



B.C. ELECTRIC

# Home Service Bulletin

HOME SERVICE DEPARTMENT, 1942

## Reprint of Old Christmas Favorites with 1942 substitute ingredients

### Plum Pudding

2½ cups suet, cut very finely (about  
¾ lb.)

2 cups currants

4 cups seeded raisins, cut in halves

½ cup chopped figs or prunes

½ cup chopped candied cherries

1 cup shredded lemon, orange and  
citron peel

½ cup almonds, blanched and shredded

1 grated raw carrot (large)

1 lemon rind and juice

1¼ cups brown sugar

¼ cup wine, currant jelly or grape  
juice

½ cup milk

2 cups fine white bread crumbs

6 eggs

1 cup flour

1 teaspoon baking powder

½ teaspoon salt

½ teaspoon each cinnamon, cloves  
and allspice

Soak the bread crumbs in milk and add the sugar, salt and beaten eggs. Sift the flour with the baking powder and spices. Add the suet and the prepared fruits and nuts and combine with the first mixture. Add the wine and fruit juice. Pack in well greased pudding molds. Cover closely and steam six hours. On the day they are to be served steam two hours more. Serve garnished with holly and accompanied with lemon sauce. Pour 3 tablespoons of brandy over the pudding and light it just as it is brought to the table.

Yield: four one-pound coffee tins.

### Mincemeat

1 cup finely chopped beef suet

¼ cup mixed shredded peel

4 cups currants

½ cup sultanas

2 lbs. apples, peeled and chopped

¼ cup almonds, blanched

Juice and rind of 1 lemon

1 teaspoon allspice

1 teaspoon cinnamon

1 teaspoon nutmeg

Juice and rind of 1 orange

¼ cup of fruit juice

½ cup brandy or sweet cider

1¼ cups brown sugar

½ teaspoon salt

Bottle and seal and keep in a cold place.

NOTE: A little brandy or molasses poured over the top of the mincemeat in each jar helps to preserve the mincemeat.

Fill double-crust pie with this filling and bake in 450° F. oven 20 to 25 minutes. Serve the pies hot.





### Lemon Sauce

Mix  $\frac{1}{4}$  cup sugar with 1 tablespoon cornstarch and a few grains of salt; add 1 cup boiling water. Cook until there is no taste of raw starch. Remove from heat and add 1 tablespoon butter and 1 tablespoon lemon juice and grated rind of  $\frac{1}{2}$  lemon. Serve hot.

### Dark Christmas Cake

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|---|--|
| $\frac{1}{2}$ pound butter (1 cup)              | $\frac{1}{2}$ teaspoon each cloves, allspice and |
| $\frac{1}{2}$ pound sugar (1 cup)               | cinnamon may be added or                         |
| 5 eggs  | omitted according to personal                    |
| $\frac{1}{2}$ cup strawberry preserves (the     | taste.   |
| preserves may be diluted                        | $\frac{3}{4}$ lb. raisins (2 cups)               |
| with brandy or sherry)                          | $\frac{1}{4}$ lb. citron ( $\frac{3}{4}$ cup)    |
| $\frac{1}{2}$ lb. pastry flour (3 cups measured | $\frac{1}{2}$ lb. dates (1 cup)                  |
| after sifting)                                  | 1 cup candied cherries                           |
| $\frac{1}{2}$ teaspoon salt                     | 1 lb. currants ( $2\frac{2}{3}$ cups)            |
| $\frac{1}{2}$ teaspoon soda                     | $\frac{1}{2}$ lb. almonds ( $1\frac{1}{4}$ cups) |

First line the baking pan with four thicknesses brown paper on the bottom and three around sides. Prepare the fruits and nuts and mix all except the citron in a large bowl. Sift the flour, salt and soda. Dredge the fruit with part of the flour. Cream the butter and add the sugar gradually then the eggs one at a time and beat thoroughly. When thoroughly creamed, add the strawberry preserves and the sifted dry ingredients and the fruits and nuts.

Put a layer of the mixture into the prepared tin, then sprinkle on a layer of citron, repeat till all the citron and cake mixture are used, making about three layers of the former and four layers of the latter. Bake the cake in a  $325^{\circ}$  F. oven for 20 minutes, then reduce the heat to  $275^{\circ}$  F. for the remainder of the baking. Total time about  $3\frac{1}{2}$  hours in an  $8\frac{1}{2} \times 8\frac{1}{2} \times 4$  inch tin. Test the cake by sticking a skewer into the centre of the cake; if the skewer comes out clean the cake is done.

NOTE: Prunes soaked 3-6 hours may be used in place of dates.

### White Fruit Cake

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| $1\frac{1}{2}$ cups butter                 | 1 teaspoon baking powder                 |
| $1\frac{1}{2}$ cups sugar                  | 1 cup cherries, chopped                  |
| 6 eggs (medium size)                       | 2 cups bleached sultanas                 |
| 3 or 4 tbsp. top milk or table cream       | 2 rings candied pineapple, diced         |
| $3\frac{3}{4}$ cups pastry flour (measured | 1 cup almonds blanched and shredded      |
| after sifting)                             | $\frac{3}{4}$ cup lemon and orange peel, |
| $\frac{1}{2}$ teaspoon salt                | finely cut                               |

Put raisins in cold water and bring to the boiling point. Drain and dry in paper napkins. Cream the butter, add the sugar gradually and beat well. Add the unbeaten eggs one at a time, beating between each addition. Beat well. Add the flour which has been sifted with the other dry ingredients alternately with the cream. Fold in the raisins, cherries and nuts which have been dredged with part of the flour. Put a layer of the cake mixture in a prepared tin and sprinkle with a layer of peel and pineapple; repeat until all the peel and pineapple and cake mixture have been used—having the top layer of cake mixture. Bake in a  $375^{\circ}$  F. oven for 15 minutes; reduce the heat to  $350^{\circ}$  F. for the next hour; then finish the baking at  $325^{\circ}$  F. Total baking period about  $1\frac{3}{4}$  hours if the cake is baked in a Christie soda cracker tin. Line the tin with three thicknesses of brown paper on the bottom and two around the sides.

