

MINISTRY OF FOOD

MEALS IN COMMUNITY KITCHENS

MENUS AND RECIPES SUGGESTED FOR USE IN SCOTLAND

The attached menus and recipes have been prepared by the dietitians on the staff of the Ministry of Food. They have been planned to provide a balanced diet, which, together with the normal morning and evening meals, should be sufficient to maintain full health and strength even under wartime conditions.

At present day prices a two course meal sold at 8d. or at a maximum of 9d. should provide for all costs, including amortisation of capital charges, at a well run and reasonably well patronised Community Kitchen.

Some of the courses may seem to be a little unusual. They are all palatable and of high nutritive value. It may be that at first many customers at Community Kitchens may not appreciate their virtues. It is very desirable that no pressure should be brought to bear on those to whom they do not appeal. An effort should be made to inform those concerned of their value both to palate and health, with a view to inducing them to try the dishes which appear to them to be unusual.

It is possible that from time to time certain ingredients may not be procurable or may be too expensive. In this event others of, if possible, the same food characteristics and values should be substituted.

The menus and recipes should not be published without the authority of the Ministry of Food.

NEW FOODS AND HOW TO INTRODUCE THEM INTO THE MENUS.

Some of the foods such as wholemeal bread, oatmeal, raw salads, will appear strange to the British working man or woman, and should, therefore, be introduced into the meals slowly; strange foods forced on the people may turn them against the meals altogether.

These foods have been introduced because of their special nutritional value if eaten regularly they will help to protect from many common ailments such as influenza, constipation, lack of energy, etc.

It may be advisable, to begin with at least, to introduce the foods into meals without the workers knowing they are there. For instance, oatmeal may be into mince, pastry, soups and stews, and grated carrots put into pies and puddings.

It is well to serve new ideas accompanied by some popular dish, as for instance chips, and any new dish should always be preceded or followed by something known and liked.

Great care should always be taken to make the meals attractive and a and monotony should be avoided as far as the supply permission permits.

THE BASIC FOODS WHICH SHOULD BE USED.

1. Milk - $\frac{1}{2}$ rd. per pint per day.
2. Potatoes - $\frac{1}{2}$ - $\frac{3}{4}$ lb. per head per day.
3. Green Vegetables or carrots - 5 - 4 ozs. per head per day.
4. Wholemeal bread - every day.
5. Oatmeal - wherever possible.
6. Liver - once a week, if supplies permit.

7. Herrings or kippers once a week. When out of season, tinned salmon or herring or pilchards should be used.
8. Cheese once a week if supplies permit.

NOTES ON FOODS AND THEIR USE.

Milk

$\frac{1}{3}$ rd. pint per person is the specified quantity for use at present. Hence 33 pints for every 100 persons have been included every day. Where this is not all used in the cooking or taken with the pudding it should be served as a drink either hot or cold and flavoured if desired with tea, coffee or cocoa. When meat portions are reduced $\frac{1}{2}$ - $\frac{3}{4}$ pint per head per day should be included, whereas on meatless days $\frac{1}{2}$ pint is to be aimed at.

Cheese

A cheese dish is to be recommended at least once a week because of the high nutritive value of cheese. Whether this is possible will naturally depend on the supply position, but every effort should be made to obtain sufficient for one meal a week. If smaller quantities only are obtainable, it may be added grated to soups or stews or mixed with vegetables in a meatless dish.

Potatoes

An increased consumption of potatoes is to be encouraged. Large helpings should, therefore, be given, particularly when the size of the meat portion is reduced. They should be used as a basis for all soups.

Potatoes should if possible always be cooked in their skins; by doing so most of the value of the potato is retained. The skin prevents the diffusion of valuable food substances into the water. This is clearly illustrated by the beetroot, all the colour diffuses into the water if peeled before cooking.

If the skins are disliked, potatoes boiled or steamed in their jackets can be very easily peeled, if held in a clean cloth and the peel stripped off with a knife. They should be well sprinkled with salt before serving.

