes per lb.) 3 lbs. to 4lbs. approximately 45 minutes.

Serve with sage and onion stuffing and apple sauce.

Sage and Onion Stuffing

100 persons

Method

8 lbs. Breadcrumbs	Finely chop the onions, melt the
4 lbs. Onions	dripping, sweat the onions without
4 oz. Parsley	colouring. Add the sage and stock
2 lbs. Dripping	bring to the boil. Add the bread-
2 Qts. Stock	crumbs, chopped parsley and seasoning
3 oz. Sage	mix well, bring to the boil, stirring
Salt	well.
Pepper	

(viii)

ROAST GOOSE

Similar procedure as for Turkey.

Cooking time (15 minutes per lb.) according to size.
Bird 10 lbs. to 12 lbs. approximately $1\frac{1}{2}$ hours.

Serve with sage and onion stuffing (see Roast Duck) and apple sauce.

(ix)

ROAST PORK

Score the skin with the point of a sharp knife, making a series of incisions $\frac{1}{8}$ of an inch deep.

Place the joints into baking trays, sprinkle with salt, coat with dripping and place in a hot oven for twenty minutes to seal the pores of the meat. Reduce the temperature and continue cooking, basting frequently. Allow twenty minutes to the pound plus twenty minutes for large joints

Gravy. Remove the joint from the tray, gently pour off the fat. Heat the contents of the tray to a temperature which will evaporate the moisture and leave behind a substance resembling meat extract. Care should be taken not to let it burn. Add stock to make a sufficient quantity of gravy; $\frac{3}{4}$ of a gallon for 50 people. Bring to the boil, correct the seasoning. Strain.

Serve with sage and onion stuffing (see Roast Duck) and apple sauce.

(x)

Sauces

(a) Apple Sauce Serve with Roast Duck, Goose and Pork.

100 persons

Method

12 lbs. Apples
1 lb. Sugar
3 Cloves
 $\frac{1}{2}$ gallon of Water

Wash the apples, cut into pieces, place in a saucepan with the water and cloves, boil until cooked. Press through a sieve, add sugar, return to saucepan and re-boil

(x) . . .

Sauces (contd.)

(b) Bread Sauce. Serve with Roast Turkey and Chicken.

100 Persons

Method

4 quarts of Milk
1 lb. Onions
 $\frac{1}{4}$ oz. Cloves
2 lbs. Breadcrumbs
 $\frac{1}{2}$ lb. Margarine
Pepper and Salt

Place in a saucepan the milk, onions and cloves (pierce the cloves into the onion) and bring to the boil slowly. Simmer for 15 minutes. Remove the onion and cloves, add the breadcrumbs. Stand on a warm part of the stove for 10 minutes to allow the breadcrumbs to absorb the milk. Bring to the boil and stir in the margarine.

(c) Cranberry Sauce Serve with Roast Turkey.

100 Persons

Method

6 lbs. Cranberries
2 lbs. Sugar
 $\frac{1}{2}$ gallon of Water
 $\frac{1}{2}$ lb. Cornflour

Wash the cranberries, place in a saucepan with $\frac{3}{4}$ of the water, boil on the stove, add the sugar. Dilute the cornflour with the remainder of the water, add to the pan and thicken. Press through a sieve, re-boil, serve.

(d) Rum Sauce. Serve with Christmas Pudding.

100 Persons

Method

2 gallons of Milk
 $1\frac{1}{2}$ lbs. of Sugar
1 lb. Cornflour
Rum or Rum essence

Dilute the cornflour with a little milk. Boil the remainder of the milk, thicken with the cornflour, add sugar, re-boil. Flavour with rum essence. If spirit is used add just before serving.

OR

(e) Brandy Butter

Method

$\frac{1}{2}$ lb. Butter
 $\frac{1}{2}$ lb. Icing Sugar
Half a wineglass
of Brandy

Beat the butter and sugar together until a creamy consistency, add the spirit slowly stirring all the while. Serve as cream.

