

79/144

S.O. Book 135.

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DON'TS

- DONT.. Put handles of knives in hot water
- DONT. WASTE OR throw away food that may be used again
- DONT. Leave till tomorrow what you can do today
- DONT You smoke or allow others to do so in cookhouse
- DONT Slam the oven door to when you have a cake burning
- DONT Forget that variety is essential in good messing.
- DONT. Leave water taps running.
- DONT Use cooking utensils for cleaning purposes.
- DONT Peel potatoes thickly as the best part is near the skin
- DONT Forget baste meat occasionally when roasting on the spit
- DONT. Forget stewing is an economical way of cooking
- DONT Deep fry until fat is smoking hot
- DONT Forget soak dry pulses and dried fruit overnight
- DONT Hide Dirt
- DONT Use a fork to turn the joints
- DONT Leave everything till last minute
- DONT Be afraid to ask anything.

INDEX FOR CONTENTS OF BOOK.

PAGE TWO.

All Recipes in this Book are for 100 men.

Parsley Potatoes
 50 lbs Potatoes, 1 lb chopped Parsley,
 1 lb margarine add salt.
 Method prepare pot as for boiling when cooked sprinkle with chopped parsley and pour melted margarine over potatoes.

Boiled cabbage
 50 lbs of cabbage. add salt.
 Method See treatment of cabbage

Mulligatawny Soup or bunny Soup. consists of 25 quarts stock, 2 lbs dripping, 3 lbs flour, 1/2 curry powder, 3 lbs onions, 3 lbs corns, 1 lb rice, A and S.

Method Dice carrots and onions in dripping stir in curry powder cook for 5 mins stir in flour cook for further 5 mins gradually work in boiling stock add A and S. simmer for 2 hours pass through soup machine, garnished with boiled rice.

Note A little tomato puree and a little desiccated coconut also apples should be used in the above soup if available.

Use of Potatoes in Stew, etc.
 Owing to the present ration it will be found necessary to supplement the meat in stew in curries, etc, by the other addition, cubed potatoes or other root vegetable if potatoes are used they should not be placed

in stew until nearly cooked, so that they will remain whole by supplementing meat in the manner can be made to go round.

Tondant Potatoes
 50 lbs Potatoes, 2 gallons stock, 4 eggs chopped Parsley, seasoning, Salt, Pepper.
 Method Peel wash Potatoes cut them in uniform size. place in Baking tray, season them, half cover with stock, bring to boil, bake in fast oven when cooked sprinkle with chopped Parsley.

Sausage Meat
 10 lb lean Beef 5 lbs fat meat, 7 lbs bread, 1/4 pt water sausage seasoning to taste

Method Mixe all ingredients twice add seasoning mix well together if required for sausage for sausage skins on attachment place skin over it then pass sausage meat through skin and weigh 8 sausages to the lb.

Sausage seasoning
 1 lb Salt, 4 eggs pepper 1 oz coriander seed 1 oz mace 2 oz nutmeg 1/2 mustard pinch of ginger mix altogether use as required.

Sausage Pie
 30 lbs Sausage meat half quantity short on Potatoe past for 100 min.

Method Place meat in baking trays dump down with

little stock cover with the paste egg wash, bake in moderate oven serve with brown sauce.
Note The above recipe will prove ideal for large meals and will help out the short meat ration.

Sausage cakes. 25 lbs Sausage meat.
 Method Roll into 2 oz balls dust with flour and shape, place in greasy baking trays sprinkle with dripping bake in moderate oven to portion.

Braised cabbage
 50 lbs cabbage, Bacon Bone 2 eggs Spice 1 lb margarine, seasoning.
 Method Put cabbage in four tape cut the stalk half boil cabbage place in baking trays add seasoning spice bacon bones barely cover with stock add margarine bring to the boil braise in moderate oven.

Parmentiere Potatoes.
 50 lbs Potatoes, 3 lbs dripping season 4 eggs chopped Parsley.

