After-work Cooking

In this bulletin we offer suggestions for meals which, with a little previous planning and preparation, may be prepared in an hour or less. It is designed to be helpful for the business woman and war workers, for housewives who give much of their time to patriotic work, in fact for anyone who would appreciate a few hurry-up menus to fall back on upon a busy occasion. But, first of all, to make the work easier, here are a few suggestions:

1. Make white sauce a quart at a time and store in the refrigerator. You will use it often for sauces, for fish or vegetable; in soups, and for scalloped dishes.

2. Have a quantity of biscuit mix (flour, salt, baking powder and shortening) in a covered bowl in the refrigerator, all ready to add the liquid and turn into baking powder biscuits or the base for an oven dessert such as a shortcake; treacle dough-boys; apple pinwheels or dumplings; or for a topping for meat or fish pies.

3. Have some pie paste wrapped in wax paper and a tea towel and stored in the refrigerator all ready for rolling and baking.

4. Keep a supply of bread crumbs on hand for topping scallops and crumbing fish, cutlets, croquettes, etc.

5. Stews may be made the night before and reheated for serving. In fact many people think they are better on the second day than on the first. This also applies to Boston baked beans.

6. Desserts may often be prepared the night before serving.

Sausages with Yorkshire Pudding

Brown required amount of sausages. Arrange in a baking dish. Add hot fat, then pour the Yorkshire batter over the top. Bake in a 400° F. oven for 30 minutes.

Yorkshire Batter

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\begin{align*}
\text{\(1/2\) cup general purpose flour} & \quad \text{1 cup milk} \\
\text{\(1/2\) teaspoon salt} & \quad \text{2 eggs}
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Beat eggs, add milk; then the sifted flour and salt. Beat vigorously until smooth.
Oven-Browned Potatoes

5 medium potatoes  
Bacon fat or dripping  
Salt

Peel potatoes and slice them lengthwise about 3/4" thick. Soak for 20 minutes in very cold water; then wipe dry and brush with the fat. Arrange on a shallow pan or a platter and bake at 500° F. till brown—about 30 minutes. After they have been in the oven about 10 minutes sprinkle lightly with salt.

Marshmallow Tapioca Dessert

2 cups milk  
4 tablespoons minute tapioca  
1/4 teaspoon salt

8 marshmallows  
1 egg

Heat milk in top part of double boiler. Gradually stir in tapioca, cook, stirring for 5 minutes or until tapioca is clear. Add marshmallows and stir until dissolved. Remove from heat and pour over beaten egg. Add salt. Serves 5.

Treacle Doughboys

1/2 cup molasses  
1/4 cup sugar  
2 tablespoons each flour and butter  
1/8 teaspoon nutmeg

1 1/2 cups hot water  
2 teaspoons vinegar  
1 1/2 cups flour made into a biscuit dough

Mix ingredients and pour into a baking dish. Let come to a boil. Make thin baking powder biscuits; place in hot syrup and bake at 450° F. for 20 minutes.

Norwegian Prune Pudding

1/2 pound medium-sized prunes  
2 cups cold water  
1/2 cup sugar  
1/8 teaspoon salt

1 inch piece stick cinnamon  
1 1/2 cups boiling water (about)  
1/2 cup cornstarch  
2 tablespoons lemon juice

Soak prunes, then cook in the same water till tender. Remove stones. Put prunes, salt, sugar and cinnamon stick together with a few kernels from the stones in a saucepan; add prune liquid and boiling water to make 2 1/2 cups and simmer 10 minutes. Mix cornstarch and enough cold water to pour; add to hot prune mixture. Stir until mixture thickens. Cook for 5 minutes. Remove cinnamon stick and add lemon juice. Serve with custard sauce or table cream.

Apple and Prune Betty

2 cups cooked prunes (unsweetened)  
2 apples  
Rind of 1 lemon  
3 cups soft bread crumbs  
1/2 cup sugar

3 or 4 tablespoons butter  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/4 cup prune juice

Cut prunes in pieces. Pare, core and slice the apples. Put 1 cup bread crumbs in a greased casserole. Cover with half the prunes, apples, lemon, sugar and butter and spice. Repeat with another layer of crumbs, fruit and flavoring. Top with crumbs. Add prune juice. Cover and bake 1 hour at 350° to 375° F.

Individual Stuffed Meat Loaves

4 cups ground cooked veal  
1 cup bread crumbs (fresh)  
1 egg  
3/4 cup milk

1 1/2 tablespoons chili sauce  
2 teaspoons salt  
1/2 teaspoon pepper  
5 pork sausages

Prick the sausages. Place in a hot pan. Add 1/2 cup water, reduce heat, cover tightly and fry until cooked and brown. Mix all the other ingredients and divide into 5 equal portions. Encase each sausage in meat mixture. Place on a greased baking pan and bake for 30 minutes in a 350° F. oven. Serve with chutney or spiced fruit.