(xi)

CREAM.

Cream will be required quite often during the Christmas period. If this is made in large quantities it should be whisked in the mixing machine. Always store in a refrigerator or cold room.

(a) Lock Cream.

Method

4 tins Evaporated Milk
6 oz. Gelatine
 $\frac{1}{2}$ pint Water
4 oz. Sugar
Vanilla essence

Place the tinned milk in the refrigerator overnight. Dissolve the gelatine in the water. Open the tins of milk, empty into a basin, add the soaked gelatine and water, whip, add the sugar, continue whisking until a thick consistency, add a few drops of vanilla essence.

(b) 2 lbs. Margarine
2 lbs. Icing sugar
1 tin Evaporated Milk
Vanilla essence

Cream the margarine and sugar together until a white creamy texture. Add the milk slowly whisking well, add a few drops of vanilla essence.

(c) 6 tins Evaporated Milk
Vanilla essence

Boil the unopened tins of milk for twenty minutes. Remove, allow to cool. Place in the refrigerator over-night. Remove the contents from the tins, whisk well, flavour with essence to taste.

Synthetic Cream (1 gallon).

$\frac{3}{4}$ gallon water
6 oz. Cornflour
 $3\frac{3}{4}$ lbs. Margarine or
White cooking fat
5 Egg yolks
3 lbs. Milk powder

Make a paste of the cornflour and a portion of the water. Boil the remainder of the water, add the cornflour paste and cook until it thickens, cool the mixture. Whisk in the powdered milk gradually. Pour in the melted fat slowly, stirring well. Allow to stand 15 minutes, whisk in the egg yolks. Place the mixture in the refrigerator or cold room overnight. Whip to consistency of cream, add sugar.

(xii)

SOUPS.

(a) Tomato Soup.

100 persons.

25 Qts. White Stock
4 lbs. Flour
3 lbs. Carrots.
2 lbs. Tomato Puree
1 lb. Dripping
3 lbs. Onions.
2 lbs. Bacon bones.
4 oz. Salt.
 $\frac{1}{2}$ lb. Sugar.
 $\frac{1}{2}$ Pint Vinegar.

Method.

Clean the vegetables and cut into one inch dice. Fry off with the dripping and bacon bones without colouring. Add the flour and tomato puree, moisten with the stock. Bring to the boil, season, skim and simmer approximately two hours. Boil the vinegar and sugar together, add to the soup. Pass through the strainer, correct the seasoning, re-boil, serve as required.

(b) Cream of Celery.

25 Qts. White stock.
4 lbs. Onions.
8 oz. Margarine.
8 lbs. Celery.
8 lbs. Potatoes.
1 lb. Cornflour.
1 Qt. milk.
4 oz. Salt.

Method.

Clean the vegetables, and cut into one inch dice. Add the stock, bring to the boil simmer approximately two hours. Dilute the cornflour with the milk add to the boiling soup. Add margarine. Pass through the strainer correct the seasoning, re-boil, serve.

(c) Cream of Asparagus.

25 Qts. white stock
1 lb. Leeks.
 $\frac{1}{2}$ lbs. Onions.
8 lbs. Asparagus stalks.
8 lbs. Potatoes.
1 lb. Cornflour.
8 oz. Milk Powder.
1 Qt. Milk.

Method

Clean the vegetables and cut into one inch pieces, add the stock, bring to the boil, simmer. Dilute the cornflour with the milk and milk powder, add to the boiling soup. Season. Pass through the strainer. Serve.

(xiii)

Lamb Cutlet Garnie.

100 persons.

100 Cutlets
1 lb. Flour.
4 lb. Breadcrumbs.
Eggwash.
Seasoning.
2 lbs. Dripping.

Method

Remove the surplus fat from the cutlets, season, pass through the flour, eggwash and breadcrumbs. Flatten with the back of a blunt knife. Heat the dripping in the pan, shallow fry the cutlets slowly until cooked. Serve with a half grilled tomato and a spoonful of cauliflower masked with cheese sauce and grilled, a few straw or saute potatoes and a sprig of watercress.