Method Peel and wash Potatoes cut into 1/2 cubes place dripping in baking trays place on stove when hot add potatoes fry for few minutes season bake in fast oven when cooked sprinkle with chopped parsley.

Ponridge. 7 lb oatmeal 7 gallons milk 4 eggs Salt.
 Method Bring to the boil add salt and rain in the oatmeal stirring all the while simmer gently until cooked stir well to prevent burning.

Boiled Swedes
 40 lbs swedes. salt
 Method peel sweds thickly making sure to remove all green. but in 1/2 cubes place in boiling salt water simmer until cooked. Same recipe and method applies to all root vegetables, I.E. Turnips, carrots, parsnips etc.

Thicky Carrots.
 33 lbs carrots prepared 1/2 lb margarine 2 eggs Sugar. 2 eggs Salt
 Method Slice carrots place baking dishes add salt sugar margarine, barley cover with stock bring to the boil cover grease proof paper and place in the oven to finish cooking.

Braised Lettuce
 50 Heads of lettuce Salt and sugar

Method Cut outside leaves of lettuce wash and place in boiling salt water, all to reboil remove immediately cut in half place in baking trays sprinkle with little sugar and salt barley cover with stock, place in oven to braise.

Soldiers Daily Rations

Tea	$\frac{3}{4}$ oz Daily.	Milk	$6\frac{1}{4}$ ounce Daily.
Sugar	2 ozs Daily.	Cocoa	$\frac{7}{16}$ " Daily.
Flour	2 " "	Margarine	$1\frac{1}{2}$ " Daily.
Bread	10 " Daily.	Butter	2 " times per week
Meat	6 " ^{9 ozs} Meat 2 week.	Bacon	$2\frac{1}{4}$ " 4 times per week
Salt	$\frac{3}{8}$ " Daily.	Fruit vegetables	8 " 5 times per week.
Potatoes	13 ozs New Potatoes	Dried Pulse	4 "
	9 ozs	Dried Fruits	$\frac{3}{4}$ ounce

The above is the home ration.

TEA 9 ⁵ $\frac{3}{4}$ lbs tea, 3 lbs sugar, $6\frac{1}{4}$ pints of Milk or 4 tins milk
8 gallons water $\frac{4}{5}$ pt per man.

Method. ① Warm the bucket. ② Place tea in bucket. ③ Pour on Boiling water allow to stand for 5 minutes.
④ Strain and add sugar and milk. ⑤ 5 buckets will be required for 100 men.

COCOA

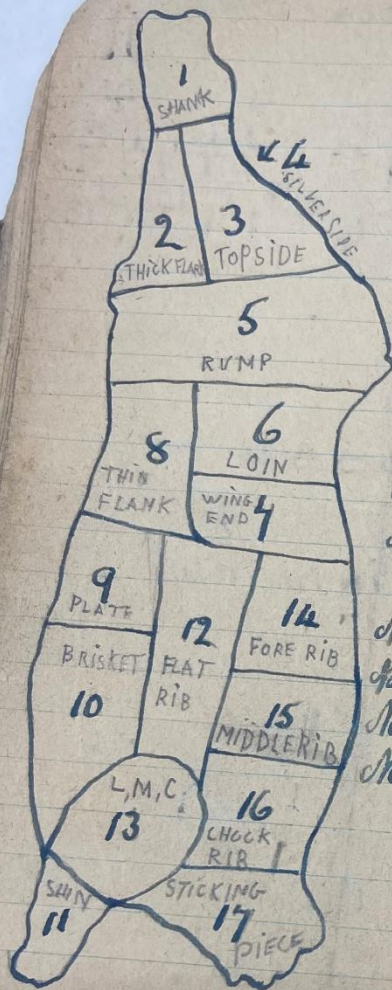
2 lbs cocoa, 3 lbs sugar, $6\frac{1}{4}$ pints milk or 4 tins milk
8 gallons water. $\frac{2}{5}$ pt per man. Method. Mix cocoa with water to a smooth paste. ② Pour on boiling water stirring all the while. ③ Boil mixture for 3 minutes.
④ Add sugar and Milk.