When jacket potatoes are first introduced, serve a peeled potato with them.

Tables

No meal should ever be served without including a vegetable as well as potatoes. If possible, this should either be a green vegetable or carrots as these have the best nutritional value. Much of this protective value is lost by lack of care in preparation and cooking. Never leave vegetables soaking or cooking longer than necessary and serve them as soon as possible after cooking. Start the cooking of all tables, including potatoes, in boiling water or heated steamers.

Vegetables

It will be observed that either some raw fruit or a serving of raw salad is in each meal. These are interchangeable when fresh fruit is scarce, use what is available when in season and plentiful, include fruit. It is very important that a food should be eaten every day.

Raw grated carrot or shredded cabbage are obtainable throughout the year and form a foundation for any mixture. If served with mayonnaise, chutney, pickles, etc., introduced gradually they will be popular and in the long run prove beneficial to the health of the community.

And Wholemeal Bread

Balance of the meal set out above is dependent on the consumption of bread and oatmeal. Both should be introduced gradually.

Wholemeal bread may be used dry with soup or meat course, in sandwiches, in stuffings or in puddings.

Oatmeal may be used for thickening sauces, soups, stews and mince; to replace a third of the flour in pastry, and in puddings, scones, coatings and batters.

The following menus are suggested as suitable for Community Kitchens in Scotland - suitable meals may be selected according to the supply position at any given time.

Where meat is used, the quantities given have been reduced. The body-building value of the meal has been made up by the use of greater amounts of milk, pulses, oatmeal and other vegetables.

In the recipes the quantities are for 100 persons.

3.

as colds, influenza, constipation, etc. It may be advisable, to begin with at least, to limit the meals without the workers knowing they are there. For instance, oatmeal put into mince, pastry, soups and stews, and grated carrots put into pies and puddings.

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Great care should always be taken to make the meals attractive and appetising and monotony should be avoided as far as the supply position permits.

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4. Wholemeal bread every day.
5. Oatmeal wherever possible.
6. Liver once a week, if supplies permit.
7. Herrings or kippers once a week. When out of season, tinned salmon or herrings or pilchards should be used.

MEALS FOR COMMUNITY KITCHENS
IN SCOTLAND

1. Scotch Broth Sausages Mashed potatoes Cabbage Salad	Steamed pudding Milk to drink
2. Lentil Soup Carrot Pudding Potatoes and gravy	Fruit Mould Cocoa
3. Mince Stew Kale Potatoes	Apple Turnovers Coffee
4. Potato Soup Vegetable Pie Potatoes	Milk Pudding and jam
5. Haggis Potatoes Turnips Carrot Salad	Jam Roly Poly
6. Meat Stew Potatoes	Filled Wholemeal Scones Milk
7. Scotch Broth and dumpling Herrings & Parsley Sauce Potatoes	Fruit Charlotte

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FIRST COURSE

Scotch Broth:

Mixed Root Vegetables	5 lbs.
Carrots	5 lbs.
Cabbage	3 lbs.
Barley	2 lbs.
Parsley	4 ozs.
Seasoning	
Water	40 - 50 pts.

Wholemeal Bread	10 lbs.
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Sausages & Mashed Potatoes.

Sausages	20 lbs.
Potatoes	50 lbs.
Milk	1 - 1½ gall.
Margarine	1½ lbs.

Method

Prepare and cut up vegetables. Put in pans with water, parsley and seasoning. When boiling point is reached add the barley. Cook all until tender.

Method

Cook the sausages. Cook and mash the potatoes with milk and margarine. If white puddings are used they may be cooked in the scotch broth and then served separately with potatoes and salad.

Where the given quantities of sausages are unobtainable increase the amounts of potatoes and milk in proportion.

Method

Wash the vegetables thoroughly. Shred the cabbage, grate the carrots and mix together with mayonnaise or chutney.

Cabbage Salad:

Cabbage	2 lbs.
Carrots	1 lb.
Mayonnaise or chutney	

2.