(xiv)

COLD DISHES

(a) Ham

Soak the hams overnight in plenty of clean cold water.

Drain off the water, place in the pan, cover with cold water and bring to the boil, skim, lower the temperature to simmering point.

Allow 15 minutes per lb. plus 15 minutes for larger sized joints - approximately three hours for a ham of 12 lbs. to 14 lbs.

It is usually better to remove the bone, roll and tie the hams before soaking if they are to be machine-sliced when cold.

(b) Lamb Cutlets in Aspic

100 persons

25 lbs. Best end Lamb
1 gallon Brown Stock
12 oz. Gelatine
10 lbs. Tomatoes
3 tins Macedoine of
Vegetables
 $\frac{1}{2}$ pint Vinegar
2 oz. Salt

Method

Remove the skin and excessive fat from the meat, mark the fat with the point of the knife in a series of crosswise shallow incisions. Season, coat with a little dripping, place in baking tins to roast. When cooked remove from the tin and allow to cool. Cut the cutlets into portions. Lay flat on a clean tray. Dissolve the gelatine add to the warm stock, add vinegar, reduce over a slow fire, allow to cool. Blanch the tomatoes in boiling water, remove the skins, cut in halves and remove the centre. Fill each half tomato with the strained vegetables. Mask each cutlet and tomato with the aspic, which should be just cool enough to set, forming a jellied surface. Serve on a bed of lettuce.

(c) Chicken Pie

100 persons

15 lbs. Boned Raw Chicken
5 lbs. Sliced Bacon
1 lb. Chopped Onions
2 oz. Salt and Pepper
2 oz. Chopped Parsley
 $\frac{1}{2}$ gallon of Stock)
8 oz. Gelatine) Jelly.

Method

Line the pie dishes with the slices of bacon, allowing at least three inches to overlap the sides. Arrange the chicken, onions and chopped parsley in layers with pieces of bacon in between. Season. Fold in the overlapping bacon. Three parts fill the pie dish with stock or water. Cover with a layer of puff pastry $\frac{1}{4}$ inch thick. Bake in a moderate oven for three hours. When cooked, remove from the oven and fill with jelly.

(xv)

HORS D'OEUVRES

This is a side dish or first dish composed of a variety of food items which should be of such a nature as to appeal to the palate and create enthusiasm for receiving the dishes to be served during the meal.

Each variety of food should be served in a separate dish, the whole presented for inspection and choice of the diner.

In large scale feeding such as hospital catering this is not always practicable, and it is generally better to present the Hors D'Oeuvres as an individual dish served on a small plate.

The following ingredients are suggested as being generally popular :-

Two or three crisp leaves of lettuce to form the base, a sardine, two thin slices of tomato, a small spoonful of Russian salad, a quartered or sliced hard boiled egg masked with a little mayonnaise, a little diced beetroot, a spoonful of potato salad, a gherkin or olive.

(xvi)

CREAM NESSELRODE

100 persons

Method

10 lbs. Chestnuts
2 gallons Milk
1 lb. Cornflour
2 lbs. Sugar
12 oz. Gelatine

Mark the chestnuts with a sharp knife with a cross. Place in boiling water five minutes, remove the skins. Boil the chestnuts, when cooked pass through the sieve. Boil the milk, add sugar, thicken with diluted cornflour, add the dissolved gelatine and chestnut puree. Place in moulds to set. When cold turn out, decorate with whipped cream.

(xvii)

ORANGE BASKETS

Select some good size oranges and with a sharp knife remove a thin slice of the peel from the top and bottom. Mark a thin line round the centre of the orange with the blunt edge of the knife. Pierce the orange with a thin pointed knife along the marked line in a series of incisions penetrating to the centre, separate each half of the orange, which will now have a serrated edge.