COFFEE

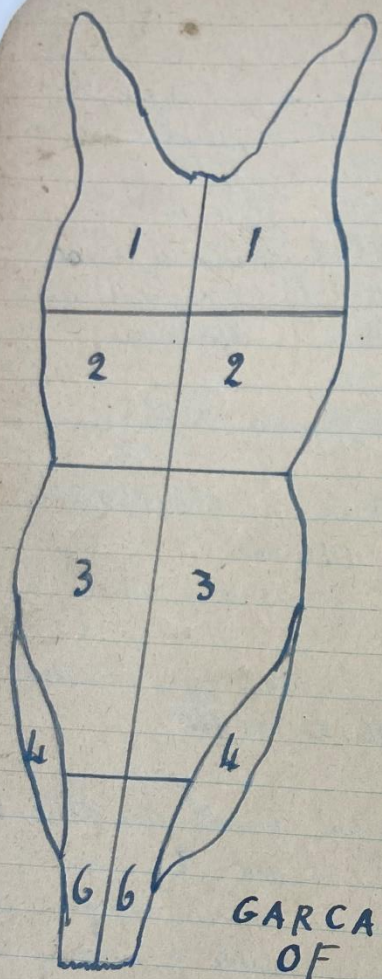
4 lbs coffee, 3 lbs sugar, $6\frac{1}{4}$ pints milk or 4 tins of milk. Vital
 $\frac{2}{5}$ pt per man.

Method

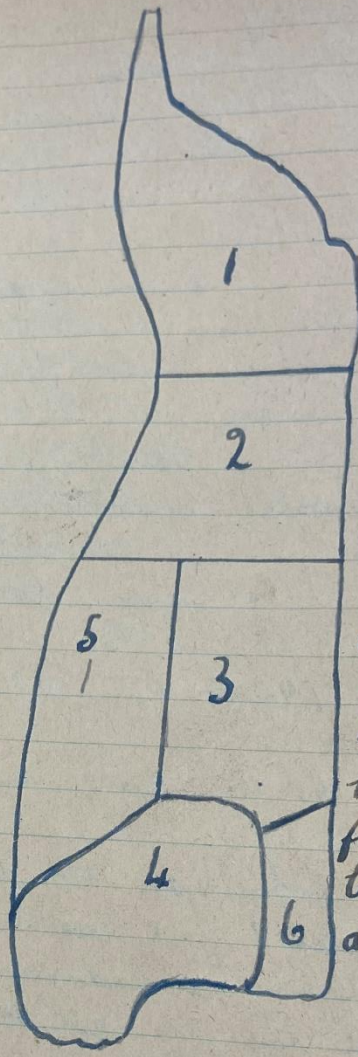
① Bring water to boil. ② Throw in coffee and stir
③ Leave on slow fire for 10 minutes without stirring
④ Strain through clean cloth or fine strainer. Mel
⑤ Add boiling milk and sugar.



- No 1 Shank 14 lb Beef tea mincing broan
- No 2 Thick Flank 20 lb roast Braise Beef Olives
- No 3 Topside 20 lb roast Braise Beef Olives
- No 4 Silverside 26 lb Roast " Pickling
- No 5 Rump 28 lb Roast " Bright steaks
- No 6 Loin 18 lb Roast " and steaks
- No 7 wing end 12 lb " "
- No 8 thin Flank 28 lbs stewing Pies sausagee galantine
- No 9 Plate 12 lb stewing sausagee and Pickling
- No 10 Brisket 30 lbs Pickling Braising stewing steak
- No 11 Shin 14 lb Beef tea mincing broan
- No 12 Fat rib 15 lb stewing pies Braising Pickling
- No 13 Leg of Mutton 15 lb roasting Braising stewing steak
- No 14 Fore rib 20 lb roasting Braise
- No 15 Middle rib 21 lbs " "
- No 16 back rib 22 lbs " Braising Stewing Steak
- No 17 Sticking Piece 30 lbs Pickling Pies Stewing Braising Brine