/Over

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Tables

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SECOND COURSE

Steamed Pudding
Wholemeal breadcrumbs
Flour
Baking Powder
Suet or Margarine
Cooking Fat
Carrots
Jam or dried fruit
Sugar
Salt

8 lbs.
3 lbs.
3 tablespoons
1½ lbs.
6 lbs.
3 lbs.
10 ozs.

Method

Rub fat into flour, salt and baking powder. Add breadcrumbs, dried fruit and sugar. Mix to a soft consistency with water or milk.

4 gallons

Quantities for 100 persons.

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3. Green Vegetables or carrots 3-4 ozs. per head per day.
4. Wholemeal bread every day.
5. Oatmeal wherever possible.
6. Liver once a week, if supplies permit.
7. Herrings or kippers once a week. When out of season, tinned salmon or herrings or pilchards should be used.
8. Cheese once a week if supplies permit.

1.

FIRST COURSE

Lentil Soup

Lentils	8 lbs.
Root Vegetables such as carrots, swedes, etc.	3 "
Onions, leeks or celery	3 "
Milk	2 gallons
Water or stock	25/30 pints
Oatmeal	1 1/2 lbs
Seasoning	1 1/2 lbs
Wholemeal bread	10 lbs

Carrot Pudding

Flour	5 1/2 lbs.
Baking Powder	2 1/2 tablespoons
Oatmeal	2 1/2 lbs.
Suet	2 "
Salt	
Carrots	15 "
Potatoes	10 "
Parsley	4 oz.
Oatmeal	1 lb.
Seasoning	
Vegetable Extract	
Potatoes	40 lbs.

MEAL II.

Method.

Wash and soak lentils overnight. Prepare and cut up onions or leeks and cook all together gently with the lentils using the water in which the lentils were soaked. Season. Thicken with oatmeal. Before serving add the milk and reheat. Stir in the root vegetables grated immediately before serving.

Method.

Make oatmeal suet pastry and line basins, leaving sufficient for the top. Scrub and slice carrots and potatoes and put in alternate layers sprinkling chopped parsley, seasoning and oatmeal between. Pour in stock or water in which has been dissolved a little vegetable extract. Cover with remaining pastry and steam 3 hours. Turn out and serve with gravy and potatoes.

If a little meat, kidney or liver is available, slice this and put on top of the vegetables underneath the pastry cover.

4.

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MEAL II (contd.)

FIRST COURSE (contd.)

GRAVY

Flour	3/4 lb.
Fat	1/2 lb.
Stock or water	8 pints
Seasoning	
Browning	

SECOND COURSE

Fruit Mould

Dried Fruit (apple rings, etc.)	10 lbs.
or stewing fruit (rhubarb)	15 lbs.
Water	25 pts.
Cornflour	3 lbs.
Sugar	10 ozs.
Milk	2 1/2 galls.

Cocoa

Milk	2 1/2 "
Cocoa	3/4 - 1 lb.
Sugar	10 ozs.
Water up to 50 pints.	

Method

Prepare and stew fruit with sugar, soaking overnight if dried fruit is used. Strain off liquid - make up to 25 pints and thicken with cornflour. When cold but not set add fruit. Pour into moulds and allow to set. Serve with milk. If sour fruit is used it may be necessary to add saccharine for sweetening.

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1.

FIRST COURSE

MINCE STEW.

Liver	
Mince	
Potatoes	10 lbs.
Leeks or Onions	25 "
Carrots	6 "
Oatmeal	6 "
Margarine	1 1/2 "
Water or Stock	1 "
Seasoning	
Potatoes	
Kale	50 "
	25 "

MEAL III.

METHOD.

Wipe and cut up liver, mix with mince, fry in margarine and fat. Wash and cut up leeks finely. Add to the mixture. Season well. Add water or stock. Simmer for 3-4 hours. Add blended oatmeal one hour before serving. Serve with potatoes and kale and a spoonful of grated raw carrot or chopped parsley.

