



B.C. ELECTRIC

Home Service Bulletin

HOME SERVICE DEPARTMENT, 1943

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

½ cup general purpose flour
½ teaspoon salt

1 cup milk
2 eggs

Beat eggs, add milk; then the sifted flour and salt. Beat vigorously until smooth.

HOME SERVICE NEWS

{ CJOR — Monday, Wednesday, Friday
CKWX — Tuesday, Thursday, Saturday }

8:15 a.m.

Oven-Browned Potatoes

5 medium potatoes Bacon fat or dripping Salt

Peel potatoes and slice them lengthwise about $\frac{3}{4}$ " thick. Soak for 20 minutes in very cold water; then wipe dry and brush with the fat. Arrange on a shallow pan or pie plate 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 8 marshmallows
4 tablespoons minute tapioca 1 egg
 $\frac{1}{4}$ teaspoon salt

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

$\frac{1}{2}$ cup molasses $1\frac{1}{2}$ cups hot water
 $\frac{1}{3}$ cup sugar 2 teaspoons vinegar
2 tablespoons each flour and butter
 $\frac{1}{8}$ teaspoon nutmeg $1\frac{1}{2}$ 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

$\frac{1}{2}$ pound medium-sized prunes 1 inch piece stick cinnamon
2 cups cold water $1\frac{1}{2}$ cups boiling water (about)
 $\frac{1}{2}$ cup sugar $\frac{1}{3}$ cup cornstarch
 $\frac{1}{8}$ teaspoon salt 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 $2\frac{1}{2}$ 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) 3 or 4 tablespoons butter
2 apples 1 teaspoon cinnamon
Rind of 1 lemon $\frac{1}{2}$ teaspoon nutmeg
3 cups soft bread crumbs $\frac{1}{3}$ cup prune juice
 $\frac{1}{3}$ cup sugar

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 $1\frac{1}{2}$ tablespoons chili sauce
1 cup bread crumbs (fresh) 2 teaspoons salt
1 egg $\frac{1}{8}$ teaspoon pepper
 $\frac{3}{4}$ cup milk 5 pork sausages

Prick the sausages. Place in a hot pan. Add $\frac{1}{4}$ 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 $\frac{1}{2}$ cup chopped onion
1 pound ground beef $1\frac{1}{4}$ cups water
2 tablespoons flour $\frac{3}{4}$ teaspoon salt
1 tin tomato soup Few grains pepper
 $1\frac{1}{4}$ cups spaghetti

Brown onion and hamburger in hot fat. Stir in flour and blend well. Add soup and water and seasonings. Cook the spaghetti in salted water till tender. Drain and rinse. Add to meat mixture. Toss lightly and serve. Serves 5 or 6.

Sausage Pie

1 pound sausages 1 tin tomato soup
2 onions 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 pound ground beef
 $\frac{1}{2}$ green pepper (may be omitted) 2 tablespoons dripping

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

$1\frac{1}{2}$ cups cooked or canned fish $1\frac{1}{2}$ tablespoons parsley
4 tablespoons milk $\frac{1}{2}$ teaspoon salt
2 tablespoons lemon juice

Roll out some biscuit dough into a thin rectangular sheet (use about $1\frac{1}{2}$ 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 2 cups cheese sauce made with 2 cups
1 cup drained canned tomatoes milk, 1 cup grated cheese and $1\frac{1}{2}$
 $\frac{1}{2}$ cup diced cooked celery tablespoons each butter and flour
1 teaspoon grated onion

Combine and heat in the top part of a double boiler. Serve between slices of buttered toast. Serves 6.

B. C. ELECTRIC HOME SERVICE BULLETIN

1. Clam Chowder
Grapefruit and Avocado Salad
Crackers Jelly Cheese
 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
4. Breaded Veal Cutlets
Spinach Creamed Cauliflower
 Potato
Sliced Orange with Custard Sauce
5. Broiled Meat Cakes
Potato Croquettes (left-overs)
Cabbage Beets
Chocolate Blanc Mange
6. 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
10. Corn and Hamburg Casserole
Raw Carrot Sticks Celery
Prune and Apple Betty
(Made from cooked prunes)
 Coffee
11. Mushrooms and Bacon
Jellied Tomato Salad
(made the night before)
Marshmallow Tapioca Dessert
 Coffee
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
Turnip 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.