Remove the centres with a spoon and place in a basin. Press the pulp through a sieve, mix with a little cold thick custard add whipped cream and mix together. Pipe back into the shells in a decorated pattern, add half a glazed cherry to the centre of each.

Handles made of choux paste, a number of which can easily be made and cooked in one operation, can be inserted.

Sprinkle a little flour on a baking tray, stamp out impressions the size of the orange. Pipe a thin layer of choux paste around each circle. Bake in the oven. When cool cut in half and use.

(xviii)

MARZIPAN FRUITS

Properly made marzipan should be as smooth and plastic as potters clay and can be modelled into flowers and fruit quite easily. They should never be made too large, the size being roughly one sixth of that being imitated.

The use of culinary colouring such as saffron, cochineal or cocoa powder will make the items made appear quite lifelike (see No.4, Xmas Cake).

(xix)

PASTRY

(a) Puff Paste

100 persons

4 lbs. Flour
4 lbs. Margarine
 $1\frac{1}{2}$ pints of Water
Juice of half a Lemon
Large Pinch of Salt

Method

1. Sift $3\frac{1}{2}$ lbs of flour, rub in $\frac{1}{2}$ lb. of margarine, add water, salt and lemon juice, make a dough, work well (this is important).
2. Take the remainder of the flour and margarine. Mix together.
3. Roll out No.1 into an oblong shape. Place No.2 in the centre and fold into the shape of an envelope. Seal the edges pressing with a rolling pin.
4. Roll out gently, lightly pressing with the rolling pin into an oblong 18" x 9". Fold into three seal the edges. Turn the pastry to the left.
5. Repeat No.4. Allow to stand in the cold for half an hour.
6. Repeat No.4 twice more. Rest, Repeat the rolling two more turns, allow to stand, roll out and use as required.

(b) Mince Pies

100 persons

4 lbs. Puff Paste
2 lbs. Mincemeat
Icing Sugar

Method

Roll out the pastry $\frac{1}{8}$ " thick. Stamp out rounds with a $2\frac{3}{4}$ " circular cutter. Egg wash. Place a teaspoonful of mincemeat in the centre of each. Cover with rounds of pastry. Press the edges lightly. Egg wash and allow to stand 15 minutes. Bake in a hot oven 420° . When cool dust with icing sugar, serve.

(c) Cheese Straws

100 persons

2 lbs. Puff Paste
1 lb. Grated Cheese
Cayenne Pepper

Method

Roll out the pastry, cover with the grated cheese, sprinkle very lightly with cayenne pepper. Fold up and roll out $\frac{1}{8}$ " thick. Cut into pieces three inches wide and strips $\frac{1}{4}$ " wide. Twist, place on a baking tray and cook in a hot oven approximately 5 minutes.

(d) Sausage Rolls

100 persons

4 lbs. Short Paste
2 lbs. Sausage Meat

Method

Thinly roll out the paste, cut into pieces two inches wide, egg wash the edges. Roll the sausage meat into thin strips and lay on the pastry. Fold over and seal the edge. Mark the top of the paste with the back of the knife. Cut into pieces two inches long. Place on a baking tray, cook in a hot oven - twenty minutes

(e) Meringues

100 portions

1 pint of Egg Whites
3 lbs. Castor Sugar
Essence

Method

Whisk the whites to a stiff foam, gradually add one third of the sugar, add flavour, then mix in remaining sugar.

Pipe on to a tray covered with greaseproof paper (use no grease). Dry out in a cool oven (250°) without colouring. Approximate time 2½ hours.

(f) Eclairs and Cream Buns

100 portions

1½ pints of Water
1 lb. Margarine
1 lb. Flour
12 Eggs, or
6 ozs. Dried Egg

Method

Boil the Margarine and water together, remove from the heat, add the sifted flour mix well. Return the saucepan to the fire, cook, stirring well. When the mixture leaves the side of the pan, remove. Cool, add the eggs slowly beating well all the time. Pipe on to lightly greased and floured trays, using a forcing bag with large pipe, into strips two inches long, allow a space of two inches between each. Fork over gently. Bake in a moderate oven until dried out. (Approximately $\frac{3}{4}$ of an hour). When cooked, cool, slit and fill with cream. Coat with chocolate or coffee flavoured icing.