APPLE TURNOVERS

Flour	
Oatmeal	5 lb.
Margarine	2 1/2 "
Cooking Fat	3 "
Apples - dried	10 - 12 lb.
or stewing	15 - 20 lb.
Sugar	10 oz.
Milk	2 1/2 galls.
Coffee	2 1/2 "
Milk	1/2 to 2 lb. or
Coffee	equivalent of good essence
Sugar	10 ozs.
Water to 50 pints.	

6.

Make the oatmeal pastry as for short crust. Roll out to about 1/2 inch thickness. Stew apples and sugar until almost cooked having soaked overnight if dried are used. Spread on half the pastry, cover with other half and seal edges. Bake in hot oven until brown - serve with milk.

Rhubarb or other stewing fruit may be used with the apples.

MEAL IV.

Method

Prepare and cut up vegetables and potatoes. Cook all together gently in the water. Blend the oatmeal with a little milk - add half an hour before serving. Five minutes before serving add milk, reheat, then stir in chopped parsley.

Method.

Wash and soak beans over night. Prepare and cut up vegetables. Add beans and seasoning. Cover with water. Bring to the boil and cook until tender. Blend the oatmeal with a little water and stir into vegetables. Add vegetable extract. Put all into pie dishes and cover with oatmeal short crust pastry. Cook in hot oven until brown.

Potato Soup

Carrots	3 lbs. or 6 lbs.
Onions or leeks	3 lbs. root vegetables.
Potatoes	30 lbs.
Milk	2 galls.
Water or Stock	25/30 pts.
Oatmeal	1-1 1/2 lbs.
Parsley	4 ozs.
Seasoning	

Vegetable Pie

Haricot Beans (or another pulse vegetable) 5 lbs.

Carrots	
Turnips	
Onions, Leeks	
Parsnips	
Oatmeal	
Stock or water	
Vegetable Extract	
Flour	
Oatmeal	
Margarine	
Cooking Fat	
Salt	

Pastry { 5 lbs.
2 1/2 lbs.
3 lbs.

7.

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5. Oatmeal wherever possible.
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7. Herrings or kippers once a week. When out of season, tinned salmon or herrings or pilchards should be used.
8. Cheese once a week if supplies permit.

1.

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When jacket potatoes are first introduced, serve a peeled potato with them.

Tables

No meal should ever be served without including a vegetable as well as potatoes. possible, this should either be a green vegetable or carrots as these have the best nutritional value. Much of this protective value is lost by lack of care in preparation and cooking. Never leave vegetables soaking or cooking longer than necessary and serve them as soon as possible after cooking. Start the cooking of all tables, including potatoes, in boiling water or heated steamers.

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FIRST COURSE (contd.)

Potatoes 45 lbs.

SECOND COURSE

Milk Pudding and Jam.

Milk 4 gallons
Rolled Oats or oat flakes 4 lbs.
Jam 2 lbs.
Sugar 10 ozs.
Milk 1 1/2 gallons.

MEAL IV (contd.)

Method

Cook potatoes separately although some may be cooked in the pie. Serve with brown gravy if desired. If fat is available give the vegetables a preliminary frying for 5 minutes before cooking with water.

Put jam in bottom of pie dish - sprinkle on the oats and sugar. Pour in milk and bake in slow oven for 3 - 4 hours. Serve with milk.

8.

FIRST COURSE.

Fried Black Puddings or Haggis

Black Puddings or Haggis 15 - 20 lbs.
Fat 2 lbs.
Turnips 25 lbs.
Potatoes 50 lbs.

CARROT SALAD

Carrots - raw
Mayonnaise or chutney 5 lbs.

SECOND COURSE.

Jam roly-poly 2 1/2 lbs.
Oatmeal 5 lbs.
Flour 1 1/2 tablespoonfuls
Baking Powder
Margarine } 3 lbs.
Cooking Fat } 5 - 6 lbs.
Jam 2 1/2 galls.
Milk

Cocoa 2 1/2 galls.
Milk 3/4 - 1 lb.
Cocoa 10 ozs.
Sugar
Water up to 50 pints.

MEAL V.