GARCASE OF MUTTON



MUTTON CONTINUED FROM OPPOSITE PAGE
Remove skin from these joints
loin best for and breast

No	JOINT.	WEIGHT	USES
1	LEG	7 lb	Roast Boil Braised
2	LOIN	5 1/2 lb	Roast Braised chops Baked and stuff
3	BESTEND	4 1/2	Roast BRAISED with potato and stuff
4	SHOULDER	4 1/2	Roast Braised Baked and stuff
5	BREAST	3	STEWING
6	NECK	3 1/2	STEWING
	KIDNEY FAT	1 1/2	2 nd blood dripping

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Suggestions for Haversack Rations

When parties of men are likely to be away from camp on barracks for some considerable time, a temporary meal in the form of a haversack ration should be issued. The main meal being served on return to their station. The following suggestions will assist in providing a substantial varied selection.

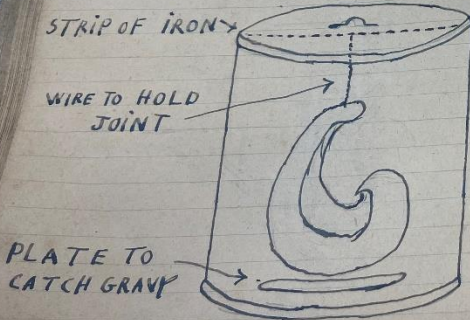
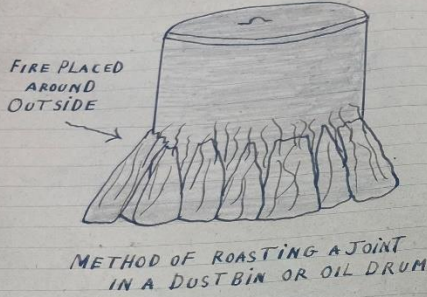
- | | | |
|-----------------------------------|---------------------------|--------------------|
| Sandwiches filled | Bakes | Miscellaneous |
| Ham and Beef | Fruit or honey cake | Apples |
| " " " mixed | Sud bake | Oranges |
| Meat Roll | Coconut | Chocolate |
| Preserved meat | Ginger Bread | Smith's strips |
| Mutton | Rock cake | " nuts and Raisins |
| Lancheon Sausage | Raspberry Buns | Hard Boiled eggs |
| Pressed Beef | Coconut Buns | 1/2 lb of Biscuits |
| Liver | Chocolate cakes | |
| Bacon or Sausage | Panburgs | |
| Cheese and sauce | Jam or Apple Jam on bread | |
| Cheese and heavy Breadcrumbs | Savoury Pastries | |
| Cheese and tomato or tomato sauce | Sausage Rolls | |
| Cheese and Lettuce | Pressed meat Rolls | |
| Fish paste or meat Paste | Conical pastries | |
| Salmon | Bacon or Potato Pasties | |
| Jam, Marmalade | Pastry Pies | |
| Syrups Etc. | Meat Pies | |

SIX SELECTIONS

- No 1 Cheese SANDWICH. Meat sandwich, rock bake and Apple.
- No 2 Fish paste, " Preserved meat sandwich fruit cakes, Bar chocolate
- No 3 Ham sandwich cheese sandwich, Sausage Rolls fish strips
- No 4 Salmon sandwich Waterbury sandwich, Meat Pie and Orange
- No 5 Mutton sandwich, Sausage sandwich, hard boiled egg 1/2 lb Biscuits
- No 6 Cheese, Lettuce, " Meat Paste, " conical pastries 1/2 lb Nuts, Raisins.