(g) Chocolate Gateaux

100 Portions

Method

30 Eggs, or 15 ozs.
Dried Egg
2 lbs. Castor Sugar
1½ lbs. Flour
4 ozs. Cornflour
4 ozs. Cocoa Powder
1 lb. Melted Margarine

Place the eggs and sugar in a mixing bowl, warm over a pan of boiling water five minutes stirring well. Add ½ lb. flour, whisk well together on the machine, add melted margarine. Sift the remainder of the flour, cornflour, cocoa together. Add to sponge, slowly stirring gently. Place in lightly greased and sugared tins. Bake in medium oven (380°).

(h) Chocolate Butter Cream

100 Portions

Method

1½ lbs Sugar
1 lb. Syrup
4 pint Water
2½ lbs. Margarine
3 Eggs
3 lb. Cocoa or
4 Melted Chocolate

Boil up the sugar, syrup and water quickly for seven minutes. Beat the eggs well in a mixing bowl, add the sugar solution slowly. Add the margarine and cocoa powder slowly. Beat until a velvety cream.

(i) Yule Logs

100 Portions

Method

12 Eggs, or 6 ozs.
Dried Egg
12 ozs. Sugar

2 ozs. Cocoa powder)
8 ozs. Flour)
2 ozs. Cornflour)

Beat the eggs and sugar until the consistency of a thick cream.

Sift the cocoa powder, flour, cornflour, together, fold into the mixture. Place in baking trays lined with lightly greased greaseproof paper. Bake in a hot oven, approximately eight minutes. Turn out, spread with butter cream, roll up. Cool. Cut a little off each end to form a log shape

1 lb. Margarine
1 lb. Icing Sugar
4 ozs. Cocoa powder

Cream the margarine and sugar together, add the cocoa powder, beat well. Cover the logs, side and ends, fork over, sprinkle with icing sugar, decorate.

(j) SPONGE GOODS

Swiss Roll

100 portions

24 Eggs, or 12 ozs. Dried Egg)
Sugar - 2 lbs.)
Flour - $\frac{3}{4}$ lb.)

Milk powder or milk - 9 ozs.)
Essence as desired)

1 lb. Flour)
4 oz. Cornflour)

Method

Whisk together for 20 minutes on mixing machine.

Add and mix into sponge.

Sift and mix lightly into sponge.

Spread out on baking trays, covered with lightly greased greaseproof paper sprinkled with sugar. Bake in hot oven (450°F.) Remove, spread with warmed jam, roll up.

(k) Sponge Sandwich

Method

100 portions

24 Eggs or 12 oz. Dried Egg)
Sugar - 2 lbs.)
Flour - $\frac{3}{4}$ lb.)

Milk powder - $\frac{3}{4}$ lb.)
Essence as desired)

Flour - 1 lb.)
Cornflour - 4 oz.)

Whisk together for 20 minutes on mixing machine.

Add, mix into sponge.

Sift and mix lightly into sponge.

Place in lightly greased and sugared tins. Bake in hot oven (400°F.) When cool, slit through, spread with jam and cream.

(1) (1) Apple Strudel

100 persons

Paste -

3 lbs. Flour
9 Eggs
 $\frac{1}{2}$ pint Milk
6 ozs. Margarine
Pinch of Salt

Filling -

7 lbs. Apples (thinly sliced)
2 ozs. Cinnamon
1 lb. Sugar
2 lbs. Currants
 $\frac{1}{2}$ lb. Margarine

Method -

Sift the flour, make a bay in the centre, add the eggs and milk, mix together.

Melt the margarine, pour over the dough, allow to stand for one hour.

Knead well, divide into five equal pieces.

Roll out thinly on a clean teacloth dusted with flour.