METHOD

Melt fat in pans and fry black puddings or boil them whole. Serve with potatoes and mashed turnips.

METHOD

Scrub carrots, grate finely, season and mix with mayonnaise, chutney or pickles. Serve with black puddings.

METHOD

Make pastry as for short crust. Roll into strips, spread with jam, roll up, seal the ends and bake.

9.

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1.

FIRST COURSE

Meat Stew

Meat	
Mixed root vegetables	10 lbs.
Carrots	15 lbs.
Haricot Beans and other pulse vegetables	15 lbs.
Oatmeal	6 lbs.
Stock or water seasoning	1 lb.
Potatoes	75 lbs.

SECOND COURSE

Wholemeal Scones & Salad

Wholemeal flour	
White flour	4 lbs.
Baking powder	4 lbs.
Cooking fat	3 lbs.
Milk to mix	approx. 4 pints
Salt	
Margarine	
Salad	1½ lbs.
Cabbage raw, or lettuce	
Beetroot cooked	3 lbs.
Carrots	2 lbs.
	3 lbs.
Milk	6 gallons

MEAL VI.

Method.

Wash and soak beans overnight. Prepare and cut up meat and vegetables. Put all ingredients in casseroles or saucepans. Season well. Pour over sufficient stock or water to cover, including the water in which the beans were soaked. Cover with a lid, bring to the boil and simmer gently for 2 - 3 hours or until tender. Serve with potatoes some of which may be cooked in the stew.

Method.

Mix together all dry ingredients. Rub in the fat. Mix to a soft dough with milk. Pour into scones - bake in a hot oven for 10 - 20 minutes according to size. Spread with margarine. Fill with salad and serve with a glass of milk, hot or cold, flavoured if desired with tea, coffee or cocoa.

Method.

Grate carrot and shred the lettuce or cabbage. Dice the beetroot. Mix all together with mayonnaise if desired, and fill the scones.

10.

MEAL VII.

METHOD

Soak peas overnight. Prepare and cut up vegetables and put all into pans with sufficient stock or water to cover. When boiling add barley - simmer until tender.

FIRST COURSE

Scotch Broth and Dumplings.

Kale	2 lbs.
Carrots	12 lbs.
Turnips and other root vegetables	10 lbs.
Barley	1½ "
Dried peas or beans	1½ "
Seasoning - stock or water	50 pints.
Oatmeal	3 lbs.
Flour	2 lbs.
Dripping and suet	2 lbs.
Baking powder 2½ tbsps	
Seasoning	

Herrings and Parsley Sauce.

Herrings	100 - (25 lbs.)
Milk	1½ gallons
Cornflour	1 lb.
Parsley	6 ozs.
Seasoning	

Sauce

11.

METHOD

Either bake or fry herrings. Make sauce and stir in the parsley immediately before serving.

meals altogether.

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THE BASIC FOODS WHICH SHOULD BE USED

1. Milk 1/3rd. to 1/2 pint per head per day, with meat.
to 1 pint per head per day without meat.
2. Potatoes 1/2 - 3/4 lb. per head per day.
3. Green Vegetables or carrots 3-4 ozs. per head per day.
4. Wholemeal bread every day.
5. Oatmeal wherever possible.
6. Liver once a week, if supplies permit.
7. Herrings or kippers once a week. When out of season, tinned salmon or herrings or pilchards should be used.
8. Cheese once a week if supplies permit.

1.

They should be well sprinkled with salt before serving.

When jacket potatoes are first introduced, serve a peeled potato with them.

Tables

No meal should ever be served without including a vegetable as well as potatoes. possible, this should either be a green vegetable or carrots as these have the best nutritional value. Much of this protective value is lost by lack of care in preparation and cooking. Never leave vegetables soaking or cooking longer than necessary and serve them as soon as possible after cooking. Start the cooking of all tables, including potatoes, in boiling water or heated steamers.

Vegetables

It will be observed that either some raw fruit or a serving of raw salad is in each meal. These are interchangeable when fresh fruit is scarce, use a bit when in season and plentiful, include fruit. It is very important that every food should be eaten every day.