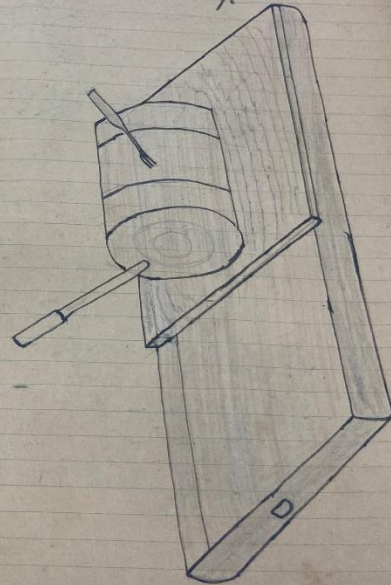
Uses for left over foodstuffs

- Bread, Padding, Paradedonable Sausages, Vienna Steaks
- Bacon (crucible) Bacon and potato Pie Paste, Flavouring dry fish Soup. Sauce
- Beans (Dried) Necessary with tomato Sauce for Breakfast with Bacon can be added to Soups
- Bones, Stocks, Sauces, Soups.
- Beef brooked, Conical Pastries, Shepherd's Pie, Sea Pie Sausage
- Rolls, Vienna Steaks, Broquettes Meat Pasties
- Cabbage, With Potatoes, Bubble Squeak, With a vegetable variety, Vegetable Soup, Sea Pie.
- Carrots Vegetable Soup.
- Eggs. Fish cakes, Fish Pie. Hedgehog, all kinds.
- Gelatines. Fried in butter, suitable for breakfast, tea or supper.
- Herrings (Tins) Fish bakes
- Mutton. See Beef.
- Potatoes (brooked) Sauté, Cheese Potato Pie, Cottage Pie, Potato Solon
- Potato bakes, Broquette conical pastries
- Bubble Squeak.
- Powridge. Powridge bakes with Bacon for breakfast. Frying in fat serve as a vegetable.
- Preserved meat. Griddles as per beef.
- Rice. Rice Griddles, Rice Sauté. Fruit may be added as it improves flavour.
- Vegetables. Soups, Veg. Pie. Fried Vegetables, Vegetable Salad
- Burnt. Burnt Roll, Fried both sides for supper (all cold puddings may be used this way) Cheese, Wild Rabbit.



METHOD OF CARVING A JOINT.

Beef should be carved thinly. Mutton should be carved thickly.



babbage.

- (1) Obtain as fresh as possible.
- (2) Keep in a cool place.
- (3) Avoid crushing or bruising.
- (4) If vegetable is soaked use salt water.
- (5) If veg are to be shredded prepare immediately before serving.
- (6) Use the smallest possible amount of water for cooking.
- (7) Have water well boiling before adding veg.
- (8) Add salt in water before adding Veg.
- (9) Add veg gradually in small amounts at a time in order to prevent water going off the boil.
- (10) Cook veg no longer than is necessary to render them tender.
- (11) Plain cooking arrangements so that veg are dished up and serve immediately after they are cooked on no account allow to stand for a long time on a hot plate.
- (12) If there is water left after cooking drain off and use for gravies and soups, always use same water for different batches adding more salt, if necessary.

Vitamins, B and C.

Are more stable in the presence of acid, i.e. vinegar or lemon juice, soda or bicarbonate destroy the above vitamins

Method.

Boil for the shortest time in a small quantity of boiling and salted water, reuse water as already described.

turning joint from time to time. 7 When joint is cooked remove from tray and strain sauce slice joint and serve the sauce over the meat

Brown Stew

3 1/2 lbs Meat, 6 lbs onions, 6 lbs carrots, 1/2 oz parsley, 1/2 oz Peppercorns, 1 tin tomato Puree, Bay leaves, Thyme 2 lbs dripping, 4 lbs flour.