Brush over with melted margarine, cover with a thin layer of apples, sprinkle with sugar, cinnamon and currants.

Roll up using the cloth. This is a simple operation if the edge of the cloth at the far side is raised and gently pulled towards you.

Place on lightly greased baking trays, egg wash and sprinkle with sugar.

Bake in a medium oven 30 minutes.

(m) Brioche Rolls

100 Portions

Method

- | | | |
|------------------------------|---|--|
| $\frac{1}{2}$ lb. Flour |) | 1. Cream the yeast, add the warmed milk, |
| $\frac{1}{2}$ pint Warm Milk |) | mix in the flour. Beat well and leave |
| $2\frac{1}{2}$ oz. Yeast |) | to ferment for half-an-hour. |
| 3 lbs. Flour |) | |
| $1\frac{1}{2}$ oz. Salt |) | 2. Sift the flour, place in the mixing |
| 2 oz. Sugar |) | bowl, add the salt, sugar and eggs, |
| 1 pint of Eggs |) | mix to form a stiff dough. Beat well. |
| 1 lb. Margarine |) | |
3. Add the margarine gradually beating it well until the dough loses its stickiness. Add No.1. Beat well. Leave the dough to stand $1\frac{1}{2}$ hours. Shape into small finger shaped rolls, crescents or plaits; the weight of these goods should not be more than one ounce. Place on baking trays, egg wash, prove to double the size. Bake in a fairly hot oven. When cold fill with savoury fillings or whipped cream.

(n) Babas and Savarins

<u>100 portions</u>		<u>Method</u>
$\frac{1}{2}$ lb. Flour	}	1. Cream the yeast, add the warmed milk, mix in the flour. Beat well and leave to ferment for half-an-hour.
$2\frac{1}{2}$ oz. Yeast		
$1\frac{1}{4}$ pints of Milk warmed		
$2\frac{1}{2}$ lbs. Flour	}	2. Sift the flour, place in the mixing bowl, add the sugar and eggs, mix to form a stiff dough. Beat well.
3 ozs. Sugar		
$1\frac{1}{2}$ pints of Egg		
$1\frac{1}{2}$ lbs. Margarine	3.	Add the margarine gradually beating well, add No. 1, beat thoroughly until the mixture loses its stickiness. Leave the dough to ferment for half-an-hour. Pipe into buttered moulds. Prove until twice the size. Bake to a golden brown in a fairly hot oven. The cakes should be light and porous. After cooling, soak in syrup.

The Syrup

Method

3 pints of Water	Boil together, strain and cool. A little rum may be added if desired.
2 lbs. Sugar	
Juice of two lemons	
Juice of two oranges	

3. SERVICE

It is most important that all prepared dishes should be well presented.

A "hot dish" must be served piping hot; a "cold dish" served ice cold.

It is essential that all serving dishes, plates, etc. are pre-heated or pre-cooled prior to the time of service.

The dispatch of food from the kitchen must be followed by its correct handling at each service point, dining-room or ward kitchen

Serving spoons, ladles, clean tea-cloths must be in readiness, the personnel attending to the service clean and suitably dressed.

Soup. Serve in hot soup plates, wipe the edge of each plate, soup spilt on the side of the plate is most objectionable.

Poultry. Lay out the thinly sliced poultry in the centre of the plate allowing dark and white meat for each portion, place a slice of the stuffing and a spoonful of bread sauce at the side of the meat, a chipolata sausage on the opposite side. Pour over a little hot gravy and serve.

Vegetables. If the vegetables are to be added to the plate, they should be neatly arranged at the side of the meat. Colour is important - e.g. brussels sprouts should be arranged to have the potatoes on one side and parsnips on the other, never two similar colours together. For Dining-room service the vegetables should be served in hot vegetable dishes similarly arranged.

Pudding. Cut the pudding with a knife into slices, do not spoon it into portions. The sauce if added to the plate should always be put at the side and not on the pudding.

Ice Cream. Serve in sundae dishes accompanied with wafers.