Raw grated carrot or shredded cabbage are obtainable throughout the year and form a foundation for any mixture. If served with mayonnaise, chutney, pickles, etc., introduced gradually they will be popular and in the long run prove beneficial to the health of the community.

and Wholemeal Bread

Balance of the meal set out above is dependent on the consumption of bread and oatmeal. Both should be introduced gradually.

SECOND COURSE

Fruit Charlotte

Dried Apple Rings or stewing fruit	12 lbs.
Wholemeal Bread	20 lbs.
Sugar	10 lbs.
Jam or syrup or dried fruit	10 ozs.
Margarine	2 lbs.
Milk	$\frac{1}{2}$ lb.
	3 galls.

Method.

Prepare and stew fruit, soaking overnight if dried. Make bread into fine breadcrumbs and put in pie dishes in alternate layers with the jam, sugar and fruit mixed. Finish with a layer of breadcrumbs, moisten with water or fruit juice, dot with margarine and bake in a moderate oven. Serve with milk or custard. The bread may be used soaked or in slices if preferred.

12.

MEAL VII (contd.)

They should be well sprinkled with salt before serving.

When jacket potatoes are first introduced, serve a peeled potato with them.

Tables

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and Wholemeal Bread

The balance of the meal set out above is dependent on the consumption of bread and oatmeal. Both should be introduced gradually.

20

MENUS MEMO. NO. 2.

MINISTRY OF FOOD MEALS IN COMMUNITY KITCHENS MENUS AND RECIPES SUGGESTED FOR USE IN ENGLAND AND WALES.

The attached menus and recipes have been prepared by the dietitians on the Staff of the Ministry of Food. They have been planned to provide a balanced diet which, together with the normal morning and evening meals, should be sufficient to maintain full health and strength even under wartime conditions.

At present day prices a two course meal sold at 8d. or at a maximum of 9d. should provide for all costs, including amortisation of capital charges, at a well run and reasonably well patronised Community Kitchen.

Some of the courses may seem to be a little unusual. They are all palatable and of high nutritive value. It may be that at first many customers at Community Kitchens may not appreciate their virtues. It is very desirable that no pressure should be brought to bear on those to whom they do not appeal. An effort should be made to inform those concerned of their value both to palate and health, with a view to inducing them to try the dishes which appear to them to be unusual.

It is possible that from time to time certain ingredients may not be procurable or may be too expensive. In this event others of, if possible, the same food characteristics and values should be substituted.

The menus and recipes should not be published without the authority of the Ministry of Food.

NEW FOODS AND HOW TO INTRODUCE THEM INTO THE MENUS

Some of the foods such as wholemeal bread, oatmeal, raw salads, will appear strange to the British working man or woman, and should, therefore, be introduced into the meals slowly; strange foods forced on the people may turn them against the meals altogether.

These foods have been introduced because of their special nutritional value, if eaten regularly they will help to protect from many common ailments such as colds, influenza, constipation, lack of energy, etc.

It may be advisable, to begin with at least, to introduce the foods into the meals without the workers knowing they are there. For instance, oatmeal may be put into mince, pastry, soups and stews, and grated carrots put into pies and puddings.

It is well to serve new ideas accompanied by some popular dish, as for instance chips, and any new dish should always be preceded or followed by something known and liked.

Great care should always be taken to make the meals attractive and appetising and monotony should be avoided as far as the supply position permits.

THE BASIC FOODS WHICH SHOULD BE USED

1. Milk $\frac{1}{2}$ pint per head per day, with meat.
2. Potatoes $\frac{1}{2}$ - $\frac{3}{4}$ lb. per head per day.
3. Green Vegetables or carrots 3-4 ozs. per head per day.
4. Wholemeal bread every day.
5. Oatmeal wherever possible.
6. Liver once a week, if supplies permit.
7. Herrings or kippers once a week. When out of season, tinned salmon or herrings or pilchards should be used.
8. Cheese once a week if supplies permit.

1.