NOTE: Cashews may be substituted for almonds. Half syrup may be used in place of sugar . . . liquid must be reduced.



### Less expensive versions of traditional Christmas recipes

These cakes and puddings are not as rich as our standard recipes and therefore should not be made too long in advance of Christmas.

### Inexpensive Fruit Cake

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|---|----------------------------------|
| 4 cups sifted pastry flour                | $\frac{1}{2}$ teaspoon soda      |
| $\frac{1}{2}$ teaspoon baking powder      | $\frac{1}{2}$ lb. seeded raisins |
| $\frac{1}{2}$ teaspoon salt and allspice  | $\frac{1}{2}$ lb. currants       |
| 1 teaspoon cinnamon                       | 1 cup chopped dates or prunes    |
| $\frac{1}{4}$ teaspoon cloves             | 1 cup honey                      |
| $\frac{3}{4}$ cup sour milk or buttermilk | 2 eggs                           |
| $\frac{1}{2}$ cup butter or substitute    |                                  |

Sift the flour, baking powder, salt and spices several times. Cut shortening into dry ingredients. Add the prepared fruit. Beat the eggs; dissolve the soda in the sour milk; add milk, eggs and honey to first mixture. Bake in a loaf tin which has been lined with three thicknesses of brown paper in a  $350^{\circ}$  F. oven for 30 minutes; then  $275^{\circ}$  F. to finish baking. Total time approximately  $2\frac{1}{2}$  hours.

### Cherry Cake

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| 1 cup butter                     | 1 teaspoon baking powder               |
| 1 scant cup sugar                | $\frac{1}{2}$ teaspoon salt            |
| 3 eggs                           | 1 cup cherries                         |
| $\frac{1}{2}$ cup milk           | 1 cup seedless raisins                 |
| Rind of 1 lemon                  | $\frac{1}{4}$ cup shredded citron peel |
| $2\frac{1}{2}$ cups pastry flour |  |

Follow the usual directions. Dredge the prepared fruit with some of the flour and add last. Bake the cake in a tin lined with greased brown paper in a  $375^{\circ}$  F. oven for 10 minutes; then  $350^{\circ}$  F. for the remainder of the baking—approximately 1 hour and 10 minutes.

### Carrot Pudding

Mix together 1 cup each currants, raisins, grated potato, grated raw carrot, ground suet, sugar and sifted flour; 1 teaspoon each soda, nutmeg and allspice; 2 teaspoons cinnamon;  $\frac{1}{2}$  teaspoon each salt and cloves. Turn mixture into a greased mold; cover and steam  $2\frac{1}{2}$  hours. Serve with lemon sauce.

### Cranberry and Raisin Pie

Cook 1 cup cranberries,  $\frac{3}{4}$  cup raisins,  $\frac{3}{8}$  cup cold water together until soft. Add  $\frac{3}{4}$  cup white sugar and cook till dissolved. Stir 1 tablespoon cornstarch and  $\frac{1}{8}$  cup cold water and add to mixture with  $\frac{1}{4}$  teaspoon (scant) of almond extract and a pinch of salt. Cool before putting in between 2 crusts. Bake in a  $450^{\circ}$  F. oven for 10 minutes and reduce to  $425^{\circ}$  F. for 15 minutes longer.





## Christmas Cookies

### Shortbread

1 cup butter  
 ½ cup white sugar  
 ¼ cup rice flour

2½ cups general purpose flour  
 Few grains salt

Work the sugar and butter together till thoroughly mixed, but not until it is soft and creamy as you do for cake. Work in the flour and rice flour and work until the mixture will hold together. Divide into two or three parts, depending upon the size of the cakes. Take each piece and knead it into a round about ½ an inch thick. Smooth off the top with a rolling pin. Pinch around the edges with the thumb and finger. Bake in a 325° F. oven 30 to 45 minutes, or until a light golden brown.

### Fruit Ginger Cookies

1 cup butter (or shortening)  
 1 cup sugar  
 1 cup molasses (mild)  
 ½ cup chopped citron  
 ½ cup raisins  
 1 egg  
 4 cups flour

1 tablespoon ginger  
 ⅓ teaspoon cloves  
 ½ teaspoon allspice  
 ½ teaspoon salt  
 1 teaspoon soda  
 1 tablespoon cold water

Cream shortening and sugar, molasses and beaten egg. Add soda (dissolved in cold water), citron and raisins. Add sifted dry ingredients. Knead for 5 minutes and cool 24 hours. Bake at 365° F. for 10 minutes.

### Swedish Pastry

½ cup butter  
 ¼ cup brown sugar  
 1 cup flour

Few grains salt  
 1 egg yolk

Cream the butter and sugar; then add the slightly beaten egg yolk. Lastly add the flour and salt. Form in small balls. Dip in egg white and in chopped nuts or crushed cornflakes. Make a small dent in the top of each cake. Bake 5 minutes in a 350° F. oven; then press the finger in dent to make deeper and continue baking 15 minutes longer. Fill small hollows with raspberry jam as soon as they come from the oven.

### Jellied Cranberries

4 cups cranberries

1 cup water

2 cups sugar

Put the cranberries, which have first been picked over and washed, into the water and boil for 10 minutes, or until the berries are soft. Stir in the sugar and boil for 10 minutes longer. Mold and chill.

### Cranberry Sauce

3 cups cranberries

1 cup boiling water

1¼ cups sugar