4. PARTIES

The staff are always very busy with the patients' entertainment at Christmas, it is better to arrange for their Dinner or Dance to take place before or after Christmas Day.

(1)

PARTY MENUS

Whatever the programme decided upon it should always be based on a meal in the festive tradition.

- a. Cream of Tomato soup
Roast pork, stuffing, apple sauce.
Roast potatoes, Croquette potatoes.
Brussel sprouts, Braised celery.

Christmas pudding, Rum Sauce.
Mince pies, Jelly.

- b. Cream of Asparagus.
Fried fillet of sole, Tartare sauce.
Roast goose, stuffing, apple sauce.
Game chips, Roast potatoes.
Braised parsnips, Brussel sprouts.

Christmas pudding, Rum Sauce.
Decorated jellies.

- c. Cream of Celery.
Roast Turkey, stuffing, chipolata sausage,
bread sauce.
Roast potatoes, Game chips.
Brussel sprouts, Boiled parsnips

Christmas pudding, Rum Sauce.
Cream Nesselrode.
Mince Pies.

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(ii)

THE COLD BUFFET

This type of meal service is ideal for dances and gatherings. The type of dishes presented should be small, of an individual character, and colourfully arranged.

(a) Canapes

This is the name given to cold savouries and may be served in a variety of ways, the most popular and economical being on thin slices of toast, biscuit or pastry.

Remove the crust from a large sandwich loaf with the exception of the bottom crust, slice thinly lengthways into thin oblong layers. Toast and spread thinly with margarine.

Cover each layer with a different mixture of food :-

THE COLD BUFFET (Contd.)

e.g. Thinly sliced sausage; sliced tomato; meat or fish paste; welsh rarebit mixture; sardines; fillet of anchovy; circular slices of hard boiled egg; sliced ham; sliced gherkin; bismark herring; scrambled egg; puree of ham; shrimps.

Cut into different small shapes, such as triangle, oblong, square or round. Decorate with piped softened margarine mixed with a little tomato sauce, using a con-shaped paper bag.

Line some boat-shaped or small circular patty or jam tart tins with a layer of pastry. Bake in the oven. When cool, fill with a savoury filling such as a spoonful of Russian or Potato Salad, minced chicken, or minced curry meat.

Arrange on dishes or plates covered with D'Oyleys so that no two types of canape are next to one another.

(b) Celery

Well wash some celery and cut into pieces 1" or 1½" long, fill the centre groove of each with a little pounded cheese mixed with sauce, either worcester or tomato.

(iii)

SANDWICHES

A good sandwich display will greatly improve the cold buffet. They should be thinly sliced, moist and small in size, each variety marked with a small flag naming the type of sandwich.

The following fillings are suggested to give variety.

Small Salad. Mustard and cress, shredded lettuce, chopped chives, salad cream.

Caprice. Sliced tomato, chopped apples, diced celery, lettuce.

Leopold. Crabmeat, chopped celery, lettuce, mayonnaise.

Lily. Lettuce, sliced tomato, sliced cucumber.

Mary Garden. Tinned salmon, chopped olives, chopped anchovy.

Surprise. Sliced tomato, chopped apple, chopped celery, hard boiled egg.

Denver. Scrambled egg, chopped ham, chopped celery.

Noel. Chopped nuts, mayonnaise, shredded lettuce

Niccoise. Sliced tomato, puree of sardines.

Guava Jelly and Cream Guava jelly or blackcurrant jelly, cream.

Sandwich Spread. Chopped cooked carrot, chopped gherkin, mayonnaise.

Dutch Salad Chopped gherkin, chutney, grated cheese.

SANDWICHES (Contd.)

Delice. Sliced chicken, french mustard, shredded lettuce.

Derby. Puree of ham, chopped pickled walnut.

Epicure. Chopped walnuts, blue cheese or gorgonzola.

Favorite. Grated cheese, sliced tomato, chutney.

Indienne. Curried shrimps and chutney.



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