Method

1 cube meat, Dice vegetables, 2 Fry meat to a golden brown, also the veg, 3 Place meat and veg together and stir in the flour, 4 Place in oven for 10 mins to singe flour. 5 remove from oven stir in gradually Boiling Brown stock, add tomato Puree. 6 Bring to boil add A.S. simmer until cooked. 7 when cooked garnish vegetables and chopped parsley.

Temperatures

With experience there can be taken by hand.

Oven gentle, or slow. Moderate oven. Normal 250° - 300° . 300° - 350° . 350° - 400°.

Quick oven 400° - 500°

Water is scalding hot at 150°, and boiling at 216°.

Fat is hot for frying at 350° Blue smoke rises.

Poaching } Approx loss in } Roasting 360° Loss 25% - 30%
Simmering } cooking }
Boiling } 15% }
Baking 340° Loss 25%. Braising 210°. 10% Loss
Frying 350° No Loss.

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Sandwiches filled	bakes	Miscellaneous
Ham and Beef	fruit or berry cake	Apples
" " " minced	Seed cake	Oranges
Meat Roll	coconut	chocolate
Preserved meat	Ginger Bread	Smiths biscuits
Mutton	Rock cakes	" nuts and Raisins
Lancashire Sausage	Raspberry Buns	Hard Boiled eggs
Pressed Beef	coconut Buns	pkt of Biscuits
Liver	chocolate cakes	
Bacon or Sausage	Banburgs	
cheese and sauce	Jam or Apple Turnover	
cheese and Curry Powder	Savoury Pastries	
cheese and tomato or	Sausage Rolls	
tomato sauce	Pressed meat Rolls	
cheese and Lettuce.	cornish pastries	
Fish paste or meat Paste	Bacon or Potato Pastries	
Salmon	Pork Pies	
Jam, Marmalade	Meat Pies	

SIX SELECTIONS

- No 1 Cheese SANDWICH Meat sandwich, rock cake and Apple.
- No 2 Fish paste, " Preserved meat sandwich fruit cakes, Bar chocolate
- No 3 Ham Sandwich cheese sandwich, Sausage Rolls pkt biscuits
- No 4 Salmon Sandwich Waterbury's sandwich, Meat Pie and Orange
- No 5 Mutton Sandwich, Sausage Sandwich, hard boiled egg pkt Biscuits
- No 6 Cheese, Lettuce, " Meat Paste, " cornish pastries pkt Nuts, Raisins.