Favorite All-in-One

3 tablespoons bacon fat or dripping  
1 pound ground beef  
2 tablespoons flour  
1 tin tomato soup

1/2 cups water  
1/4 teaspoon salt  
Few grains pepper  
1 1/4 cups spaghetti


Sausage Pie

1 pound sausages  
2 onions  
1 tin tomato soup

Pastry

Simmer the sausages for 5 minutes in boiling water. Drain and place in a baking dish. Cover with sliced onions and tomato soup. Cook for 15 to 20 minutes in a 450° F. oven. Cover with a top crust of pastry and return to the oven till the pastry is baked—about 20 minutes longer.

Corn and Hamburg Casserole

1 onion finely chopped  
1/2 green pepper (may be omitted)  
2 tablespoons dripping

1 pound ground beef

Brown onion and pepper in hot fat. Add meat and brown well. Add one tin corn and 1 tin tomato; 1 teaspoon sugar and 1 teaspoon salt. Simmer about 20 minutes. Stir in 2 tablespoons flour which has been mixed with 2 or 3 tablespoons water. Stir until mixture thickens. Turn into a casserole. Top with baking powder biscuits and bake in a 450° F. oven for 20 minutes. Serves 6.

Salmon Roll

1 1/2 cups cooked or canned fish  
4 tablespoons milk  
2 tablespoons lemon juice

1 1/2 tablespoons parsley  
1/2 teaspoon salt

Roll out some biscuit dough into a thin rectangular sheet (use about 1 1/2 cups flour). Spread with salmon mixture and roll like a jelly roll. Bake in a 425° F. oven for 30 minutes. Serve with white sauce to which one or two chopped hard-cooked eggs have been added.

Garden Shortcake

1 cup canned corn  
1 cup drained canned tomatoes  
3/4 cup diced cooked celery  
1 teaspoon grated onion

2 cups cheese sauce made with 2 cups milk, 1 cup grated cheese and 1 1/2 tablespoons each butter and flour

Combine and heat in the top part of a double boiler. Serve between slices of buttered toast. Serves 6.
1. Clam Chowder  
Grapefruit and Avocado Salad  
Crackers  
Jelly  
Coffee
10. Corn and Hamburg Casserole  
Raw Carrot Sticks  
Celery  
Prune and Apple Betty  
(Made from cooked prunes)  
Coffee
2. Sausages in Yorkshire Pudding  
Crisp Celery  
Tomato Scallop  
Muffins  
Jam  
Coffee
Yorkshire batter may be made in advance and stored in refrigerator. Beat briskly before baking.
3. Fillets of Fish  
Oven-browned Potatoes  
Creamed Celery  
String Beans  
Treacle Doughboys  
Coffee
11. Mushrooms and Bacon  
Jellied Tomato Salad  
(made the night before)  
Marshmellow Tapioca Dessert  
Coffee
4. Breaded Veal Cutlets  
Spinach  
Creamed Cauliflower  
Potato  
Sliced Orange with Custard Sauce  
Coffee
5. Broiled Meat Cakes  
Potato Croquettes (left-overs)  
Cabbage  
Beets  
Chocolate Blanc Mange  
Coffee
5. Garden Shortcake  
String Beans  
Norwegian Prune Pudding with Custard Sauce  
Coffee
Pudding may be made quickly if cooked prunes are on hand; if not, make it in advance.
7. Lamb Chops  
Frozen Peas  
Mashed Potato  
Squash  
Baked Lemon Sponge  
Coffee
8. Tomato Juice  
Creamed Leeks on Toast topped with Scrambled Egg  
Apple Pie and Cheese  
Coffee
9. Fried Oysters  
Pickled Beets  
Corn  
Crusty Rolls  
Peaches  
Chocolate Cake
12. Liver and Bacon  
Carrots  
Creamed Onions  
Potato  
Apple Pinwheel  
Coffee
13. Sausage Pie  
Brussels Sprouts  
Canned Lima Beans  
Fruit Whip  
Cookies  
Coffee
14. Broiled Steak  
Tunip  
Spinach  
Potato  
Half Grapefruit  
Coffee
15. Salmon Roll with Egg Sauce  
Peas  
Carrots  
Gingerbread  
Table Cream  
Coffee
Make fish roll using biscuit mixture stored in refrigerator and canned or left-over cooked fish.
16. Tomato Juice  
Meat or fish sandwiches dipped in unsweetened custard mixture and fried Celery, Apple and Orange Salad  
Cake and Coffee
17. Individual Stuffed Meat Loaves  
Spiced Crab Apples  
Sweet Potatoes  
Frozen Peas  
Creamed Cauliflower  
Fruit  
Cookies
18. Favorite All-in-One  
Mixed Green Salad  
Brown Scones  
Lemon Snow with Custard Sauce

OTHER BULLETINS AVAILABLE ARE: Main Course Dishes; Sugar-saving Recipes; Economical Meats; Menu Planning; Dinner-pail Menus; War-time Menus; Soups; Breads, etc.