Bread
Bacon
Beans

Bones
Beef

Cabb

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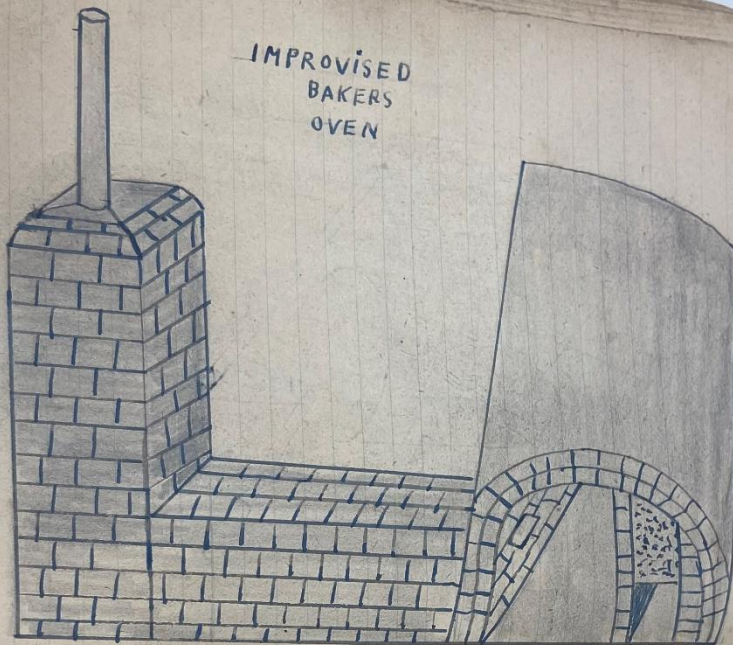
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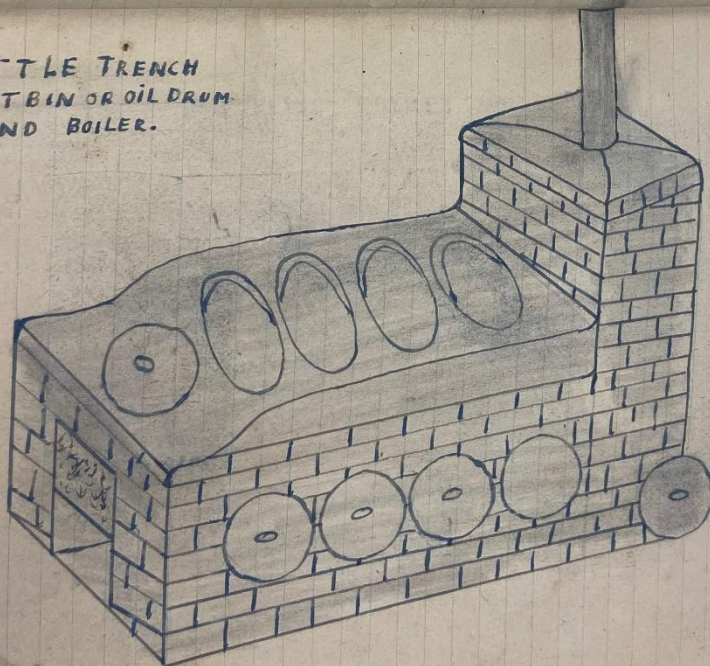
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IMPROVED
BAKERS
OVEN



KETTLE TRENCH
DUST BIN OR OIL DRUM
AND BOILER.



Poaching

35 #6

This is cooking at a low temperature in a liquid. food which has to be poached is placed in boiling liquid which is immediately reduced in temperature.

Stewing

This is a process of cooking food in a liquid at a low temperature, course and in parts of meats such as necks, breasts, chops, etc. are cooked in this, when preparing meat for stewing it should be cut into small pieces and then cover with cold water and this should be brought to the boil, flavouring, vegetables should then be added, also A and S, and all should simmer until cooked, by this method not only is the meat made tender but reduces from the meat, escaped into liquid there by forming a nourishing sauce to serve with meat.

Deep Frying

This is frying food in deep fat at a temperature of 350° degrees, such foods as fish cakes, rissoles, fried potatoes and all battered goods should be cooked in this way.

Shallow Frying

This is cooking food in enough hot fat to cover bottom of pan, the food is then dried on all sides, excepting eggs, such as food as, liver, Bacon, Sausage, chops and Steaks, are cooked in this way, when frying liver, liver should then be dusted with flour and coat, when frying, there by retaining the blood.

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 Beef Hot pot
 3 1/2 lb Beef, 50 lb potatoes, 10 lb onions
 4 eggs chopped parsley, A. S.

Method
 Wash meat slice potatoes and onions. Place meat in
 baking trays cover with stock, bring to the boil
 add A. S. meanwhile mix potatoes, onions add
 seasoning, cover meat with layer of potatoes, onion
 and parsley cover with stock, bring to the boil
 and bake in a moderate oven, when cooked
 sprinkle with chopped parsley.

Te
 Lentil soup.
 10 lb lentils 25 quarts water, 3 lb onions
 3 lb carrots, and Bacon Bones, A. S.

Method
 Wash and soak lentils add the water bring
 to the boil, skim, add diced vegetables, A. S.
 also Bacon Bones simmer for 2 hrs. pass
 through soup machine, correct seasoning.

Note
 All pulse soups consists of any dried vegetable
 peas, butter beans, haricot beans lentils etc.

Go E. of.
 Pea soup are made by the same recipe and
 method as above, dried pulse should always
 be soaked for 2 1/2 hrs, with a little
 borbonate soda.

Moak Mayonnaise
 White Sauce 3 pts, Vinegar 1 pt
 Mustard 1 oz, Seasoning.

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 Method.
 Prepare a good white sauce and whilst hot
 incorporate, one pint of vinegar and the mustard
 made up with water season well serve as
 required.

SALAD Dressing, Vinegar 1 pt, much mayonnaise 1 pt, Oil 1/2 pt
 Method, mix well until an emulsion is formed
 use as required.

Potato Egg croquette
 50 lb Mashed potatoes, 25 hard boiled eggs,
 6 lb Breadcrumbs, 2 lb flour, 2 eggs salt, pepper
 nutmeg to taste.

Method.
 Season mashed potatoes with salt pepper and cold
 nutmeg to taste, add hard boiled eggs cut into
 dice mix thoroughly, shape into croquette, pass
 through butter, breadcrumbs, fry in deep fat till
 a golden brown in colour.

Household Soup.
 10 lb Potatoes, 25 qts white Stock, 3 lb
 onions, or Leeks 1 1/2 lbs, 4 carrots, Salt,
 5 lb lentils or split Peas, 1 large faggot, Seasoning.

Method
 but onions, carrots, into small square pieces
 melt dripping, add these veg and stew until
 tender, moisten with stock, add seasoning
 and the faggot bring to boiling point add the
 lentils and potatoes cut in small cubes simmer
 until cooked, remove any fat correct seasoning
 and serve.

40
 and roll into 3ony balls place boiling water
 until cooked.

Mash Potatoes
 50 lb potatoes, 1 lb margarine, 2 quarts milk
 seasoning.

Method.
 Prepare potatoes as for boiling when cooked mash
 and season and gradually boiling milk and margarine
 mixing well together.

Chese Potatoes
 50 lb potatoes 1 lb chese, 1/2 margarine, seasoning.

Method
 Boil potatoes mash them mix in the margarine
 and season, place in greasy baking trays
 sprinkle with with grated chese brown in oven.

Chocolate roll.
 16 lb, flour, 6 lb suet, 1 lb coca, 8 ozs
 B, P, 2 lb sugar.

Method
 Sift flour, B, P, cocoa, chop suet lightly rub in
 add little water mix to a dough make into
 roll boil for 2 1/2 hrs.

Chocolate Sauce
 2 gallons water, 2 lb sugar 1/2 lb cocoa,
 1 lb cornflour.

Method
 Boil water, sugar, cocoa together. Dilute
 cornflour, stir in the boiling mixture & cook
 for 5 minutes.

41
 Soup.
 Potato and Pea Soup.
 5 lbs split Peas, 5 lbs potatoes,
 3 lb, carrots 3 lb onions, Bacon Bones, A and S,
 25 quarts of stock.

Method
 Soak peas, dice potatoes onions and carrots, cover
 peas with water, bring to the boil, and skim,
 add the diced vegetables and stock, and bacon bones
 and A and S, simmer for 2 hours pass through
 soup machine, correct seasoning.

Note
 All potatoes and pulse soups mixed can be made
 from the above recipe and method.

Savony Dumplings
 Suet paste for 100 men, 16 lb flour,
 8 ozs of B, P, 6 lb of suet.

Method
 Sift flour and Baking Powder chop suet finely
 mix suet with flour make a ball add water
 make into stiff paste, roll into small balls
 place in boiling salt water simmer for 1/2 hour.

Pease Pudding
 10 lb yellow split peas. Seasoning. Bacon Bones.

Method
 Wash and soak peas place them in baking trays
 add seasoning, bacon bones, add an equal
 quantity of stock bring to boil cover place in
 oven to bake, when cooked pass through sieve
 correct seasoning.